

EXPRESS LUNCH MENU

A selection of slightly smaller starters & desserts served with some favourite main courses

Served every lunch 11.45-2pm and 11.45-5pm Saturday

£7.50 main course, £11.25 for 2 courses or £14.50 for 3 courses of amazing fresh food

V= vegetarian VOA= Vegetarian option available VGN= Vegan/Dairy free GF= Gluten Friendly L= Lighter option available

STARTERS

ZUPPA TOSCANA (VGN, GF, L) cream of red pepper, tomato & basil soup with beans & rice, served with bread (not GF)

BRUSCHETTA CAPRA (V) Tangy goats cheese, red onion marmalade and a drizzle of honey

EXPRESS DOUGH STICKS (V) baked with cheese & garlic with a sweet tomato dip

BUDINO NERO Breaded black pudding, red onion marmalade & sweet honey mustard sauce

MAIN COURSE

We have Coeliac, Dairy Free/Vegan or Lighter Option menus should you require them as well as great dairy free mozzarella for a small £1 surcharge.

Pizzas are 10" but also available LEGGERA style (smaller, lighter with salad; Less calories but all the flavour!) or for £2 surcharge, XL thin Romana base

PIZZA MARGHERITA (V, L) with 100% mozzarella cheese (add up to 2 toppings free of charge)

PATATAS FAZOL (GF, VGN) seasoned potatoes baked under aromatic spiced bean & pepper chilli with a pesto topping

CHICKEN & CHORIZO PIADINA folded, thin stuffed Italian flatbread baked with mozzarella and served with dressed salad

HOMEMADE BURGER ground Cumbrian beef, handmade brioche, chips & tomato dip. Make it Italian with Blue Cheese & crispy Prosciutto for 1.50

PIZZA DIAVOLA hot spiced pizza with bacon, cheese, jalapenos, chilli & pepperoni

PENNE VESUVIO (V) Baked in creamy tomato sauce with our handmade nut free pesto & cheese

FUSILLI ARRABBIATA (V, L) meaning 'Angry,' this is a hot, spicy tomato sauce. (Add extra chicken or bacon for 85p)

PENNE AMATRICIANA Traditional spiced pasta dish from Amatrice with smoked bacon, red wine and tomato. Not overly spicy but plenty of flavour

PIZZA AL POLLO garlic butter, tomato, chicken, peppers and mozzarella

CHICKEN RISOTTO (GF, L) creamy chicken and Italian Arborio rice with peppers, onions & mushrooms

SPAGHETTI BOLOGNESE (L)

SPAGHETTI CARBONARA

LASAGNE BOLOGNESE

CANNELLONI beef & spinach stuffed crepe cannelloni baked with cheese in tomato sauce

SPAGHETTI AGLIO, OILIO E PEPPERONCINO (VGN) Traditional dish of spaghetti tossed in virgin olive oil with fresh garlic & chilli

#Upgrade to the following main courses for only £5 extra.

#CUMBRIAN PORK Tender slow cooked pork medallion, black pudding, creamy honey mustard sauce & mashed garlic potatoes

#TAGLIATELLE AL POLLO simple tossed egg tagliatelle with chicken breast pieces, pancetta, mushrooms, butter & rosemary

#KING PRAWN THERMIDOR (L) Peeled & sautéed in onion, mushroom, brandy, mustard & cream sauce with spaghetti (GF if with rice)

#CAPONATA SICILIANA (VGN, GF) Sweet & sour Sicilian dish of grilled aubergine, pepper & olive stew with garlic & basil on a bed of rice

#PIZZA BARBACOA XL thin Romana base, barbecue sauce, chicken, prosciutto, chorizo, smoked bacon & mozzarella.

HANDMADE DESSERTS

(we also have a choice of homemade Dairy Free/Vegan Ice Cream & desserts or lighter options should you require it)

A LITTLE MESSY (GF) mini Eton Mess; cream, ice cream, meringue & red berries. **Vegan?** Try our **Lemon Mess**; Vegan meringue, sorbet & sauce

BAKED CHEESECAKE (L) with cream & a choice of caramel, red berry, lemon, chocolate brownie or white chocolate topping (ice cream £1 extra) V

TIRAMISU (V, GF) *THE* Classic Italian dessert; layers of sweet whipped cream cheese, sweet liqueur, coffee, cocoa and sponge

GOOEY TRIPLE CHOCOLATE BROWNIE (V,GF) served in rich hot chocolate sauce with cream (ice cream £1 extra)

ITALIAN BLUE CHEESE & BISCUITS an individual plate of creamy Dolcelatte cheese with butter & cream crackers

NOT HUNGRY? end your meal with a Caramel, Vanilla or Hazelnut Flavoured Latte instead of dessert