

TRADITIONAL FAVOURITES

POLLO ALLA MILANESE (HALAL) BREAST OF FREE RANGE CHICKEN COATED IN BREADCRUMBS SERVED WITH SPAGHETTI NAPOLI & LEMON WEDGE
CONTAINS: POULTRY, EGG, FLOUR, GLUTEN

£ 15.50

POLLO AI FUNGHI (HALAL) FREE-RANGE CHICKEN BREAST IN A MUSHROOM SAUCE SERVED WITH MASH POTATOES & BROCCOLI
CONTAINS: POULTRY, FLOUR, GLUTEN, MUSHROOMS, SOLPHITES

£ 18.00

POLLO AI FERRI (HALAL) FREE-RANGE, GRILLED BREAST OF CHICKEN SERVED WITH CHUNCKY CHIPS & SALAD
CONTAINS: POULTRY, OLIVE OIL, HERBS

£ 14.95

MEDAGLIONI DI VITELLO AL LIMONE VEAL MEDALLIONS SAUTEED IN BUTTER LEMON JUICE & LEMON ZEST, SERVED WITH GREEN BEANS & NEW POTATOES
CONTAINS: VEAL, DAIRY, NUTMEG, E 220, E228

£ 24.00

SCAMPI AI FUNGHI MISTI SCAMPI SAUTEED IN BUTTER, GARLIC, MUSHROOMS. SERVED WITH A RAMEKIN OF STEAMMED RICE
CONTAINS: CROSTACEUS, DAIRY, LOW ALCOHOL WINE, GLUTEN, MUSHROOMS

£ 27.00

MERLUZZO AL FORNO OVEN-BAKED COD IN LEMON & BUTTER SAUCE SERVED WITH MASH POTATOES & SPINACH
CONTAINS: FISH, DAIRY, NUTMEG E220, E228

£ 27.00

BEEF STEAK SANDWICH THINLY SLICED GRILLED RIB-EYE STEAK PANINI ON A BED OF MIXED LEAVES SALAD, MUSTARD, SERVED WITH CHIPS
CONTAINS: E220, E228, EGG, SOYA, CEREAL, GLUTEN

£ 15.50

SALMONE ALLA GRIGLIA FRESH GRILLED SALMON SERVED WITH SALAD
CONTAINS: FISH, OLIVE OIL E220, E228

£ 18.50

BOCCONCINI AI FUNGHI SCOTTISH BEEF STRIPS IN A RICH REDWINE & MUSHROOM SAUCE SERVED WITH RICE
CONTAINS: BEEF, GLUTEN, MUSTARD, CELERY, SOYA SULPHITES

£ 25.00

SCAMPI FRITTI DEEP-FRIED SCAMPI SERVED WITH CHIPS/WEDGES & SALAD
CONTAINS: CROSTACEUS, FLOUR, GLUTEN, E220, E228

£ 21.50

SIDE DISHES / VEGETABLES

POTATOES WEDGES DEEP FRIED POTATOES WEDGES
CONTAINS: POTATOES, RAPESEED OIL, SALT & PEPPER
Please note that sometimes wedges are not available, However, we will replace with ordinary chips of equal weight

£ 4.60

SAUTÉ POTATOES SLICED POTATOES SAUTEED IN BUTTER WITH FRIED ONIONS.
CONTAINS: DAIRY, RAPESEED OIL, SALT & PEPPER

£ 5.50

FRESH COURGETTES FRESH COURGETTES CHUNCKS COATED IN BREADCRUMB & DEEP FRIED
CONTAINS: GLUTEN, FREE-RANGE EGG FLOUR, RAPESEED OIL

£ 6.80

TOMATOES & ONION SALAD **CONTAINS:** SLICED TOMATOES, RED ONION RINGS, OLIVE OIL, OREGANO

£ 4.50

MIXED SALAD MADE UP WITH: LETUCE, SPRING ONIONS, CUCUMBER, ROCKET, LOLLO ROSSO, OLIVE OIL, BALSAMIC VINEGER
CONTAINS: SULPHITE,

£ 6.00

ROCKET & PARMESAN SHAVINGS MADE UP WITH: ROCKET, PARMESAN SHAVINGS, OLIVE OIL, BALSAMIC VINEGER
CONTAINS: SULPHITE

£ 5.50

GIULIO'S SUMMER PICKS

TUNA BOX VARIETY **CONTENTS:** TUNA FLAKES ON A BED OF CURLY ENDIVE, BROCCOLI, RED ONION RINGS. MINI SALAD WITH CHOPPED TOMATOES, CHOPPED CUCUMBER, OREGANO. OLIVE OIL AND BALSAMIC VINEGER POT. SHORT PASTA WITH SPRING ONIONS AND CREAMY SAUCE
CONTAINS: GLUTEN, DAIRY

£ 10.25

CAESAR BOX VARIETY **CONTAINS:** (HALAL) FREE RANGE BREAST OF OVEN-BAKED CHICKEN, SLICED ON A BED OF MIXTURE OF LETUCE, ENDIVE, AND ROCKET WITH A SPRINKLE OF PARMESAN SHAVINGS AND CROUTONS CAESAR DRESSING. SHORT PASTA WITH BROCCOLI FLORETS AND LIGHT PESTO SAUCE. CHOPPED TOMATOES, CUCUMBER, OREGANO.
CONTAINS: EGG, DAIRY, CHIVES, GLUTEN RENNIN

£ 8.50

NEW POTATOES STEAMMED POTATOES GR 200

£ 3.50

MASH POTATOES **CONTAINS:** 200 GR DAIRY, NUTMEG SALT & PEPPER

£ 4.80

FRESH BROCCOLI

£ 5.00

FRESH CARROTS

£ 3.10

GARDEN GREEN PEAS

£ 5.00

STEAMMED FRESH GREEN BEANS

£ 7.30

VEGETARIAN BOX VARIETY **CONTAINS:** LAYERS OF A COMBINATION OF GRILLED AUBERGINES, COURGETTES AND MOZZARELLA, ADDED FRESH PEPPERS JULIENNE AND CRISPY LETUCE. SHORT PASTA WITH GARDEN PEAS, CARROTS, CHOPPED TOMATOES & SWEETCORN. A HELPING OF A MIXTURE OF CHOPPED TOMATOES AND CUCUMBER SALAD AND A SPRINKLE OF OREGANO. OLIVE OIL POT
CONTAINS: NO RENNIN, DAIRY, GLUTEN,

£ 7.45

VEGAN BOX VARIETY **CONTENTS:** VEGAN FETA CHEESE MIXED WITH CHOPPED TOMATOES, OLIVES, CUCUMBER, OREGANO EXTRA VIRGIN OLIVE OIL. BUTTERNUT SQUASH, FRENCH BEANS, COURGETTES MIXED WITH TOUCH OF RAPESEED OIL. SHORT PASTA WITH GARDEN PEAS, CARROTS, CHOPPED TOMATOES & SWEETCORN.
CONTAINS: GLUTEN

£ 8.20

STARTERS

FUNGHI TRIFOLATI FOREST MIXED MUSHROOMS, SAUTEED WITH GARLIC AND PARSLEY. CONTAINS: GARLIC, OLIVE OIL MUSHROOMS	£ 11.80	CALAMARI FRITTI DEEP-FRIED SQUID SERVED WITH TARTAR SAUCE CONTAINS: FLOUR, GLUTEN, SALT, EGG, CELERY, DAIRY, E202, E385,	£ 15.50
CAMEMBERT FRITTO COATED IN BREAD CRUMBS CAMEMBERT, SERVED WITH GOOSBERRY CONSERVE, CONTAINS: DAIRY, EGG, VEGETABLE OIL, GOOSBERRY CONSERVE E410	£ 11.80	BRESAOLA DI MANZO THINLY SLICED CURED BEEF SERVED ON A BED OF ROCKET SPRINKLED WITH PARMESAN SHAVINGS CONTAINS: DAIRY, RENNET, OLIVE OIL, LEMON JUICE BALSAMIC VINEGER, SULPHITE E150d	£ 17.50
INSALATA DI MOZZARELLA, MOZZARELLA, TOMATO, FRESH BASIL. CONTAINS: DAIRY, RENNET, OLIVE OIL, FRESH BASIL, OREGANO	£ 16.50	PROSCIUTTO CRUDO E MELONE CURED HAM WITH SLICED MELON SERVED ON A BED OF CURLY ENDIVE: PORK	£ 12.50
INSALATA DI AVOCADO SLICED MOZZARELLA SERVED WITH AVOCADO, SHRIMPS AND COCKTAIL SAUCE. CONTAINS: DAIRY, ALCOHOL, TOMATO EXTRACT, SHELLFISH, EGG, MUSTARD SEEDS, SALT, SUGAR KETCHUP, E415, E202, E385, E1102, E1401	£ 16.00	PROSCIUTTO SAN DANIELE & BUFFALO MOZZARELLA CURED HAM WITH BUFFALO MOZZARELLA ON A BED OF CURLY ENDIVE CONTAINS: DAIRY, PORK, RENNET, SALT	£ 15.00
SCOTISH SMOKED SALMON OAK SMOKED WILD SALMON SERVED ON A BED OF CURLEY ENDIVE, LEMON WEDGE	£ 13.00	CRAB SALAD SHREDDED CRAB MEAT MIXED WITH SHREDDED RADICCHIO, RED ONIONS, CHOPPED TOMATOES, CHICORY, CELERY OLIVE OIL AND LEMON JUICE DRESSING	£ 19.80

PASTA DISHES ARE SERVED WITH PARMESAN CHEESE

WE ALSO STOCK GLUTEN FREE PASTA BUT WE CANNOT GUARANTEE THE SHAPE

SPAGHETTI MOLINA SPAGHETTI PASTA SERVED WITH SHREDDED CHICKEN, CHICKEN PIECES, CHICKEN STOCK, SPINACH, GARLIC, FRESH CHILLI, OLIVE OIL S&P CONTAINS GLUTEN	£ 13.60	SPAGHETTI NAPOLETANA PASTA WITH TRADITIONAL TOMATO SAUCE, FRESH BASIL CONTAINS: ONIONS, CARROTS, CELERY, PEELED TIN TOMATO, TOMATO JUICE, SALT & PEPPER	£ 11.50
SPAGHETTI BOLOGNESE SPAGHETTI PASTA WITH MINCE MEAT & TOMATO SAUCE, CONTAINS: PEELED TIN TOMATOES, TOMATO JUICE, ONIONS, CARROTS, CELERY, UNALCOHOLISED WINE, NUTMEG, SULPHITES, SALT & PEPPER, BEEF, GLUTEN	£ 13.80	RIGATONI ARRABBIATA PASTA TUBES WITH TOMATO SAUCE, GARLIC, FRESH CHILLI AND BASIL LEAVES CONTAINS: ONIONS, GARLIC, CELERY, CARROTS, BASIL, CHILLI, GLUTEN	£ 12.00
SPAGHETTI VONGOLE SPAGHETTI PASTA SERVED WITH BABY CLAMS, OLIVE OIL, GARLIC, CHILLI, S&P CONTAINS: GLUTEN SHELLFISH, GARLIC, PARSLEY, FRESH CHILLI S&P WHITE WINE, SOLPHITES	£ 17.50	FETTUCINE AL SALMONE RIBON PASTA WITH SCOTTISH OAK-SMOKED SALMON & FRESH WATER SHRIMPS, CONTAINS GLUTEN, EGGS, CROSTACEUS, DAIRY, RENNET, TOMATO SAUCE, ONIONS, CARROTS, CELERY, CHIVES	£ 18.90
RAVIOLI EMILIANA PASTA PARCELS FILLED WITH CHICKEN AND VEAL, SERVED WITH BUTTER & SAGE CONTAINS: GLUTEN, FLOUR, EGG, POULTRY, VEAL, RENNET, DAIRY	£ 17.00	PENNE PRIMAVERA MIXED VEGETABLES (BROCCOLI, GREEN BEANS, ONIONS, PEAS) SAUTEED IN GARLIC AND TOUCH OF CHILLI AND TOMATO SAUCE CONTAINS: GLUTEN GARLIC, CHILLI, CELERY (VEGAN)	£ 14.50
SPAGHETTI CARBONARA SPAGHETTI PASTA WITH ITALIAN PANCETTA, EGG YOKE, GRATED PARMESAN CHEESE, TOUCH OF CREAM AND BLACK PEPPER CONTAINS: GLUTEN, FLOUR, EGG, DAIRY, PORK, SALT	£ 12.50	LINGUINE ALL'ARAGOSTA LINGUINE WITH ½ LOBSTER, TOMATO SAUCE AND A TOUCH OF CHILLI. CONTAINS: PEELED TIN TOMATOES, TOMATO JUICE, ONIONS, GARLIC, CARROTS AND CELERY GLUTEN UNALCOHOLISED WINE, SOLPHITES	£ 28.50
LINGUINE AL GRANCHIO LINGUINE PASTA WITH CRAB-MEAT, SHRIMPS, RADICCHIO, COURGETTES, CARROTS, CHILLI, GARLIC, SPRING ONIONS, OLIVE OIL, GLUTEN, WHITE WINE, SOLPHITES	£ 25.00	SPAGHETTI POLPETTE MADE WITH 50% PORK & 50% BEEF MEAT SPAGHETTI PASTA SERVED WITH MINCE MEAT & TOMATO SAUCE AND MEAT BALLS CONTAINS: TIN TOMATOES, TOMATO JUICE, ONIONS, CARROTS, CELERY, UNALCOHOLISED WINE, NUTMEG, SALT & PEPPER, SULPHITES GLUTEN	£ 17.00

SOUPS ARE SERVED WITH A BREAD ROLL

ZUPPA D'ARAGOSTA LOBSTER SOUP
CONTAINS: SHELLFISH, DAIRY, GLUTEN

£ 7.20

MINESTRONE SOUP LIGHT VEGETABLE
SOUP CONTAINS: CELERY, CARROTS, CHICK PEAS,
POTATOES, TOMATOES, BEANS, ONIONS, GARLIC,
VEGETABLE STOCK **VEGAN**

£ 5.90

SALADS

SUMMER BOX HALAL GRILLED FREE-RANGE
BREAST OF CHICKEN SERVED ON A BED OF BABY
SPINACH LEAVES, FREE RANGE BOILED EGG, ½ AVOCADO,
OLIVE OIL DRESSING

£ 16.80

VEGGIE BOX GRILLED AUBERGINE SLICE,
GRILLED PEPPERS, GRILLED TOMATO, BUFFALO
MOZZARELLA, ALL ON A BED OF FRESH BABY
SPINACH, PESTO DRESSING **VEGETARIAN**

£ 17.10

NICOISE SALAD TUNA CHUNKS SERVED ON A BED
OF BABY JEMS LETUCE FRENCH BEANS, RED ONIONS,
FREE RANGE BOILED EGG, NEW POTATOES

£ 16.50

HALAL CHICKEN SALAD - OVEN-
BAKED BREAST OF CHICKEN, WITH ROCKET, CHERRY
TOMATOES, AND PARMESAN SHAVINGS

£ 16.50

HALAL FREE RANGE CHICKEN CAESAR

SALAD GRILLED BREAST OF CHICKEN SERVED ON A
BED OF CRISPY LETUCE, SPRINKLE OF
CROUTONS, PARMESAN SHAVINGS, AND CAESAR
DRESSING (CONTAINS: DAIRY, MAYONNAISE, EGGS,
RENNET, GLUTEN)

£ 13.50

VEGAN SALAD VEGAN CHEESE (CHEDDAR
TYPE) ON A BED OF ROCKET, TOMATOES, AVOCADO,
RADICCHIO, RED ONIONS

£ 16.50

STONE BAKED PIZZAS 12"

MARGHERITA PIZZA WITH TOMATO BASE
SAUCE, MOZZARELLA, FRESH BASIL, OREGANO
CONTAINS: DAIRY, CELERY, RENNET

£ 15.50

*** ALSO AVAILABLE VEGAN**

*** GRILLED VEGETABLES PIZZA** WITH
TOMATO BASE SAUCE, MOZZARELLA AND GRILLED
VEGETABLES CONTAINS: CELERY, RENNET,
GLUTEN, DAIRY

£ 18.50

SALAME PICCANTE PIZZA WITH TOMATO
BASE SAUCE, MOZZARELLA, OREGANO AND SPICY
SALAMI CONTAINS: CELERY, PORK, RENNET, DAIRY

£ 18.50

TRUFFLE PIZZA CRUSTY, STONE-BAKED
PIZZA WITH A LAYER OF TOMATO
SAUCE, MOZZARELLA CHEESE, TRUFFLE PASTE,
TRUFFLE SHAVINGS, TRUFFLE OIL, CELERY,
SEASONING. CONTAINS: RENNET, GLUTEN, DAIRY

£ 22.50

OUR DESSERTS

HOME-MADE TIRAMISU CONTAINS :
DAIRY, MASCARPONE CHEESE, FREE RANGE EGGS, FLOUR,
ALCOHOL, COFFEE, SUGAR, COCOA POWDER, GLUTEN

£ 6.20

VEGAN TRUFFLE TARTE CONTAINS:
COCONUT MILK, CHOCOLATE CHIPS, COCOA BUTTER,
VANILLA FLAVOURING, PALM OIL, SOYA, WHEAT
FLOUR, SUGAR, SYRUP **TOTALLY VEGAN**

£ 6.20

FRESH FRUIT SALAD CONTAINS: APPLES,
HONEY MELONE, GUANTALOUPE MELON, GRAPES,
ORANGES, PINEAPPLE, STRAWBERRIES, GRAPEFRUIT,
LIME / LEMON JUICE, SUGAR

£ 5.50

LEMON BRULEE BUSCUIT BASED CAKE WITH
A TANGY LEMON TASTE. CONTAINS: WHEAT FLOUR,
EGGS, SUGAR, BARLEY, SOYA, LEMON JUICE, TRACES
OF NUTS, PALM OIL, GLUTEN **DOESN'T CONTAIN
ANY ANIMAL GELATIN**

£ 6.20

FLAP JACK CONTAINS: A MIXTURE OF A
VARIETY OF SEEDS AND FRUIT PEEL BLENDED WITH
CANADIAN MAPLE SYRUP. **TOTAL VEGAN** CONTAINS
UNSPECIFIED NUTS, SEEDS AND FRUIT PEEL **TOTAL
VEGAN**

£ 1.70

TRIO OF CHOCOLATE SQUARE

CONTAINS : EGG, FLOUR, SUGAR, GLUCOSE, DAIRY,
WHEAT FLOUR, GLUTEN, COCONUT & **PORK
GELATINE**

£ 5.50

DUO OF CHIA PUDDING LAYERS OF LOW FAT
YOGURT, CHIA PUDDING WITH ALMOND MILK, FRESH
FRUIT, APPLE BANANA & STRAWBERRIES

£ 6.50

CHIA PUDDING WITH LAYERS OF PINEAPPLE
AND MANGO, BLUBERRY & MAPLE SYRUP **TOTALLY
VEGAN**

£ 6.50

GREEK LF YOGURT WITH SLICED BANANA,
HONEY AND ALMOND FLAKES

£ 5.90

CRANBERRY POT 50 GRMS

£ 1.99

GREEK LF YOGURT WITH FRESH
STRAWBERRIES AND STRAWBERRY REDUCTION

£ 5.90

CASHEWNUTS POT 50 GRMS

£ 1.99

GREEK LF YOGURT WITH FRESH FRUIT (STRAWBERRY,
BLUBERRY, MANGO, KIWI) AND GRANOLA

£ 6.50

MIX NUTS & RAISIN 50 GRMS

£ 1.99

OUR DRINKS SELECTION

COKE £ 1.70 330ML

DIET COKE £ 1.70 330ML

LEMONADE £ 1.70 330ML

STILL SPRING WATER	£	1.70	500ML
SPARKLING SPRING WATER	£	1.70	500ML
PRESSED APPLE JUICE	£	2.50	300ML
FRESH ORANGE JUICE	£	2.50	300ML
COCONUT WATER	£	2.50	330ML