

MANGIARE SANO

Healthy Options
Fruited salad bowls with toasted croustini slices

<i>SARDINIA</i>	Mixed Italian seafood marinated in olive oil	9.50
<i>ELBA</i>	Parma ham, sundried tomatoes and fresh mozzarella	8.75
<i>ISCHIA</i>	Chicken Caesar salad	8.75
<i>LAMPEDUSA</i>	Yorkshire ham salad bowl	8.75
<i>PANAREA</i>	North Atlantic Prawns with a Marie Rose sauce	8.75
<i>PROCIDA</i>	Wensleydale, bacon and mushroom	8.75
<i>CAPRI</i>	Smoked salmon and goats cheese with a dill mayonnaise dip	8.75
<i>SICILY</i>	Mixed Italian beans and cous cous	8.75
<i>LA MADDALENA</i>	Cold penne pasta salad with mixed peppers, red onion, Gorgonzola cheese cubes, Italian mixed beans, cherry vine tomatoes, in a lightly dressed basil and lemon oil with toasted croustini slices	8.75

PICCOLO MORSO

Light bites

<i>ROSTI MODERNA</i>	Potato rosti with goats cheese, balsamic red onion and grapes	7.75
<i>SMALL TASTE OF ITALY</i>	Mixed olives, extra virgin olive oil and balsamic vinegar with slices of freshly baked bread	5.75
<i>ROSTI ROME</i>	Potato rosti with smoked salmon, goats cheese and wild rocket drizzled with basil olive oil	7.75
<i>ANTIPASTO MISTO</i>	Mixed cured meats (salami milano, prosciutto crudo, coppa di parma) ciabatta slices mixed marinated olives and sundried tomatoes	7.95
<i>ROSTI MILANO</i>	Potato rosti with chicken, bacon and wild rocket drizzled with a balsamic syrup	7.75
<i>ANTIPASTO MARINARA</i>	Mixed Italian seafood accompanied with ciabatta slices and marinated artichokes	7.95

BRUSCHETTAS

Toasted ciabatta slices (gluten free option available + 0.65p)
Served on wild rocket and mixed leaves

<i>GRANSEOLA</i>	White crabmeat, red onion and lime zest	7.75
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<i>ROMANA</i>	<i>Fresh tomatoes, garlic, basil, and extra virgin oil</i>	<i>6.10</i>
<i>GALLERY</i>	<i>Smoked salmon, mascarpone cheese and basil oil</i>	<i>6.95</i>
<i>PARMANESE</i>	<i>Parma ham, mascarpone cheese and globe artichoke</i>	<i>6.95</i>
<i>BENEDETTO</i>	<i>Ciabatta slices with two soft poached eggs home cooked ham topped with Hollandaise sauce</i>	<i>8.25</i>