

CASA ROMANA ITALIAN KITCHEN

★★★★★ SINCE 1993 ★★★★★

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Trying to be good? Don't be a sinner...go for our angelic 'lighter' options!

LIGHTER OPTIONS

Tasty, homemade food that's even better for you than our standard dishes!

Here's a few of our meals that are already healthy, or can be made even healthier.
Just ask for them 'lighter' to avoid confusion and we'll cut out the bad stuff for you!

Our minced beef is steak mince at less than 5% fat.

We have a LIGHT PIZZA MARGARITA at under 500 calories with 2 toppings included
Dishes marked + are included in our Express Happy Hour Menu
£8.00 main course, 11.75 for 2 courses or £15.50 for 3 courses of amazing fresh food

STARTERS

- ZUPPA TOSCANA+** traditional handmade Tuscan tomato, basil & bean soup served with bread (*bread is not GF) VGN, GF 5.95
- GARLIC PIZZA SOLO** small individual pizza base topped with garlic & tomato or low fat creamy garlic sauce & a little mozzarella. V 3.75 or 4.25
- BRUSCHETTA CLASSICO+** toasted garlic bread topped with chunky tomato, red onion & basil VGN 5.95
- ARANCINI SICILIANA** crispy breaded cheesy risotto balls from Sicily with tomato & pesto sauce VGN, GF 6.65
- HOT SEAFOOD MEDLEY** (GF optional) sharing plate of Calamari, Mussels & King Prawns in lightly spiced garlic, tomato, white wine sauce with toasted garlic bread 13.95 (or 7.45 individual portion)
- GARLIC DOUGH STICKS** an individual portion, baked in garlic butter and served with our low fat basil pesto dip V, VGN 4.95

MAIN COURSE

- PIADINA LEGERA** folded baked Italian flatbread filled with light creamy garlic mushrooms, chicken & a little cheese, with crispy mixed salad 8.45
- LIGHT PIZZA MARGARITA+** thin rolled 10 inch Margarita with tomato & less mozzarella (app 490 calories) V 8.00 add 2 free toppings free of charge
- PENNE PIZZAIOLA+** Simple, tasty and traditional; penne tossed in a tomato, basil, garlic, olive and caper sauce VGN 9.50
- SPAGHETTI ARRABBIATA** meaning 'Angry,' this is a hot, spicy tomato sauce. (can be made milder to taste) V, VGN 9.35
- SEAFOOD TAGLIATELLE** king prawns, mussels, salmon and calamari tossed in tomato, white wine, garlic, fennel and a touch of chilli 15.95
- CHICKEN ROMANA PIZZA** thin XL base with low fat creamy garlic sauce, chicken, peppers, a little mozzarella & rocket (approx 650 calories) 9.95
- LIGHT CHICKEN RISOTTO** creamy chicken risotto with peas, peppers, onions & mushrooms but no cream! GF 9.45
- SPAGHETTI BOLOGNESE+** our rich Bolognese ragu is made with 5% steak mince with tossed with pasta. 9.20
- PAN-ROASTED SALMON FILLET** Under a pesto parmesan crust with fondant garlic potatoes, carrots and spinach GF 14.25

HANDMADE DESSERTS: Desserts can be served with only a little or no extra cream. Just as

- MANGO & WHITE CHOCOLATE ETON MESS** Crushed meringues, whipped cream, mango sorbet, mango & white chocolate sauces GF, V, VGN0 5.95
- A LITTLE MESSY** mini Eton Mess with whipped cream, crushed meringue & luscious red berry coulis. V. VGN0 3.75
- HANDMADE ICE CREAM BOMBE** made with crushed meringues, honeycomb & frozen whipped cream topped with white chocolate sauce but easily subbed for our delicious fat free lemon sauce V, GF 5.95
- STICKY TOFFEE PUDDING** you won't believe it but we've developed a dairy free pudding with over 33% less calories than a 'normal' one so you can enjoy it without the guilt or ask for it 'dairy free' and it comes with our special toffee sauce & dairy free ice cream VGN0, GF 5.95

V= vegetarian VOA= Vegetarian optional VGN= Vegan/Dairy free VGN0= Vegan/Dairy Free Optional GF= Gluten Friendly