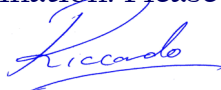


GLUTEN FRIENDLY HIGHLIGHTS

All dishes on this menu are made with non gluten ingredients

Here are some dishes that are made with non gluten ingredients. Some may be adapted from our usual recipe to make them free from gluten so please point out that you require them GF. This may incur a small surcharge. Although the ingredients are Gluten Free, our kitchen is not, so there is a small chance of cross contamination. Please bear this in mind if you have a particularly high intolerance, thank you



(DISHES MARKED + ARE INCLUDED IN OUR LUNCH AND SAT AFTERNOON 3 COURSE SPECIAL)
STARTERS

- POLLO PICCANTE** (GF) Spiced chicken, tomato & olive ragu under 2 cheeses. Ask for it GF & get it with GF garlic bread 7.45
- ZUPPA TOSCANA+** Traditional handmade tomato, basil and bean soup V, GF 5.95 (add 50p if you would like GF bread)
- ARANCINI SICILIANA** (VGN, GF) Traditional deep fried Sicilian cheesy risotto balls with a rich tomato sauce 6.65
- GNOCCHI AL ROMANA+** (VGNO, GF) Roman special; fluffy pasta baked under cream, butter, parmesan & bacon. Italian comfort food 6.25
- PESTO FOCACCIA** our handmade GF Italian bread baked with nut-free basil pesto & mozzarella V, GF 4.75
- GARLIC BUTTER AND MOZZARELLA PIZZA** our homemade Gluten-Free base cooked fresh (ask for it GF to avoid any confusion) 5.75

MAIN COURSES

All our risottos are naturally gluten free and for a small £1 surcharge, we have hand rolled 10 inch GF pizza bases & GF pasta, so can adapt most recipes to order. Please look at our main menu for inspiration or how about trying one of these?

- CHICKEN RISOTTO+** (GF) Creamy buttery risotto with chicken breast pieces, mushrooms, peppers and onions 9.95
- RISOTTO BIANCO** (GF) Delicious regional risotto with slow cooked pork, pancetta, salami, white wine, garlic, beans & sweet onions 12.95
- PIZZA ANGELICO** Our NGI homemade GF base with tomato, mozzarella and two GF toppings of your choice GF 9.50
- CHICKEN VAL D'OSTANO** (GF) Chicken fillet, cream, wine, mushroom sauce, fontina cheese & prosciutto with gratin potatoes 14.25
- RAVIOLI E PESTO** (GF) delicious gluten free spinach and ricotta ravioli in a buttery pesto & cream sauce 10.95
- KING PRAWN THERMIDOR** Peeled, sautéed in onion, mushroom, brandy, mustard & cream sauce on a bed of rice 15.50
- PAN-ROASTED SALMON FILLET** (GF) Under a pesto parmesan crust with fondant garlic potatoes, carrots and spinach 14.25
- RISOTTO CALABRESE** (V, GF, VGNO) Broccoli & garlic risotto with pesto, goats cheese & spinach. Vegan? leave out the cheese 9.50
- POLLO AGLIO** (GF) Chicken breast pieces with a touch of fennel seed in a deliciously creamy garlic & onion sauce, served with rice 12.95

SIDES & EXTRAS *(all are available Gluten-Free or Vegan optional, just ask when ordering)*

Mixed, green or tomato salad 4.55 Cheesy gratin potatoes 3.95 Garlic Gratins (vgn) 3.25 Spinach, onion & garlic 3.50 Onion rings 3.50
Veg & potatoes 3.50 Hand-seasoned chips 3.55 Onion & mushrooms 3.25 Garlic Mayo .95 Vegan Garlic Mayo .95 Nut-Free Pesto .95

HOMEMADE DESSERTS

Ask to see our current dessert selection for more GF options. Most standard Ice creams are usually GF but ask to check our current selection.

- STICKY TOFFEE PUDDING** A local legend smothered in hot toffee sauce with ice cream and whipped cream GF, V. Vegan optional 5.95
- ETON MESS** Homemade crushed meringues, whipped cream, ice cream and luscious red berries GF, V, Vegan optional 5.95
- ICE CREAM BOMBE** Crunchy meringue & honeycomb Ice cream bomb, frosted berries & white chocolate sauce GF, V 5.95
- GOOEY TRIPLE CHOCOLATE BROWNIE+** in hot chocolate sauce with cream (ice cream £1 extra) V, GF 4.25

BEER; We also stock bottled GF Peroni, one of Italy's finest premium beers. This is a new Gluten Free product

V = veggie VOA= Veg optional VGN= Vegan/Dairy free VGNO= Vegan optional GF= No gluten containing ingredients
If you have any food allergies, please ask to see our allergen guide or check with our chef.

Some prices aren't shown as they're dependent on times. We reserve the right to alter prices without prior notice.