THE FAT ITALIAN
RESTAURANT
EST 2008

Food Menu

Great for Sharing

Plain Garlic Bread (V) £8.50

Garlic Bread with Tomato (V) £9.50

Garlic Bread with Cheese (V) £9.50

Chilli Garlic Bread £9.50 (V)
Garlic, tomato, onion & chilli

Tuscan Garlic Bread (V) £9.50
Garlic, pecorino cheese, pesto, herbs & basil

Pane Rustica (V) £7.95
Toasted bread, chopped balsamic cherry tomatoes & garlic mayonnaise

Pane Olio (V) £6.95
Selection of toasted fresh bread, Olives, Balsamic & Olive Oil

Marinated Olives (V) £5.50

All menus & offers subject to change & availability

Whilst every effort has been made to remove them, fish/seafood may contain bone/shell
We cannot guarantee that our products do not contain traces of nuts, seeds, dairy, gluten or any other allergens.

An optional 10% Service charge will be added to the bill for parties of 8 or more

Appetisers

Soup of The Day £8.50
Served with fresh bread & butter

Homemade Meatballs £10.50
Baked in chef's tomato ragu with mozzarella cheese, served with chilli garlic toast

Black Pudding Stack £10.50
Black pudding & bacon fritters set on potato rosti, finished with a cheddar cheese sauce

Crispy Chilli Beef £12.50
Tender strips of fillet steak cooked in our seasoned flour. Tossed through a spiced sticky sauce, resting on julienne vegetables

Salt & Pepper Halloumi (V) £10.95
Tossed with peppers, onions, chilli, garlic, salt & pepper seasoning, served in gem lettuce cups with sweet chilli jam

Pate Della Casa £9.95
Homemade chicken liver pate served with fresh toast & salad garnish

Chorizo Bruschetta £11.50
Chorizo sausage pan fried with roasted red pepper, served on garlic toasted ciabatta. Finished with a honey and chorizo oil

Calamari £10.95
Lightly battered rings of squid, served with tartare sauce & lemon wedge

Sticky Chicken £10.95
Cooked in a sweet, sticky, chilli coating, served with chef's rice salad

Funghi Ripieni (V) £9.95
Fresh mushrooms stuffed with garlic, butter & breadcrumbs, pesto cream

Crema Mussels £13.95
Cooked with shallots, garlic, white wine & cream

Chicken Quesadilla £11.95
Cajun spiced chicken cooked with peppers & onions in a crispy tortilla with melted mozzarella cheese. Served with a homemade salsa

Gambas Pil Pil £12.50
King prawns, olive oil, coriander, tomato, chillies, garlic & lime, served with toasted ciabatta

Crab & Prawn Cocktail £12.50
North Atlantic prawns & white crab meat set on smashed avocado & a crisp salad. Dressed with Marie Rose sauce

Tomato & Parma Ham Bruschetta £11.50
Ciabatta rubbed with garlic & olive oil, topped with chopped tomatoes, basil & Parma ham

Seafood Duo £13.95
Pan seared scallop & red mullet set on buttered julienne courgette, finished with a citrus cream & herb oil

Salt & Pepper Duck £10.95
Duck sautéed in salt & pepper seasoning with peppers & onions, served with oriental pancakes & sweet soy

Seafood Arancini £10.50
Selection of fresh fish cooked in crispy rice balls. Set on lemon crème fraiche

Ribs of Fire £11.95
Pork ribs cooked in a crispy coating, topped with firecracker sauce, served with vegetable slaw

Honey Glaze Belly Pork Bites £10.50
Crispy belly pork tossed in a sticky honey sauce, served with a pickled julienne vegetable slaw

Main Course

Slow Roasted Lamb £25.95
Slow Roasted Lamb, served with a rich minted lamb jus, fine green beans, braised savoy cabbage, carrot puree & a buttered mashed potato

Seabass & King Prawns £23.95
Fillets of seabass set on buttered courgette, green beans, peas and wilted spinach. Topped with sautéed garlic king prawns, accompanied with a white wine & lemon sauce

Florentine Pork Belly £21.95
Slow roasted belly pork set on garlic & thyme parmentier potatoes, and charred greens. Finished with a rich honey reduction

Pollo Creme £21.95
Chicken supreme roasted in butter set on crushed new potatoes, finished with a pancetta and mushroom sauce

Duck & Honey Salad £17.95
Crispy pieces of duck set on a mixed rocket, cherry tomato & spring onion salad. Finished with a honey & soy dressing

Haddock Risotto £20.95
Chunks of fresh haddock tossed in a creamy vegetable risotto, topped with tempura king prawns & parmesan shavings

Italian Pork Steak £21.95
8oz pork loin marinated in Italian seasoning, served with creamy paprika sauce, sauteed potatoes, roasted vine tomatoes & crispy onions

Pollo Diane £21.95
Chicken supreme cooked in a classic Diane sauce of cream, brandy, mushrooms, onions & French mustard, with sauteed potatoes

Fish & Chips £17.95
Fresh Haddock fillet cooked in chef's crispy beer batter, served with chips & mushy peas

Duck Inverno £26.95
Roast duck breast, set on a bed of sauteed greens & butternut squash puree. Served with Hasselback potato & a honey red wine jus

Salmone £25.95
Pan roasted salmon fillet set on basil pesto crushed potatoes & sautéed asparagus spears. Finished with a creamy white wine & dill sauce

Slow Roasted Peppered Ribeye £21.95
Slow roasted ribeye set on buttered mash potato, green beans, savoy cabbage & butternut squash puree. Finished with a peppered red wine sauce

Seafood Platter £29.95
Pan roasted seabass, sauteed king prawns, crispy coasted calamari, tempura haddock goujons and fresh mussels steamed in white wine. Served with a garlic & chilli oil Pil Pil style

Beef Stroganoff £19.95
Slices of Fillet steak smothered in a rich Stroganoff sauce, made with cream, mushrooms, onions, brandy, paprika & a touch of mustard. Served with chef's savoury rice

Chicken & Chorizo Fajitas £19.95
Strips of Cajun spiced chicken & chorizo with peppers & onions served on a sizzling hot skillet with flour tortillas, cheese, guacamole, sour cream & salsa

8oz Sirloin £23.95
28 day matured prime Sirloin steak served with fries, vine cherry tomatoes, sauteed mushrooms & onions

Fillet Pepe/Diane £34.50
28 day matured 8oz prime Fillet steak served with fries, vine cherry tomatoes, sauteed mushrooms & onions, served with choice of creamy peppercorn sauce or a classic Diane sauce

Fillet Burro £34.50
8oz Fillet steak marinated in chef's homemade butter, cooked to your liking. Set on crushed potatoes, topped with charred asparagus and served with a pancetta & mushroom port jus

Lobster Thermidor £65 (Only available with 48 hour pre order)
Fresh 750g lobster poached in Grand Marnier & cream sauce, topped with a herb crust. Accompanied by vegetables sauteed in butter and with a choice of parmesan fries or sauteed herb potatoes

Pasta

Lasagne £15.95
Homemade meat lasagne

Peperoncino Tagliatelle (V) £14.95
Sweet roasted red peppers sauteed with courgettes, red onion, mushrooms, spinach, garlic & chilli, tossed with tagliatelle pasta

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

Chicken & Chorizo Penne £17.95
Chicken breast pieces & chorizo sausage cooked in our own tomato sauce with beans, chillies, garlic & onion, finished with fresh wild rocket

Pasta alla Norma (V) £14.95
Spaghetti, aubergines, tomatoes, garlic, olive oil, chilli & Pecorino cheese

Seabass Tagliatelle £16.95
Seabass fillet set on tagliatelle pasta with a creamy garlic & spinach sauce, finished with diced crisp pancetta

Traditional Carbonara £15.95
Traditional spaghetti dish with pancetta, egg, black pepper & parmesan

Chicken Arrabiata £16.95
Penne pasta tossed in our own tomato sauce, garlic, fresh chilli, peppers & onions

Spaghetti & Meatballs £15.95
Like Mamma Used to Make!

Goats Cheese Pasta (V) £16.95
Penne pasta, fine green beans, cherry tomatoes, peppers, rosemary, chillies, pesto, olive oil, pine nuts & goats' cheese

Spaghetti Bolognese £14.95
Chefs special meat sauce with spaghetti

Cajun Chicken Fiesta £17.95
Blackened Cajun chicken breast, linguini Pasta, béchamel sauce, peppers & onions in chef's tomato ragu

Mediterranean Pasta (V) £15.95
Mediterranean vegetables tossed with tagliatelle in Napoli sauce. Finished with black pepper, crispy basil & pecorino cheese

Salmon & King Prawn Tagliatelle £22.95
Sauteed king prawns and salmon pieces tossed through tagliatelle pasta with wilted spinach, cherry tomatoes and a white wine & garlic cream sauce

Seafood Spaghetti £22.95
Olive oil, coriander, chillies, garlic & lime juice, king prawns, fresh mussels, blue swimming crab meat & fried calamari

Lobster Ravioli £19.95
Parcels of pasta filled with lobster meat, cooked in a white wine, cherry tomato & asparagus cream sauce

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

Add Chicken or Chorizo to Your Pasta for £4.50 extra or King Prawns (5) £5.95

Sides

Dauphinoise Potato £4.95 King Prawns (5) £5.95 Homemade Onion Rings £4.95 Fried Mushrooms £4.50

Sautéed Potatoes £4.95 Fries £4.50 Rocket & Parmesan Salad £4.95 Mixed Salad £4.50 Fresh Bread £2.50

Side Sauce £2.50 (Peppercorn, Diane, Red Wine Jus, Blue Cheese, Creamy Garlic Mushroom)

Pizza 10 inch

(Extra toppings £1.75 each)

Margherita (V) £14.50
Pizza sauce & mozzarella cheese

Capricciosa £16.50
Pizza sauce, mozzarella, ham & mushrooms

Chicken Speziato £16.50
Pizza sauce, mozzarella, spiced chicken, roasted red peppers & sliced red onion

Italiano £17.95
Pizza sauce, fresh mozzarella, cherry tomatoes, finished with Parma ham, basil, pecorino cheese, pesto & balsamic syrup

Inferno! £16.50
Pizza sauce, mozzarella, pepperoni, spicy beef, jalapeño chillies & hot chilli sauce

Vegetarian (V) £15.50
Pizza sauce, mozzarella, mushrooms, onions, olives, peppers, sweetcorn & pineapple

Pepperoni £16.50
Pizza sauce, mozzarella & pepperoni spicy sausage

Hawaiian £15.50
Pizza sauce, mozzarella, ham & pineapple

Caprese (V) £15.50
Melted buffalo mozzarella, fresh tomato & crispy basil leaves. Finished with black pepper, aged balsamic & extra virgin olive oil

Chefs Special £17.95
Pizza sauce, mozzarella & a touch of everything

Meat Feast £17.95
Pizza sauce & mozzarella with meat, meat & more meat!

Vegetarian Mains

Goats Cheese Fritta (V) £16.95
Goats cheese fried in panko breadcrumbs, set on roasted red peppers, onion, green beans, potatoes & cherry tomatoes, finished with a basil & tomato ragu & a drizzle of balsamic syrup

Vegetable & Halloumi Fajitas (V) £17.95
Cajun spiced vegetables & Halloumi cheese with peppers & onions served on a sizzling skillet with flour tortillas, cheese, guacamole, sour cream & salsa

Arrosto Peppers (V) £15.95
Roasted red peppers filled with courgettes, onion, garlic, green beans, broccoli & mixed beans tossed in a basil infused tomato sauce and baked with melted cheese. Served with a spiced savoury rice

Vegetable Cannelloni (V) £15.95
Oven baked flour pancake filled with mixed fresh vegetables, topped with chef's tomato ragu, bechamel sauce & mozzarella cheese

Mediterranean Vegetable Risotto (V) £15.95
Aubergine, tomato, roasted red pepper, onion & peas tossed through arborio rice. Topped with roasted vine tomatoes & herb oil