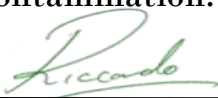


GF HIGHLIGHTS

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



STARTERS

POLLO PICCANTE (GF) Spicy chicken, tomato & olive ragu under cheese. Ask for GF & get it with GF bread 8.60

GOAT'S CHEESE (V, GF) Goat's cheese baked with sweet onion relish and drizzled with hot honey 7.75

ARANCINI (VGNO, GF) Deep fried crumbed cheesy Sicilian risotto balls, rocket & tomato sauce 7.70

SEAFOOD MEDLEY (GF) King Prawns, mussels, squid, garlic, tomato & white wine with GF garlic bread 10.95

FAGOTTINI (GF) tender seasoned lamb parcels wrapped and baked in prosciutto with tomato dip 8.45

GF GARLIC FOCACCIA (VGN, GF) Homemade & baked with garlic butter 5.60 (add tomato & cheese 60p)

GF GARLIC CHEESE & TOMATO PIZZA Homemade GF base (ask for it GF to avoid any confusion) 7.95

MAIN COURSES

All our risottos are naturally gluten free or for a small surcharge, we have hand rolled 10 inch GF pizza bases (1.50) or GF pasta (1.40), so can adapt most other dishes to order, or how about trying one of these recommendations?

CHICKEN RISOTTO (GF) Creamy chicken risotto, mushrooms, peppers and onions 12.95

CHICKEN VAL D'OSTANO (GF) Chicken fillet in creamy mushroom sauce topped with prosciutto & Fontina cheese, served with vegetables and potatoes 16.75

PIZZA SENZA (GF) Homemade Gluten Free Pizza Margherita with two GF toppings of your choice 13.35

SEAFOOD RISOTTO (GF) Peeled king prawns, smoked salmon, mussels & tender calamari, tomato & wine 18.50

RISOTTO ARROSTO (VGN, V, GF) creamy, aromatic risotto of roasted Mediterranean vegetables & pesto 12.95

KING PRAWN THERMIDOR (GF) Peeled Prawns, mushroom, brandy, mustard & cream with mash or rice 17.85

SALMON FILLET (GF) creamy prawn, tomato & Sambuca sauce, buttered vegetables and potatoes 17.50

PASTA CARBONARA (GF) Gluten-free pasta an our cream, smoked pancetta & parmesan sauce 13.75

RISOTTO SPAGNOLA (GF) Chicken, King Prawns, chorizo, red onions, peppers, paprika, garlic & olives 17.95

POLLO N'DUJA (GF) Chicken, chilli spiced N'Duja sausage pate & pancetta with rice 16.75

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

Dressed mixed, green or tomato salad 5.60 Cheesy gratin potatoes 5.65 Garlic Gratin (vgn) 4.95 Spinach, onion & garlic 4.35 Veg & potatoes 4.55 Seasoned chips 4.55 Onion & mushrooms 4.25 Creamy Garlic Mash 4.55 Garlic Mayo 1.30 Pesto 1.45

HOMEMADE DESSERTS

Please see our current specials for more GF options. Most Ice creams are usually GF but ask to check our current selection.

STICKY TOFFEE PUDDING (V, GF, VGNO) smothered in hot toffee sauce with ice cream and whipped cream 7.75

ETON MESS (V, GF, VGNO) Homemade crushed meringues, whipped cream, ice cream and luscious red berries 7.75

ICE CREAM BOMBE (V, GF) Meringue & honeycomb Ice cream bomb, frosted berries, white chocolate sauce 7.75

TRIPLE CHOCOLATE BROWNIE (V, GF) in hot chocolate sauce with cream (ice cream £1.50 extra) 5.75

BEER; We also stock bottled Gluten Free Peroni, one of Italy's premier beers.

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.
