

VEGAN & DAIRY FREE HIGHLIGHTS

All developed and homemade here, in our kitchen.

“Home-made” Adjective; made or prepared by traditional methods by oneself

Though some are on the regular menu, these are dishes that have been or can be adapted for a Vegan diet but you must point out that you require your dish Vegan, so the chef knows to substitute certain ingredients.

Dishes marked # are also included as part of our discounted 1,2 or 3 course Express Happy Hour Menu

STARTERS

PANZANELLA Traditional Tuscan Bread Salad; basil, olive, tomato, garlic & roasted peppers tossed with balsamic, olive oil tossed with chunks of ripped, homemade bread VGN Starter 5.50 Main course 8.95

CREAMY GARLIC MUSHROOMS on toasted garlic bread under melted veganella cheese 6.35 VGN

RED PEPPER, BASIL & BEAN SOUP# traditional handmade Tuscan soup VGN, NGI 5.95

CROCCHETTA# Sicilian cumin spiced aubergine ‘meatballs’, fresh tomato salsa & veganella cheese VGN 5.95

BRUSCHETTA CLASSICO toasted garlic bread with basil, lettuce, tomatoes, red onion & dressing VGN 4.95

PIZZA ALL’AGLIO our pizza base with garlic olive oil and juicy tomato sauce VGN
large 4.75 Small 3.25 (add dairy free mozzarella for a £1 or 50p respectively)

MAIN COURSES

PIZZA PER VOI# standard tomato & Veganella ‘cheese’ Margarita with your choice of two extra toppings 9.25
(peppers, onion, aubergine, sweetcorn, chilli, garlic, tomatoes, sun dried tomatoes, capers, olives or pineapple)

PIZZA GUSTOSO

tomato salsa, roasted peppers, garlic, red onion marmalade, Mexican spices & olives sprinkled with
veganella dairy free cheese on a 12” thin hand pulled base topped with rocket salad 11.95

PENNE PIZZAIOLA

Simple, tasty and traditional; penne tossed in a tomato, basil, garlic, olive and caper sauce VGN 9.50

ROAST PEPPER RISOTTO#

Warmly spiced with chunky peppers, red onions, sun dried tomatoes, basil and olives VGN, NGI 9.95

RAGU MESSICANA

Mexican spiced chick pea, bean, red onion and jalapeno ragu on a bed of rice or gratin potatoes VGN, NGI 9.95

FUSILLI ALFREDO

Creamy garlic, leek & white wine sauce tossed with ‘parmesan’ & baked under dairy free cheese VGN 9.95

SPAGHETTI AGLIO, OILIO E PEPPERONCINO#

Traditional dish of spaghetti tossed in garlic, olive oil & chilli with vegan parmesan VGN starter 5.95 or main 8.95

SICILIAN ‘CAPONATA’#

A traditional Moorish aubergine ‘stew’ cooked with tomatoes, onions, olives, capers and a dash of white wine
vinegar for a delicious sweet and sour kick. We serve ours on a bed of Arborio rice VGN, NGI 12.50

SIDES AND EXTRAS (all NGI. Ask for them dairy free please. All Fried food is cooked in a vegetable only fryer)

Mixed, green or tomato salad 4.55 Onion rings 3.35 Spinach, onion & garlic 3.35 Fried onion & mushrooms 3.25

Vegetables & potatoes 3.15 Gratin Potatoes (in garlic butter) 3.50 Hand seasoned chips 3.45 Garlic Mayo*1.00

HOMEMADE DESSERTS

ETON MESS Crushed meringue, vegan Ice cream, whipped ‘cream’ & red berry compote VGN, NGI 5.95

APPLE CRUMBLE ask for it vegan & it gets toffee sauce, whipped ‘cream’ & dairy free ice cream VGN 5.95

STICKY TOFFEE PUDDING Vegan if served with our special toffee sauce & dairy free ice cream VGN, NGI 5.95

MINI LEMON MESS# mini sundae with crushed vegan meringue, lemon sorbet and lemon glaze VGN, NGI 3.75

IRISH COFFEE Irish whiskey, Italian coffee and dairy free sweet whipped ‘cream’ VGN, NGI 5.95

PORETTI, PERONI & MORETTI ARE VEGAN & WE HAVE A SELECTION OF ORGANIC VEGAN FAIR TRADE WINES
DAIRY FREE TEA & COFFEES; We have milk alternative for Tea or a full range of freshly ground Italian Coffee

VGN = Vegan & dairy free NGI= No gluten containing ingredients

Our vegan Ice Cream contains Soya. If you have any food allergies, please check with our chef.