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La Vela



BREAD & OLIVES

Marinated Mixed Olives  	6.25
<i>Mixed olives marinated in La Vela's selection of herbs & garlic</i>	
Baked Ciabatta 	7.25
<i>Baked Ciabatta bread served with an olive and balsamic dip</i>	

STARTERS TO SHARE

Garlic Bread with Mozzarella 	10.95
<i>Hand stretched home-made pizza base with garlic butter and mozzarella cheese</i>	
Tomato & Pesto Bread 	10.95
<i>Hand stretched home-made dough with tomato sauce and pesto dressing</i>	
Antipasto La Vela	24.00
<i>Our chef's own recipe; a large antipasto platter representing the traditional taste of Italy</i>	


STARTERS

Calamari Fritti	9.85
<i>Fresh squid rings, lightly coated with seasoned flour and deep fried, served with salad garnish and garlic dip</i>	
Mozzarella in Carozza 	7.95
<i>Mozzarella cheese coated in bread crumbs & deep fried until golden, served with salad garnish and pomodoro sauce.</i>	
Gamberoni	9.95
<i>King prawns sautéed with garlic & parsley, white wine, lemon, & chilli butter, served with baked ciabatta bread</i>	
Di Capra 	8.55
<i>Buffalo mozzarella, tomatoes & basil, drizzled with olive oil & balsamic glaze.</i>	
BBQ Chicken Wings	7.95
<i>Spicy BBQ chicken wings</i>	
Prosciutto Foglia	7.95
<i>Delicate slices of Parma ham served Homemade with fresh rocket, sun blushed tomatoes, parmesan cheese and balsamic glaze</i>	
Polpette Pomodoro	9.85
<i>Homemade meatballs cooked in a rich pomodoro sauce served with garlic brushed bread.</i>	
Melanzana	8.75
<i>Aubergine & peppers cooked in rich pomodoro sauce, topped and freshly baked with mozzarella and served with garlic brushed bread.</i>	

PIZZA

Margherita 	12.55
<i>Classic pizza with tomato sauce & grated mozzarella.</i>	
Americana	14.75
<i>A tomato & mozzarella based pizza with double pepperoni.</i>	
Marinara	15.85
<i>Anchovies, olives, prawns, capers, onions, mozzarella & tomato base.</i>	
Pizza Melanzaza	15.25
<i>Aubergine, goat cheese, chirozo, tomato sauce sauce & mozzarella.</i>	
Pizza La Vela	15.85
<i>Tomato & mozzarella base, chicken, pepperoni, chirozo, fresh chillies.</i>	
Pizza Pesto	13.85
<i>Pizza with pesto, chicken, capers, cherry tomato, mozzarella & pizza sauce.</i>	
Cipolla 	14.95
<i>Tomato & mozzarella with goat's cheese, caramelised onion, spinach & red onion.</i>	
Pancetta	14.95
<i>Tomato & mozzarella base with smokey pancetta chicken, red peppers & parsley.</i>	
Parma	14.65
<i>Parma ham, rocket, parmesan, tomato sauce & mozzarella.</i>	
<i>Extra toppings of vegetables or cheese for 1.70</i>	
<i>Extra topping of fish or meat for 1.95 each</i>	

CALZONE



Carne Picante	17.95
<i>A folded pizza, filled with chorizo, chicken, salami, mushroom, fresh chillies, tomato sauce & mozzarella</i>	
Guardino Verde 	16.95
<i>A folded vegetarian pizza, filled with spinach, goat's cheese, mushrooms, olives, tomato sauce & mozzarella</i>	

PASTA

Pasta alla Bolognese	15.85
<i>La Vela's homemade prime beef bolognese sauce with fresh basil</i>	
Linguine Gamberi	17.95
<i>Pasta with prawns and crayfish cooked with white wine, garlic, cherry tomatoes, roquito chillies and creamy tomato sauce</i>	
Penne Puttanesca	15.75
<i>Pasta with pomodoro sauce, garlic, olives, anchovies, onions & capers. (Add prawns for £1.95)</i>	
Linguine con Pesto 	14.95
<i>A vegetarian pasta with peppers, mushrooms, spinach, spring onion & cherry tomato in creamy pesto sauce</i>	
Penne Pollo Picante	15.95
<i>Spicy pasta with chicken, cherry tomatoes, spinach, cooked in creamy picante sauce</i>	
Lasagna (Oven Baked)	15.85
<i>Oven baked layers of fresh pasta sheets, beef ragu and bechamel topped with mozzarella</i>	
Penne Dela Casa (Oven Baked)	15.95
<i>Oven baked penne pasta with chicken, pancetta, mushrooms and spinach in a creamy parmesan sauce, topped with mozzarella</i>	

(Steve B has been having this for 10 years now, enjoy it his way by adding chorizo for £1.95).

RISOTTO




Risotto al Rosso 	16.25
<i>Arborio rice cooked with red wine, chicken, mushrooms, chirozo and parmesan.</i>	
Risotto Alla Pescatora 	16.95
<i>Arborio rice cooked with white wine prawns , calamari rings, anchovy, peas, and some blushed tomatoes.</i>	

CARNE

Pollo alla Pesto	20.85
<i>Flame grilled chicken breast further cooked in a rich pomodoro sauce with spring onion and peppers, bedded on a layer of baby potatoes and drizzled with green pesto.</i>	
Pollo alla Griglia	21.95
<i>Chicken breast marinated in chilli, garlic, rosemary, flame grilled further cooked in spicy creamy picante sauce and served with baby potatoes & salad</i>	
Pollo Limone	20.85
<i>Chicken breast cooked in white wine and freshly squeeze lemon juice sauce topped with spinach, pistachio and sun-dried tomato served with Tuscan potato.</i>	
Seabass	25.45
<i>Two boneless sea bass fillets cooked in white wine, lemon & spring onions, served on creamy crashed potatoes, spinach.</i>	
La Vela Burger	19.45
<i>100% prime beef burger or Italian style grilled chicken burger served with tomatoes, mixed leaves, caramelised onions, brie cheese, tomato sauce and mayonnaise & chips</i>	

Sirloin Steak (10oz)	26.95
<i>Flame grilled steak cooked to your liking, served with salad garnish and chips.</i>	
Sticky BBQ Rack of Ribs	24.45
<i>Succulent full rack of pork ribs, marinated in sticky BBQ sauce, & served with tusan potatoes and salad.</i>	
Add a Sauce	5.95
<i>Peppercorn, Gorgonzola or Mushroom Sauce</i>	

SIDES

Mixed Salad  	4.45
<i>Mixed leaves, cherry tomatoes, red onion, olive oil & balsamic</i>	
Tuscan Potatoes 	4.45
<i>Fried and roasted baby potatoes with rosemary, parsley and Maldon salt</i>	
Garlic Bread with Mozzarella 	5.25
<i>Hand stretched home-made dough with garlic butter & mozzarella cheese</i>	
Chips 	5.25

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.

 Vegetarian  Vegan  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.