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La Vela



BREAD & OLIVES

Marinated Mixed Olives **VG** **GF** 4.95

Mixed olives marinated in La Vela's selection of herbs & garlic

Baked Ciabatta **VG** 5.95

Baked Ciabatta bread served with an olive and balsamic dip

STARTERS TO SHARE

Garlic Bread with Mozzarella **V** 9.25

Hand stretched home-made pizza base with garlic butter and mozzarella cheese

Tomato & Pesto Bread **V** 9.25

Hand stretched home-made dough with tomato sauce and pesto dressing

Antipasto La Vela 17.95

Our chef's own recipe; a large antipasto platter representing the traditional taste of Italy

STARTERS

Calamari Fritti 8.85

Fresh squid rings, lightly coated with seasoned flour and deep fried, served with salad garnish and garlic dip

Mozzarella in Carozza **V** 7.75

Mozzarella cheese coated in bread crumbs & deep fried until golden, served with salad garnish and caramelised onions

Gamberoni 8.95

King prawns sautéed with garlic & parsley, white wine, lemon, & chilli butter, served with baked ciabatta bread

Funghi alla Crema **V** 8.75

Field mushrooms cooked in cream with red onions & parsley, served on baked ciabatta bread

Caprese **V** 7.25

Buffalo mozzarella, tomatoes & basil, drizzled with olive oil & balsamic glaze

Whitebait 7.65

Deep fried whitebait served with salad garnish and tartar sauce

BBQ Chicken Wings 6.95

Spicy BBQ chicken wings

Prosciutto Foglia 6.95

Delicate slices of Parma ham served with fresh rocket, sun blushed tomatoes, parmesan cheese and balsamic glaze

PIZZA

Margherita **V** 12.45

Classic pizza with tomato sauce & grated mozzarella

Americana 14.45

A tomato & mozzarella based pizza with double pepperoni

Marinara 15.65

Anchovies, olives, prawns, capers, onions, mozzarella & tomato base

Affumicato 15.25

Creamy smoked cheese, cured chorizo, fire roasted peppers, tomato sauce & mozzarella

La Festa 15.85

Tomato & mozzarella base, chicken, pepperoni, parma ham, fresh chillies

Pizza Pesto 13.85

Pizza with pesto, fresh mozzarella, chicken, capers, cherry tomato & pizza sauce

Cipolla **V** 14.85

Tomato & mozzarella pizza base with goat's cheese, caramelised onion, spinach & red onion

Pancetta 14.95

Tomato & mozzarella pizza base with creamy smokey pancetta, chicken, red peppers & parsley

Parma 14.45

Parma ham, rocket, parmesan, tomato sauce & mozzarella

Extra toppings of vegetables or cheese for 1.30

Extra topping of fish or meat for 1.70 each

CALZONE

Carne Picante 17.35

A folded pizza, filled with chorizo, chicken, salami, mushroom, fresh chillies, tomato sauce & mozzarella

Guardino Verde **V** 16.35

A folded vegetarian pizza, filled with spinach, goat's cheese, mushrooms, olives, tomato sauce & mozzarella

PASTA

Spaghetti alla Bolognese 15.65

La Vela's homemade prime beef bolognese sauce with fresh basil

Spaghetti Carbonara 14.75

A delicious sauce of pancetta, cream & parmesan cheese and egg yolk

Linguine Gamberi 16.75

Pasta with prawns and crayfish cooked with white wine, garlic, cherry tomatoes, roquito chillies and creamy tomato sauce

Penne Arrabbiata **V** 12.45

Penne pasta with tomato sauce, basil & fresh chillies (Add chicken for £1.70)

Linguine con Pesto **V** 14.95

A vegetarian pasta with peppers, mushrooms, spinach, spring onion & cherry tomato in creamy pesto sauce

Penne Pollo Picante 14.95

Spicy pasta with chicken, cherry tomatoes, spinach, cooked in creamy picante sauce

Lasagna (Oven Baked) 15.65

Oven baked layers of fresh pasta sheets, beef ragu and bechamel topped with mozzarella

Penne Dela Casa (Oven Baked)

Oven baked penne pasta with chicken, pancetta, mushrooms and spinach in a creamy parmesan sauce, topped with mozzarella 15.65

(Steve B has been having this for 10 years now, enjoy it his way by adding chorizo for £1.70)

RISOTTO

Risotto ai Funghi con Pollo **GF** 15.95

Arborio rice cooked with white wine, chicken, wild mushrooms, parsley and parmesan

Risotto Alla Pescatora **GF** 16.25

Arborio rice cooked with white wine prawns, calamari rings, anchovy, peas, and some blushed tomatoes

CARNE

Pollo alla Crema 19.25

Chicken breast in a white wine & cream sauce with field mushroom served with baby potatoes & salad

Pollo alla Griglia 20.65

Chicken breast marinated in chilli, garlic, rosemary, flame grilled further cooked in spicy creamy picante sauce and served with baby potatoes & salad

Pollo Caesar 16.85

Fresh romaine lettuce topped with grilled chicken breast and tossed with creamy caesar dressing, parmesan cheese, and crispy croutons.

La Vela Burger 17.45

100% prime beef burger or Italian style grilled chicken burger served with bacon, tomatoes, mixed leaves, caramelised onions, brie cheese, tomato sauce and mayonnaise & chips

Seabass 23.45

Two boneless sea bass fillets cooked in white wine, lemon & spring onions, served on creamy crashed potatoes, spinach & salad

Pollo limone 17.25

Chicken breast cooked in white wine and freshly squeeze lemon juice sauce topped with spinach, pistachio and sun-dried tomato served with Tuscan potato

Sirloin Steak (10oz) 24.95

Flame grilled steak cooked to your liking, served with salad garnish and chips

Sticky BBQ Rack of Ribs 22.45

Succulent full rack of pork ribs, marinated in sticky BBQ sauce, & served with chips and salad

Add a Sauce 4.95

Peppercorn, Gorgonzola or Mushroom Sauce

SIDES

Mixed Salad **VG** **GF** 4.25

Mixed leaves, cherry tomatoes, red onion, olive oil & balsamic

Tuscan Potatoes **V** 4.25

Fried and roasted baby potatoes with rosemary, parsley and Maldon salt

Garlic Bread with Mozzarella **V** 5.25

Hand stretched home-made dough with garlic butter & mozzarella cheese

Chips **V** 4.65

A SERVICE CHARGE OF 12% WILL BE ADDED TO TABLES OF 5 PEOPLE AND MORE

Gluten free and vegan options are available. Please ask member of our staff.

V Vegetarian **VG** Vegan **GF** Gluten Free

DISHES MAY CONTAIN INGREDIENTS NOT LISTED ON THE RECIPES DESCRIPTION. SOME INGREDIENTS MAY CONTAIN NUTS AND OTHER ALLERGENS. OUR PESTO CONTAINS NUTS. IF YOU HAVE FOOD ALLERGY, PLEASE ASK OUR STAFF TO HELP YOU TO CHOOSE A SUITABLE MEAL.