The FAT ITALIAN
RESTAURANT, BAR & GRILL

Great for Sharing

Plain Garlic Bread (V) £7.95

Garlic Bread with Tomato (V) £8.95

Garlic Bread with Cheese (V) £8.95

Chilli Garlic Bread (V) £9.45
Garlic, Tomato, Chilli and Roquito pepper pearls

Tuscan Garlic Bread (V) £8.95
Garlic, Pecorino shavings, Pesto, Italian Herbs and Basil
Add Tuscan sausage meat for £1.50

Pane Rustica (V) £7.95
Toasted Bread, Chopped cherry Tomatoes, Balsamic Glaze and Garlic Mayonnaise

Pane Olio (V) £6.95
Fresh Bread, Olives, Balsamic Vinegar and Olive Oil

Marinated Olives (V) £5.45

All menus & offers subject to change & availability

We cannot guarantee that our products do not contain traces of nuts, seeds, dairy, gluten or any other allergens

Appetisers

Soup of the Day £8.50
A fresh, chef-crafted soup prepared daily using seasonal ingredients. Served with warm artisan bread.

Arancini of the Day £9.95
Crisp golden risotto balls filled with the chef's daily selection of fresh ingredients

Homemade Meatballs £10.45
Hand-rolled beef and pork meatballs simmered cooked in a tomato and basil sauce, finished with Mozzarella

Black Pudding Stack £10.45
Layers of pan-seared black pudding and potato rosti, and crispy pancetta, finished with a cheddar cheese sauce

Salt & Pepper Halloumi £9.95
Lightly fried halloumi tossed in salt and pepper seasoning, peppers and onion and a sweet chili jam.

Pâté della Casa £9.95
House-made chicken liver pâté, accompanied by toasted bread

Bruschetta – Your Choice £10.95
– Fresh tomatoes tossed in garlic and basil atop toasted bread, finished with ribbons of Parma ham.
– Smoky chorizo and sweet roasted red peppers over crisp bruschetta, drizzled with herb oil.
– A blend of ripe tomatoes, basil, and extra-virgin olive oil on warm toasted ciabatta. (V)

Calamari £10.95
Light, crispy calamari seasoned with sea salt and served with lemon aioli.

Sticky Chicken £10.95
Crispy chicken bites glazed in a sweet-and-spicy sticky sauce, garnished with spring onions, and served on chefs rice salad

Fungi Ripieni £9.95
Oven-baked mushrooms stuffed with garlic & herbs, finished with toasted breadcrumbs and pesto cream

Gambas Pil Pil £12.95
Sizzling king prawns cooked in garlic, chili, and olive oil, served with warm bread for dipping.

Crab & Prawn Cocktail £11.95
Fresh crab and chilled prawns layered with crisp lettuce, avocado, and a classic Marie Rose sauce.

Scallop Scottato £14.45
Pan-seared fresh scallops finished with lemon, butter and crispy prosciutto served over a delicate Cauliflower purée.

Salt & Pepper Duck £11.45
Crispy shredded duck tossed in salt and pepper seasoning, served with pancakes and sweet soy.

Seabass Poco £10.45
Grilled Seabass fillet served with lemon, garlic, and herb oil over toasted ciabatta.

Salt & Pepper Ribs £10.45
Pork ribs deep fried in our house flour and tossed in Salt and pepper seasoning. Accompanied with Asian slaw

Main Course

Slow-Roasted Lamb £26.95
Succulent slow-roasted lamb served with a rich minted lamb jus, accompanied by green beans, braised Savoy cabbage, and silky carrot purée, set atop buttery mashed potatoes.

Sea Bass & King Prawn £25.95
Delicate sea bass fillets served on buttered courgette with sautéed potatoes, green beans, and wilted spinach. Topped with garlic-sautéed king prawns and finished with a white wine and lemon sauce.

Pollo Ripieni £23.95
Tender chicken breast stuffed with soft cheese and mixed herbs, wrapped in Parma ham. Served with dauphinoise potatoes and tender stem broccoli, finished with a smooth mustard sauce.

Pollo Diane/Pepe £21.95
Chicken supreme cooked in your choice of classic Diane sauce or creamy peppercorn sauce. Served with dauphinoise potatoes and fried mushrooms.

Fish & Chips £17.95
Fresh haddock fillet dipped in the chef's crispy beer batter, served with golden chips and mushy peas.

Duck Inverno £26.95
Prime duck breast served with carrot purée, homemade dauphinoise potatoes, and roasted tenderstem brocolli, finished with a Forestier and wild mushroom sauce.

Salmone £25.95
Pan-roasted salmon fillet set on basil-crushed new potatoes with sautéed asparagus spears, finished with a creamy white wine and dill sauce.

Seafood Platter £29.95
A deluxe selection of pan-roasted sea bass, sautéed king prawns, crispy calamari, tempura haddock goujons, and lightly buttered seabass fillet. Served with a vibrant garlic and chilli pil pil sauce.

Chicken & Chorizo Fajitas / Vegetable & Halloumi Fajitas (V) £22.95
Cajun-spiced chicken with sautéed chorizo **or** Cajun-spiced vegetables with halloumi, peppers and onions, served on a sizzling skillet. Accompanied by warm flour tortillas, cheese, guacamole, sour cream, and salsa.

Goat's Cheese Fritter (V) £17.95
Goat's cheese fritter coated in panko breadcrumbs, set on roasted red peppers, onions, green beans, potatoes, and cherry tomatoes, finished with a basil and tomato ragù and a drizzle of balsamic glaze.

Sirloin steak £24.95
28-day matured 8oz prime sirloin steak, cooked to your liking and served with fries, vine cherry tomatoes, sautéed mushrooms, and caramelised onions.

Fillet steak £35.45
28-day matured 8oz prime fillet steak served with dauphinoise potatoes, vine cherry tomatoes, sautéed mushrooms, and onions, finished with your choice of sauce.

Mediterranean Seabass £25.95
Grilled fillets of seabass, sautéed cherry tomatoes, chorizo, red onion & spinach, red pesto dressing & balsamic reduction served with sauteed potatoes.

Pasta

Homemade meat lasagne £15.95
Layered Italian classic featuring tender pasta sheets, rich sauces and beef filling

Tuscan Sausage Pasta £16.95
Tagliatelle pasta tossed with Italian sausage meat, spinach, onion, garlic, chilli, mushrooms, and crème fraiche.

Chicken & Chorizo Penne £16.95
Chicken breast pieces and chorizo sausage cooked in our house tomato sauce with chillies, garlic, and onion. Finished with a fresh rocket salad

Seabass Tagliatelle £21.95
Sea bass fillet set on tagliatelle pasta with a creamy garlic and spinach sauce, finished with crispy diced pancetta and topped with sauteed king prawns

Traditional Carbonara £15.95
Classic spaghetti tossed with pancetta, egg, cracked black pepper, and parmesan cheese.

Spaghetti Bolognese / Meatballs £15.95
Chef's homemade meat ragù served with spaghetti, or swap the Bolognese sauce for tender meatballs in a rich tomato sauce.

Cajun Chicken Fiesta £17.95
Blackened Cajun-spiced chicken breast with linguine pasta, béchamel sauce, peppers, and onions in the chef's tomato ragù.

Salmon & King Prawn Tagliatelle £23.95
Sautéed king prawns and salmon pieces tossed with tagliatelle pasta, wilted spinach, cherry tomatoes, and a white wine and garlic cream sauce.

Seafood Spaghetti £23.95
Spaghetti tossed with olive oil, coriander, chillies, garlic, and lime juice, with king prawns, salmon, blue swimming crab meat, and fried calamari.

King Prawn & Chorizo Pasta £19.95
Linguine pasta with king prawns and chorizo, cherry tomatoes, red onion, garlic, chilli, lemon, fresh basil, olive oil, and a drizzle of balsamic syrup.

Penne Zingara £17.95
Penne pasta with jalapeño and roquito peppers, spicy beef, nduja, Cajun chicken, pepperoni, and chorizo, sautéed in chilli and garlic, tossed in a rich Franco sauce.

Spaghetti alla Vongole £25.95
A simple dish with lots of flavour made with spaghetti and clams, flavoured with garlic, chilli, white wine and parsley, and topped with fresh basil

Vegetarian Pasta

Winter Veg Bake Al Forno (V) £17.95
A selection of seasonal vegetables, pan-fried and sautéed in garlic, tossed with penne pasta in a creamy cauliflower sauce, topped with cheese and oven baked.

Garlic Mushroom & Truffle Tagliatelle (V) £19.95
Tagliatelle pasta tossed with sautéed garlic mushrooms in a creamy truffle sauce, finished with truffle pecorino cheese and fresh herbs.

Mediterranean Pasta (V) £16.95
Mediterranean vegetables tossed with tagliatelle in a classic Napoli sauce, finished with cracked black pepper, crispy basil, and pecorino cheese.

Goat's Cheese Pasta (V) £17.95
Penne pasta with fine green beans, cherry tomatoes, peppers, rosemary, chillies, pesto, olive oil, pine nuts, and creamy goat's cheese.

Pizza

House Specials

£16.75

Salami Napoli Picante
Salami Napoli, fresh chilies, truffle cheese and roquito peppers with a hot honey drizzle

Calabria formaggio
Crumbled goat cheese, Nduja and caramelised red onion topped with toasted pine nut

Caprese (V)
Melted Buffalo mozzarella and truffle pecorino cheese, fresh tomato and basil leaf. Finished with black pepper, aged balsamic and extra virgin olive oil

Italiano
Fresh Mozzarella, cherry tomatoes, Parma ham, basil, pecorino cheese, pesto and balsamic glaze

Chicken Speziato
Cajun spiced chicken, semi dried tomatoes, sliced red onions and extra virgin olive oil

Create your own pizza with two toppings for £14.45 (Extra Topping £1.50 each)

- Stilton
- Parma ham
- Pesto
- Nduja
- Ham
- Mushroom
- Chicken
- Red onion
- Roquito pepper
- Napoli salami
- Olives
- Pineapple
- Chorizo
- Pepperoni
- Spicy beef
- Jalapeno

Non-Gluten containing ingredients menu

Starters

Non-Gluten Fresh Asparagus (V) £10.50
Sautéed with extra virgin olive oil, lemon, garlic & chilli, finished with fresh parmesan

Non-Gluten Sticky Chicken £10.50
Cooked in a sweet, sticky, chilli coating, served with chef's rice salad

Non-Gluten Gambas Pil Pil £12.95
King prawns, olive oil, coriander, tomato, chillies, garlic & lime, served with salad

Non-Gluten Garlic Mushrooms (V) £9.95
Fresh mushrooms sautéed in garlic butter, finished with rocket & fresh parmesan

Non-Gluten Salt & Pepper Halloumi (V) £9.95
Tossed with peppers, onions, chilli, garlic, salt & pepper seasoning, served in gem lettuce cups with sweet chilli jam

Mains

Non-Gluten Goat's Cheese Pasta (V) £16.95
Gluten free pasta, Fine green beans, cherry tomatoes & peppers sautéed with rosemary & chillies, green pesto, olive oil, pine nuts & goats' cheese

Non-Gluten Carbonara £15.95
Gluten free pasta, Traditional pasta dish with pancetta, egg, black pepper & parmesan

Non-Gluten Chicken & Chorizo Pasta £16.95
Gluten free pasta, Chicken Breast Pieces & Chorizo Sausage Cooked in our own tomato sauce with beans, chillies, garlic & onion, Finished with fresh wild rocket

Non-Gluten Pasta alla Norma (V) £13.95
Gluten free pasta, Aubergines, tomatoes, garlic, olive oil, chilli, fresh basil & Pecorino cheese

Non-Gluten Pollo Roma £20.95
Chicken supreme set on Mediterranean vegetables finished with our Franco's tomato sauce

Non-Gluten King Prawn & Chorizo Pasta £19.95
Gluten free pasta, cherry tomatoes, red onion, lemon, fresh basil, chilli, olive oil, garlic & balsamic syrup

Non-Gluten Mediterranean Seabass £22.95
Grilled fillets of seabass, sautéed cherry tomatoes, chorizo, red onion & spinach, red pesto dressing & balsamic reduction (also available plain grilled with salad)

Non-Gluten Steak Selection. All served with sauteed potatoes, vine cherry tomatoes, mushrooms & onions
8oz Sirloin Steak £22.95
8oz Fillet Steak £33.95
Add sauce £3.50 (Choice of Peppercorn, Creamy Garlic Mushroom or Creamy Blue Cheese)

We cannot guarantee our dishes do not contain traces of Gluten as they may be stored, prepared or cooked in an area with other Gluten containing products. Other dishes on our main menu may be able to be tweaked to suit your requirements, please ask your server for assistance. Gluten Free Pasta is always available. We cannot guarantee that our products do not contain traces of nuts and/or seeds, dairy or gluten or any other allergens.