

# Gluten-Free

Proud to be accredited by



## Starters & Sharers

<b>OLIVES</b>	<b>3.95</b> 115 kcal
House mix of green and black Nocellara olives	
<b>GLUTEN-FREE GARLIC BREAD</b>	<b>5.75</b> 310 kcal
With plenty of garlic and mixed herbs. With mozzarella +1.50 +130 kcal	
<b>GLUTEN-FREE GARLIC BREAD WITH BALSAMIC ONIONS &amp; MOZZARELLA</b>	<b>7.50</b> 485 kcal
Sharing portion (for 2) +3.00 +535 kcal	
<b>GLUTEN-FREE AUBERGINE &amp; GOAT'S CHEESE BRUSCHETTA</b>	<b>7.95</b> 445 kcal
Our gluten-free base topped with roasted aubergine, goat's cheese and red chilli, drizzled with honey and rocket. With 'Nduja +1.50 +105 kcal	
<b>GLUTEN-FREE MUSHROOM &amp; GORGONZOLA BRUSCHETTA</b>	<b>7.95</b> 480 kcal
Our gluten-free base topped with butter roasted mushrooms, Gorgonzola Dolce DOP and crispy sage.	
<b>GLUTEN-FREE PREZZO'S ANTIPASTO</b>	<b>8.95</b> 700 kcal
Our delicious selection of Italian cured meats (prosciutto and spicy pepperoni) with a fresh mozzarella, sun-blushed tomatoes, Nocellara olives and our freshly baked gluten-free garlic bread <b>HAVE IT TO SHARE</b> +5.00 +230 kcal	

## Pizza

<b>GLUTEN-FREE MARGHERITA</b>	<b>12.75</b> 1060 kcal
Our special tomato sauce, topped with creamy Italian mozzarella and fresh basil leaves	
<b>GLUTEN-FREE PEPPERONI</b>	<b>13.75</b> 1145 kcal
Our special tomato sauce, mozzarella and a generous covering of pepperoni	
<b>GLUTEN-FREE ROASTED AUBERGINE, BURRATA &amp; BASIL</b>	<b>14.95</b> 1200 kcal
Packed with seasonal flavours, our classic tomato gluten-free base is topped with slices of roasted aubergine, creamy Burrata and sun-blushed tomatoes. Finished with plenty of pine nuts and fresh basil	
<b>GLUTEN-FREE HAM, MUSHROOM &amp; MASCARPONE</b>	<b>15.95</b> 1225 kcal
Smoked ham, butter roasted mushrooms, mascarpone cheese, Nocellara olives, mozzarella and tomato sauce	
<b>GLUTEN-FREE GORGONZOLA &amp; PROSCIUTTO</b>	<b>16.95</b> 1470 kcal
Loaded with creamy Gorgonzola Dolce DOP, mozzarella, prosciutto and balsamic onions on a white base. Finished with a handful of peppery rocket.	
<b>GLUTEN-FREE GOAT'S CHEESE &amp; ROASTED PEPPERS</b>	<b>14.95</b> 1150 kcal
Creamy goat's cheese, roasted peppers, sun-blushed tomatoes and tomato sauce finished with a drizzle of honey	
<b>GLUTEN-FREE CHICKEN &amp; ROASTED PEPPERS</b>	<b>15.95</b> 1080 kcal
Herb marinated chicken breast, roasted peppers, sweet balsamic onions, rosemary, mozzarella and tomato sauce	
<b>GLUTEN-FREE DOLCE E PICCANTE</b>	<b>15.95</b> 1425 kcal
Our sweet and spicy pizza with pepperoni, 'nduja (en-doo-yal), tomato sauce and fresh Italian mozzarella, finished with red chillies and a drizzle of honey	
<b>GLUTEN-FREE TRE GUSTI</b>	<b>16.95</b> 1425 kcal
The feast for meat lovers. Spicy pepperoni, chicken, pancetta, mozzarella and tomato sauce	

## Pasta

<b>GLUTEN-FREE FUSILLI ARRABBIATA</b>	<b>12.75</b> 700 kcal
Fusilli pasta in our sweet and spicy house pomodoro sauce with a generous helping of garlic and red chilli With Burrata +2.50 +130 kcal or chicken +110 kcal +2.50 With Burrata and chicken +4.50 +240 kcal Make it al forno +2.00 +180 kcal	
<b>GLUTEN-FREE FUSILLI BOLOGNESE</b>	<b>15.75</b> 785 kcal
Fusilli topped with our slowly braised beef and red wine ragu	
<b>GLUTEN-FREE FUSILLI CARBONARA</b>	<b>15.75</b> 1215 kcal
Fusilli coated in creamy sauce with pancetta, crispy prosciutto and Italian hard cheese With chicken +2.50 +110 kcal Make it al forno +2.00 +250 kcal	
<b>GLUTEN-FREE FUSILLI ALLA RUSTICANA</b>	<b>15.95</b> 1150 kcal
Fusilli pasta in a creamy tomato sauce with chicken, pancetta and peppers	
<b>GLUTEN-FREE CHICKEN ALFREDO FUSILLI</b>	<b>15.95</b> 1255 kcal
Fusilli coated in a rich white sauce with chicken, red peppers, sun-blushed tomatoes and garlic	
<b>GLUTEN-FREE FUSILLI WITH KING PRAWNS</b>	<b>16.95</b> 770 kcal
King prawns coated in a sweet tomato sauce with a generous helping of garlic and red chilli on fusilli	
<b>GLUTEN-FREE SALMON, TOMATO &amp; BASIL FUSILLI</b>	<b>17.95</b> 1260 kcal
Generous flakes of oak-smoked salmon cooked in a tomato and basil pesto sauce served with fusilli pasta. Finished with Nocellara olives and fresh basil.	
<b>GLUTEN-FREE FUSILLI WITH DEVON CRAB &amp; CHILLI</b>	<b>17.95</b> 715 kcal
A generous serving of Devon crab with fresh chilli, garlic and parsley stirred with fusilli. Finished with a handful of peppery rocket.	

## Grill

<b>SEA BASS WITH ROASTED VEGETABLES</b>	<b>18.50</b> 490 kcal
Our perfectly crispy fillet of oven-baked sea bass on a bed of roasted aubergine, peppers and tomatoes finished with Nocellara olives and rocket	

## Sides

<b>GLUTEN-FREE GARLIC BREAD</b>	<b>5.75</b> 310 kcal
With mozzarella +1.50 +130 kcal	
<b>MIXED SALAD</b>	<b>4.50</b> 140 kcal
<b>SWEETHEART CABBAGE</b>	<b>4.50</b> 300 kcal
Cooked in brown butter finished with freshly grated parmesan. With pancetta +1.00 +115 kcal	

## Allergies and Nutrition

If you have an allergy, intolerance or want to learn more about our nutritional values, please scan the QR code for all the information or ask a team member.



Please inform us of any specific dietary requirements, including allergies and intolerances, before ordering. Adults need around 2000 Kcal a day. Our menu descriptors do not include all ingredients or allergens. Vegetarian Vegan option available upon request - these dishes are made with vegetarian and vegan ingredients, however there is a risk of cross contamination with products of animal origin, please refer to the allergy menu for further information. Gluten-free Gluten-free option available upon request.

# Vegetarian & Vegan

## Starters & Sharers

<b>OLIVES</b> (V) (GF)	3.95
House mix of green and black Nocellara olives	115 kcal
<b>GARLIC BREAD</b> (V) (GF)*	5.75
Hand stretched pizza dough baked with plenty of garlic and mixed herbs. With mozzarella +1.50 +130 kcal	340 kcal
<b>GARLIC BREAD WITH BALSAMIC ONIONS &amp; MOZZARELLA</b> (V) (GF)*	7.50
Sharing portion (for 2) +3.00 +575 kcal	515 kcal
<b>AUBERGINE &amp; GOAT'S CHEESE BRUSCHETTA</b> (V) (GF)*	7.95
Hand stretched pizza dough topped with roasted aubergine, goat's cheese and red chilli, drizzled with honey and rocket.	405 kcal
<b>ITALIAN HUMMUS</b> (V)	5.95
Creamy cannellini bean dip finished with freshly chopped parsley and lemon oil. Served with house flatbread	595 kcal
<b>CRISPY FRIED MOZZARELLA</b> (V)	7.95
Hot melting cheese in golden breadcrumbs with a choice of a rich tomato sauce or our spicy Calabrese ketchup	560 / 590 kcal
<b>PUMPKIN &amp; MOZZARELLA ARANCINI</b> (V)	8.95
Seasonal special – Pumpkin and mozzarella stirred through risotto rice, coated in breadcrumbs and fried until golden and crispy. Served with truffle mayonnaise	510 kcal

## Pizza & Calzone

Make it a large pizza +3.00

<b>MARGHERITA</b> (V) (GF)*	12.75
Our special tomato sauce, topped with creamy Italian mozzarella and fresh basil	970 kcal
<b>VEGAN MARGHERITA</b> (V) (GF)*	12.75
Our special tomato sauce, topped with vegan mozzarella and fresh basil leaves	885 kcal
<b>VEGAN PEPPERONI</b> (V) (GF)*	13.75
Our special tomato sauce, vegan mozzarella and a generous covering of vegan pepperoni	1050 kcal
<b>ROASTED AUBERGINE, BURRATA &amp; BASIL</b> (V)	14.95
Packed with seasonal flavours, our hand stretched classic tomato base is topped with slices of roasted aubergine, creamy Burrata and sun-blushed tomatoes. Finished with plenty of pine nuts and fresh basil	1200 kcal
<b>GOAT'S CHEESE &amp; ROASTED PEPPERS</b> (V) (GF)*	14.95
Creamy goat's cheese, roasted peppers, sun-blushed tomatoes and tomato sauce finished with a drizzle of honey	1055 kcal
<b>VEGAN 'CHICKEN' &amp; ROASTED PEPPERS</b> (V)	15.95
Vegan 'chicken', roasted peppers, sweet balsamic onions, rosemary, vegan cheese and tomato sauce	1150 kcal
<b>VEGAN TRE GUSTI</b> (V)	16.95
Vegan 'pepperoni', vegan 'chicken', vegan cheese and tomato sauce	980 kcal
<b>TRE VEGGIE</b> (V)	16.95
Generously filled with butter roasted mushrooms, spinach, sun-blushed tomatoes and mascarpone	1285 kcal
<b>VEGETARIAN CALZONE</b> (V)	17.95
Generously filled with vegan 'pepperoni', vegan 'chicken', roasted peppers, mozzarella and tomato sauce. Not available in gluten-free	1125 kcal

## Allergies and Nutrition

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## Pasta

<b>RIGATONI ARRABBIATA</b> (V) (GF)*	12.75
Rigatoni pasta in our sweet and spicy house pomodoro sauce with a generous helping of garlic and red chilli With Burrata +3.00 +130 kcal With vegan 'chicken' +3.00 +90 kcal Make it al forno +2.00 +180 kcal (V)	630 kcal
<b>VEGAN SPAGHETTI BOLOGNESE</b> (V) (GF)*	15.75
Meat-free Bolognese with a rich tomato and red wine sauce	700 kcal
<b>VEGETARIAN ALFREDO RIGATONI</b> (V)	15.95
Rigatoni coated in a rich white sauce with vegan 'chicken', red peppers, sun-blushed tomatoes and garlic	990 kcal
<b>DELICA PUMPKIN RAVIOLI</b> (V)	15.75
Handmade ravioli filled with Italian Delica pumpkin and smoked scamorza (delicately smoked cheese) in a creamy Cacio e pepe sauce (cheese and pepper), finished with pine nuts	520 kcal

## Al forno

<b>SPINACH &amp; RICOTTA CANNELLONI</b> (V)	16.95
Tubes of fresh egg pasta generously filled with creamed spinach and ricotta, served classically with a rich tomato and béchamel sauce. Finished al forno style with lots of melted cheese	715 kcal

## Salads

<b>CAESAR SALAD</b> (V) (GF)*	11.95
Radicchio and sweet baby gem lettuce with a rich Caesar dressing, finished with Italian hard cheese. Served with our freshly baked garlic bread	490 kcal
<b>ORZO, TOMATO AND RICOTTA</b> (V)	12.50
Three delicious layers of our favourite Italian ingredients, creamy ricotta, orzo (small rice-shaped pasta), house pesto and tomato salad, topped with rocket dressed with white balsamic vinaigrette	345 kcal

## Focaccia

Available daily until 4pm

9.95

All our Focaccia Sandwiches are served with a side of fries (V) +300 kcal or a mixed salad (V) (GF) +140 kcal

**MOZZARELLA, TOMATO & BASIL** (V) 575 kcal  
Fresh mozzarella, basil, sun-blushed tomatoes and rocket finished with olive oil and black pepper

**HUMMUS & ROASTED VEGETABLES** (V) 540 kcal  
Hummus, roasted aubergine, sun-blushed tomatoes, Nocellara olives and rocket

## Sides

<b>HOUSE FRIES</b> (V)	300 kcal	4.50
<b>TRUFFLE FRIES</b> (V)	335 kcal	5.50
<b>SLOW ROASTED POTATOES AL FORNO WITH GARLIC AND ROSEMARY</b> (V)	415 kcal	5.50
<b>GARLIC BREAD</b> (V) (GF)*	340 kcal	5.75
With mozzarella +1.50 +130 kcal		
<b>MIXED SALAD</b> (V) (GF)	140 kcal	4.50