



MENU

STARTERS

Soup of the Day £4.45
Served with crusty bread

Sharing Antipasto Board £11.95
Sliced Italian cured meats of Parma ham, caccitore salami, 'Nduja sausage and mortadella with mozzarella, queen olives, plum and apple chutney and homemade bread
Best shared between 2

Calamari £5.95
Coated in a salt and pepper dusting, served with a garlic and herb aioli dip

Steamed Mussels £7.25
Served with spring onions in either a tomato and chili sauce (gf) or cream and garlic sauce

Pan-fried King Scallops £8.95
Served with crispy parma ham in a white wine and herb sauce

Chicken Goujons £7.95
Breadcrumbs chicken strips served with a homemade chili and orange dip

Gamberoni (gf) £7.95
Cooked in your choice of sauce: *Garlic butter, white wine and parsley, Tomato ragu with chili and paprika or Amalfi lemon, limoncello and creamy onion*

Italian Bruschetta (S) £5.45
Diced San Marzano tomatoes, onions and basil served on a toasted ciabatta with parmesan shavings
LOW FAT + LOW CALORIE
Drop the parmesan to make it (ve) (v)

Baked Goats' Cheese (v) £5.95
Served on a toasted ciabatta with a roasted pepper salad

Smoked Salmon and Prawn Salad (gf) £6.25
Bound in a Marie Rose sauce

Tomato, Avocado and Mozzarella Salad (v) (gf) (S) £5.95
Drizzled with pesto
LOW CARB + LOW CALORIE

Roasted Pork Ribs £6.25
In an Italian-style BBQ sauce

Garlic Mushrooms £5.95
In a creamy sauce with a breadcrumb and parmesan crust
Drop the parmesan to make it (v)

BREAD

Romano pizza base brushed with garlic oil and rosemary (v) (ve) £3.95

With tomato and pesto (v) £4.75

With tomato and chili (v) (ve) £4.75

With mozzarella and caramelised onions (v) £4.75

SALADS

Herby Chicken (gf) (S) £10.95
Served with pan-fried new potatoes, a mix of romaine, radicchio, fennel and rocket leaves with mint and lemon, drizzled with a sicilian orange dressing
LOW FAT + LOW CALORIE

Greek (v) (gf) (S) £8.95
Classic; feta, olives, cucumber, onions and tomatoes seasoned with oregano
LOW CARB + LOW CALORIE

Antipasto £10.95
Classic cured meats, artichokes, capers and anchovies with plum tomatoes and Italian olives

PASTA

We recommend the pasta type stated on the dish, but you can swap these if you like. Gluten free and whole wheat pasta is available on request, though we cannot guarantee a gluten free preparation environment.

Penne Beef Fillet £9.95
Strips of beef fillet with onions, peppers, chili and garlic in a rich tomato sauce

Penne Arrabiata (v) (ve) (S) £6.95
A spicy sauce of garlic, tomato and chili
LOW FAT + LOW CALORIE

Spaghetti Vongole (S) £7.95
Baby clams with Amalfi lemon and garlic in a Napoli sauce
LOW FAT + LOW CALORIE

Seafood Linguine (S) £8.95
Mixed seafood in a garlic and plum tomato sauce
LOW FAT + LOW CALORIE

Pesto Chicken Fusilli £7.75
Chicken pieces in a creamy pesto and tomato sauce

Lasagne £7.45
Classic beef ragu between layers of pasta with creamy béchamel sauce

Prawn Linguine £8.95
King prawns in a garlic, white wine and tomato sauce with a touch of cream

Tuna Meatballs and Wholewheat Spaghetti (S) £8.25
Served with pine nuts in a tomato sauce
LOW FAT + LOW CALORIE

Meatball Linguine £7.75
Miniature meatballs with a tomato and mushroom sauce

Wild Mushroom Ravioli (v) £7.45
Served with creamy spinach and roasted cherry tomatoes

Spaghetti Carbonara £7.75
Diced pancetta in a creamy parmesan sauce

Cannelloni (v) £7.95
Sicilian ricotta and baby spinach filled pasta tubes in tomato sauce

Tagliatelle Bolognese £7.75
Classic ragu-style recipe

(v) Vegetarian (ve) Vegan (gf) Gluten Free (S) Skinnylicious

Before placing your order please inform a member of staff if you, or anyone in your party, has a food allergy. Our products may contain wheat, egg, dairy, soy, fish allergens. In addition, our products may be processed in facilities that process tree nuts and peanuts.

PIZZAS

We offer vegan cheese and also both fresh, homemade wholewheat or gluten-free bases upon request, however we cannot guarantee a gluten-free preparation environment.

All pizzas are formed and stretched by hand, before being topped with puréed San Marzano tomatoes and Fior di Latte mozzarella cheese.

Margherita (v) £6.25
Classic tomato, mozzarella and oregano
Ask for vegan cheese to make it (ve)

Ham and Mushroom £7.95
Ham, mushroom and roasted peppers
Or go Hawaiian and add pineapple!

Garden (v) £7.95
Mushroom, spinach, rocket and olives
Ask for vegan cheese to make it (ve)

Spicy Bolognese £6.45
Beef bolognese, chili and roasted peppers

Diavolo (hot!) £8.25
Pepperoni, salami, 'Nduja sausage and chili

Kiev £7.25
Chicken, mushroom and garlic

Quattro Stagioni £7.95
Four pizzas in one; kiev, ham and mushroom, garden and margherita

Seafood £8.25
Baby prawns, tuna, mussels and smoked salmon

Calzone £7.95
Folded pizza of tomato, mozzarella, ham, mushroom and onion
(Top with bolognese for an extra £1.50)

Go **S** with your pizza, with a little less base and salad in the centre to make it under 500 calories. You can even hold the mozzarella too!
Not available with calzones.

MAIN COURSES

All of our main courses are served with either a daily selection of vegetables, double-dipped chunky chips or salad. Or go **S** by opting for the vegetables or salad on the dishes indicated.

Chicken Rosemary (gf) £12.95
Breast of chicken served in a creamy rosemary and mushroom sauce

Lamb Saporita £14.95
Oven-baked lamb rump, infused with white wine, garlic, rosemary and thyme in a Napoli sauce

Pork Fillet £14.95
Oven-baked pork fillet with a parmesan crust served with pimentos, diced pancetta, cherry tomatoes and chili

Valdostana £13.95
Breadcrumbs escalope of chicken topped with mozzarella and Parma ham in a Napoli sauce

Monkfish Tails £15.95
Wrapped in Parma ham, served in a lobster thermidor and prawn sauce

Gamberoni (gf) £17.95
Cooked in your choice of sauce: Garlic butter, white wine and parsley, Tomato ragu with chili and paprika or Amalfi lemon, limoncello and creamy onion

Chicken Verde (gf) S £12.95
Grilled chicken breast served with blistered red peppers, asparagus spears, mozzarella and fresh basil
LOW CARB + LOW CALORIE

Seafood Mixed Grill £17.95
A mix of seabass, king prawns and monkfish with mussels in a white wine and herb broth

Pan-fried Seabass (gf) S £14.95
Served with roasted Mediterranean vegetables in a chorizo, chili and tomato sauce
LOW CARB + LOW CALORIE

Kiev £13.95
Breaded chicken breast stuffed with melted garlic butter

GRILL

All of our grill dishes are served with grilled mushroom, roasted cherry tomato, rocket, parmesan and double-dipped chips or salad. Or go **S** and opt for the salad.

7oz Fillet Steak (gf) S £19.95
The most prized cut, incredibly tender
LOW CARB + LOW FAT + LOW CALORIE

8oz Sirloin Steak (gf) S £16.95
A tasty cut, fairly tender
LOW CARB + LOW CALORIE

Choose a sauce for an extra £2.95:

Dolcelatte - Creamy onion, asparagus and mushroom sauce infused with blue cheese

Diane - French mustard, mushroom and cream sauce

Spicy - Fresh chilis, peppers and onions in a rich tomato sauce

Peppercorn - Everyone's favourite; pink, green & black peppercorn sauce

ALL SIDES £2.95

SIDES

Double-dipped Chunky Chips (v) (ve) (gf)

Rocket and Parmesan (gf) **S**
LOW CARB + LOW CALORIE

Beer-battered Onion Rings (v) (ve)

Sweet Potato Fries (v)

Garlic Mushrooms (v) (gf)

Mixed Salad (v) (ve) (gf) **S**
LOW FAT + LOW CARB + LOW CALORIE

DESSERTS

Classic Tiramisu (v) £4.95
Layers of mascarpone and sponge, flavoured with espresso and chocolate

Dark Chocolate Torte (v) £4.95
Served with a cappuccino sauce

Almafi Limoncello Cheesecake (v) £4.95
Served with pouring cream

Cassata Siciliana (v) £4.75
Three-layered ice cream terrine with dried fruit and glazed cherries, served with whipped cream

Apricot Tart £5.25
Italian-style sweet tart with apricots set in a mascarpone custard

Cheese Board £4.95
Creamy dolcelatte Italian cheese

Gelato (v) £3.95
Trio of ice cream served with fruit coulis

Gelato?

Ice cream made the Italian way. It actually has a lower fat content which allows more intense flavours to shine through and it is stored at a slightly warmer temperature so its also a little softer too. We serve Ciccarelli authentic gelato - a family business based in Blyth, making the finest gelatos for decades. We are proud to serve these wonderful gelatos.

SKINNYLICIOUS

In today's world we understand balancing socialising with a healthy lifestyle can be difficult - many of us want to eat healthy but struggle to keep this up when dining out. With this in mind, we've developed our 'Skinnylicious' dishes that, while still delivering great flavour, offer a healthier option under 500 calories for a main and 250 calories for a starter.

Whether it's fats, carbs or calories you're watching, you'll find the dishes low in these throughout the menu marked **S** for you to enjoy guilt-free.

