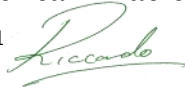


GF Highlights

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 7.45

ZUPPA (VGN, GF) Tuscan tomato, basil and bean soup 6.25 (add 50p if you would like toasted GF bread)

ARANCINI (VGN, GF) Deep fried cheesy risotto balls, rocket & tomato sauce 6.85

SEAFOOD MEDLEY (GF) King Prawns, mussels, squid, garlic, tomato & white wine with GF garlic bread 8.45

GF GARLIC BREAD (VGN, GF) Homemade GF bread baked with garlic butter 4.45 (add tomato & cheese 50p)

GF GARLIC CHEESE PIZZA Homemade GF base (ask for it GF to avoid any confusion) 6.25

MAIN COURSES

All our risottos are 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. We can swap most pasta's for GF or how about trying one of these?

CHICKEN RISOTTO (GF) Creamy chicken risotto, mushrooms, peppers and onions 10.95

CHICKEN VAL D'OSTANO (GF) Chicken breast fillet, white wine, mushrooms, prosciutto & Fontina cheese, spinach & garlic potatoes 14.95

PIZZA SENZA (GF) Homemade Gluten Free Pizza Margherita with two GF toppings of your choice 10.25

RAVIOLI E PESTO (GF) Gluten free spinach and ricotta ravioli in tomato & cream sauce 11.95

RISOTTO PEPPERANATO (VGN, V, GF) Aromatic roast pepper, aubergine, olive & sun-dried tomato. 10.95

KING PRAWN THERMIDOR (GF) flambéed in mushroom, brandy, mustard & cream sauce on rice 15.95

SALMON FILLET (GF) creamy prawn, tomato & Sambuca sauce, buttered spinach & garlic potatoes 15.95

RISOTTO SPAGNOLA (GF) Chicken, King Prawns, chorizo, red onions, peppers, paprika, garlic & olives 15.50

POLLO N'DUJA (GF) Chicken, chilli spiced N'Duja sausage pate & pancetta with rice. 14.75

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 Gratin (vgn) 3.25 Spinach, onion & garlic 3.50 Onion rings 3.50 Veg & potatoes 3.50 Seasoned chips 3.55 Onion & mushrooms 3.25 Garlic Mayo .95 Vegan Garlic Mayo .95 Pesto .95

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 5.95

ETON MESS (V, GF, VGNO) Homemade crushed meringues, whipped cream, ice cream and luscious red berries 5.95

ICE CREAM BOMBE (V, GF) Meringue & honeycomb Ice cream bomb, frosted berries, white chocolate sauce 5.95

TRIPLE CHOCOLATE BROWNIE (V, GF) in hot chocolate sauce with cream (ice cream £1 extra) 4.50

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

Visit us at www.CasaRomanaUK.com Email; Casaromanacarlisle@gmail.com or call 01228591969