

## BREAD & OLIVES

<b>Marinated Mixed Olives</b> <b>VG</b> <b>GF</b>	<b>3.95</b>
<i>Mixed olives marinated in La Vela's selection of herbs &amp; garlic</i>	
<b>Baked Ciabatta</b> <b>VG</b>	<b>4.75</b>
<i>Baked Ciabatta bread served with an olive and balsamic dip</i>	

## STARTERS TO SHARE

<b>Garlic Bread with Mozzarella</b> <b>V</b>	<b>8.25</b>
<i>Hand stretched home-made pizza base with garlic butter and mozzarella cheese</i>	
<b>Tomato &amp; Pesto Bread</b> <b>V</b>	<b>8.25</b>
<i>Hand stretched home-made dough with tomato sauce and pesto dressing</i>	
<b>Antipasto La Vela</b>	<b>16.95</b>
<i>Our chef's own recipe; a large antipasto platter representing the traditional taste of Italy</i>	

## STARTERS

<b>Calamari Fritti</b>	<b>8.55</b>
<i>Fresh squid rings, lightly coated with seasoned flour and deep fried, served with salad garnish and garlic dip</i>	
<b>Mozzarella in Carozza</b> <b>V</b>	<b>7.45</b>
<i>Mozzarella cheese coated in bread crumbs &amp; deep fried until golden, served with salad garnish and caramelised onions</i>	
<b>Gamberoni</b>	<b>8.95</b>
<i>King prawns sautéed with garlic &amp; parsley, white wine, lemon, &amp; chilli butter, served with baked ciabatta bread</i>	
<b>BBQ Chicken Wings</b>	<b>6.95</b>
<i>Spicy BBQ chicken wings</i>	
<b>Funghi alla Crema</b> <b>V</b>	<b>8.25</b>
<i>Field mushrooms cooked in cream with red onions &amp; parsley, served on baked ciabatta bread</i>	
<b>Caprese</b> <b>V</b>	<b>6.95</b>
<i>Buffalo mozzarella, tomatoes &amp; basil, drizzled with olive oil &amp; balsamic glaze</i>	
<b>Whitebait</b>	<b>7.45</b>
<i>Deep fried whitebait served with salad garnish and tartar sauce</i>	
<b>Di Capra</b> <b>V</b>	<b>6.55</b>
<i>Oven baked goat's cheese on a ciabatta bread topped with caramelised onion, served with salad garnish with honey mustard dressing</i>	
<b>Polpetta Pomodoro</b>	<b>8.25</b>
<i>Homemade beef meatballs in tomato sauce, topped with mozzarella then oven baked &amp; served with ciabatta bread</i>	

## PIZZA

<b>Margherita</b> <b>V</b>	<b>10.85</b>
<i>Classic pizza with tomato sauce &amp; grated mozzarella</i>	
<b>Americana</b>	<b>12.85</b>
<i>A tomato &amp; mozzarella based pizza with double pepperoni</i>	
<b>Marinara</b>	<b>13.95</b>
<i>Anchovies, olives, prawns, onions, mozzarella &amp; tomato base</i>	
<b>Affumicato</b>	<b>13.25</b>
<i>Creamy smoked cheese, cured chorizo, fire roasted peppers, tomato sauce &amp; mozzarella</i>	
<b>La Festa</b>	<b>13.95</b>
<i>Tomato &amp; mozzarella base, chicken, pepperoni, meatballs, parma ham, fresh chillies</i>	
<b>Pizza Polpettelle</b>	<b>13.85</b>
<i>Chorizo salami, homemade meatballs, roquito chillies &amp; sun blushed tomatoes</i>	
<b>Pizza Pesto</b>	<b>12.85</b>
<i>Pizza with pesto, fresh mozzarella, chicken, cherry tomato &amp; pizza sauce</i>	
<b>Cipolla</b> <b>V</b>	<b>12.85</b>
<i>Tomato &amp; mozzarella pizza base with goat's cheese, caramelised onion, spinach &amp; red onion</i>	
<b>Pancetta</b>	<b>12.95</b>
<i>Tomato &amp; mozzarella pizza base with creamy smokey pancetta, chicken, red peppers &amp; parsley</i>	
<i>Extra toppings of vegetables or cheese for 1.20</i>	
<i>Extra topping of fish or meat for 1.60 each</i>	

## CALZONE

<b>Carne Picante</b>	<b>16.35</b>
<i>A folded pizza, filled with chorizo, chicken, salami, mushroom, fresh chillies, tomato sauce &amp; mozzarella</i>	
<b>Guardino Verde</b> <b>V</b>	<b>15.35</b>
<i>A folded vegetarian pizza, filled with spinach, goat's cheese, mushrooms, olives, tomato sauce &amp; mozzarella</i>	

## PASTA

<b>Spaghetti alla Bolognese</b>	<b>15.55</b>
<i>La Vela's homemade prime beef bolognese sauce with fresh basil</i>	
<b>Spaghetti Carbonara</b>	<b>14.65</b>
<i>A delicious sauce of pancetta, cream &amp; parmesan cheese and egg yolk</i>	
<b>Linguine Gamberi</b>	<b>15.95</b>
<i>Pasta with prawns and crayfish cooked with white wine, garlic, cherry tomatoes, roquito chillies and creamy tomato sauce</i>	
<b>Penne Arrabbiata</b> <b>V</b>	<b>12.45</b>
<i>Penne pasta with tomato sauce, basil &amp; fresh chillies (Add chicken for £1.60)</i>	
<b>Linguine con Pesto</b> <b>V</b>	<b>13.95</b>
<i>A vegetarian pasta with asparagus, mushrooms, spinach spring onion &amp; cherry tomato in creamy pesto sauce</i>	
<b>Penne Pollo Picante</b>	<b>14.25</b>
<i>Spicy pasta with chicken, cherry tomatoes, spinach, cooked in creamy picante sauce</i>	

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

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

## OVEN BAKED PASTA

<b>Lasagna</b>	<b>15.25</b>
<i>Oven baked layers of fresh pasta sheets, beef ragu and bechamel topped with mozzarella</i>	
<b>Penne Dela Casa</b>	<b>14.95</b>
<i>Oven baked penne pasta with chicken, pancetta, mushrooms and spinach in a creamy parmesan sauce, topped with mozzarella</i>	
<b>Penne al Forno</b>	<b>14.75</b>
<i>Oven baked penne pasta with chorizo, goat's cheese, chicken in a rich pomodoro sauce topped with mozzarella</i>	

## RISOTTO

<b>Risotto ai Funghi con Pollo</b> <b>GF</b>	<b>14.45</b>
<i>Arborio rice cooked with white wine, chicken, wild mushrooms, parsley and parmesan</i>	
<b>Butternut Squash Risotto</b> <b>V</b> <b>GF</b>	<b>13.85</b>
<i>Arborio rice with butternut squash, leeks, spring onion cooked with white wine and parmesan (Add Italian bacon for £1.60)</i>	

## CARNE

<b>Pollo alla Crema</b>	<b>19.45</b>
<i>Chicken breast in a white wine &amp; cream sauce with field mushroom served with baby potatoes &amp; salad</i>	
<b>Pollo alla Griglia</b>	<b>19.95</b>
<i>Chicken breast marinated in chilli, garlic, rosemary, flame grilled further cooked in spicy creamy picante sauce and served with baby potatoes &amp; salad</i>	
<b>Pollo Eldorado</b>	<b>19.45</b>
<i>Chicken breast marinated with lime and fajita seasoning oven baked &amp; topped with tortilla chips, melted cheese and sour cream, served on fajita spiced potatoes, spring onions, fresh chillies and spicy tomato sauce</i>	
<b>La Vela Burger</b>	<b>16.45</b>
<i>100% prime beef burger or Italian style grilled chicken burger served with bacon, tomatoes, mixed leaves, caramelised onions, brie cheese, tomato sauce and mayonnaise &amp; chips</i>	
<b>Sirloin Steak (10oz)</b>	<b>23.95</b>
<i>Flame grilled steak cooked to your liking, served with salad garnish and chips</i>	
<b>Sticky BBQ Rack of Ribs</b>	<b>18.45</b>
<i>Succulent full rack of pork ribs, marinated in sticky BBQ sauce, &amp; served with chips and salad</i>	
<b>Add a Sauce</b>	<b>3.95</b>
<i>Peppercorn, Gorgonzola or Mushroom Sauce</i>	

## SIDES

<b>Mixed Salad</b> <b>VG</b> <b>GF</b>	<b>3.85</b>
<i>Mixed leaves, cherry tomatoes, red onion, olive oil &amp; balsamic</i>	
<b>Tuscan Potatoes</b> <b>V</b>	<b>3.95</b>
<i>Fried and roasted baby potatoes with rosemary, parsley and Maldon salt</i>	
<b>Garlic Bread with Mozzarella</b> <b>V</b>	<b>4.65</b>
<i>Hand stretched home-made dough with garlic butter &amp; mozzarella cheese</i>	
<b>Chips</b> <b>V</b>	<b>4.45</b>

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.

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