

# GF HIGHLIGHTS

**All dishes on this menu are made with non-gluten ingredients.**

On our *Full Menu*, risottos are naturally GF or for a small surcharge, so you can swap to hand rolled 10 inch GF pizza bases (1.65) or GF pasta (1.50), so can adapt most other dishes to order, or try one of these recommendations?

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 these dishes are Gluten-Free, our kitchen is not, so there is always a small chance of cross contamination.

Please bear this in mind if you have a particularly high intolerance, thank you

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## STARTERS

POLLO PICCANTE (GF) Spicy chicken, tomato & olive ragu under cheese. Ask for GF & get it with GF bread 8.95

GOAT'S CHEESE (V, DF, GF) Goat's cheese baked with sweet onion relish and drizzled with honey 8.20

ARANCINI (VGNO, GF) Deep fried crumbed cheesy Sicilian risotto balls, rocket & tomato sauce 7.95

SEAFOOD MEDLEY (GF) King Prawns, mussels, squid, garlic, tomato & white wine with GF garlic bread 11.25

SPIEDINI (GF) Tender seasoned chicken skewers in our delicious garlic butter sauce 9.25

GF GARLIC FOCACCIA (VGN, GF) Homemade & baked with garlic butter 5.85 or with tomato & cheese 6.95

ZUPPA E PANE (GF) Tuscan tomato, basil & bean soup served with toasted GF garlic bread 8.25

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## MAIN COURSES

CHICKEN RISOTTO (GF) Creamy chicken risotto, mushrooms, peppers and onions 13.65

CREPELLE (V, GF) GF Wrap with spinach, sun-dried tomato & goats cheese baked in tomato & mozzarella 12.75

CHICKEN VAL D'OSTANO (GF) Chicken fillet in creamy mushroom sauce topped with prosciutto & Fontina cheese, served with spinach, vegetables and potatoes 17.55

PIZZA SENZA (GF) Homemade Gluten Free Pizza Margherita with two GF toppings of your choice 13.65

SEAFOOD RISOTTO (GF) Peeled king prawns, smoked salmon, mussels & tender calamari, tomato & wine 19.25

RISOTTO ARROSTO (VGN, V, GF) creamy, aromatic risotto of roasted Mediterranean vegetables & pesto 13.55

KING PRAWN THERMIDOR (GF) Peeled Prawns, mushroom, brandy, mustard & cream with mash or rice 18.75

POLLO AL AGLIO (GF) Chicken & pancetta in a garlic butter sauce on a bed of aromatic roast veg risotto 16.95

SALMON FILLET (GF) creamy King Prawn, tomato & Sambuca sauce, buttered vegetables and potatoes 18.45

PASTA CARBONARA (GF) Gluten-free pasta in our cream, bacon & parmesan sauce 13.75

RISOTTO SPAGNOLA (GF) Chicken, King Prawns, chorizo, red onions, peppers, paprika, garlic & olives 18.75

POLLO N'DUJA (GF) Chicken breast strips in a spiced N'Duja sausage & pancetta sauce with rice 16.95

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

Dressed mixed, green or tomato salad 5.90 Cheesy gratin potatoes 5.95 Garlic Gratins (vgn) 4.55 Spinach, onion & garlic 4.55 Veg & potatoes 4.95 Seasoned chips 4.95 Onion & mushrooms 4.45 Creamy Garlic Mash 4.95 Garlic Mayo 1.40 Pesto 1.60

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## 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 7.95

ETON MESS (V, GF, VGNO) Homemade crushed meringues, whipped cream, ice cream and luscious red berries 7.95

ICE CREAM BOMBE (V, GF) Meringue & honeycomb Ice cream bomb, frosted berries, white chocolate sauce 7.95

TRIPLE CHOCOLATE BROWNIE (V, GF) Hot chocolate sauce & whipped cream (ice cream £1.50 extra) 5.99

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**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.

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