

# GLUTEN FREE

## ANTIPASTI

<b>SOFT GOATS CHEESE</b> <span>V</span>	<b>£7.45</b>
Rosemary-crumbed goats cheese, marinated tomato salad, charred onions, soft herb dressing	
<b>FEGATO</b>	<b>£7.45</b>
Chicken liver parfait wrapped in parma ham, soft herb, red onion chutney, toasted ciabatta	
<b>FRESHLY-PREPARED SOUP</b> <span>V</span>	<b>£4.95</b>
Warm gluten-free bread & butter	
<b>GAMBAS AL PIL PIL</b>	<b>£8.45</b>
Chilli & cayenne prawns, garlic olive oil, gluten-free bread	
<b>TRUFFLE MUSHROOMS</b> <span>V</span>	<b>£6.95</b>
Pan-fried forest mushrooms & truffle butter, toasted gluten-free bread	
<b>CRISPY CALAMARI</b>	<b>£6.95</b>
Flash fried chilli crusted squid & lemon aioli	
<b>LEMON HUMMUS</b> <span>V</span>	<b>£5.45</b>
Extra virgin olive oil & gluten-free bread	
<b>PARMA HAM CAPRESE</b>	<b>£8.95</b>
Parma ham, mozzarella & tomato salad, balsamic dressing	

## CIOTOLE FRESCHE (fresh bowls)

Choose your salad & choice of topping

<b>SALADS:</b>	
<b>PANZANELLA</b>	<b>£7.95</b>
Tomato, gluten-free croûtes, black olive & red onion, red wine vinegar dressing	
<b>CAESAR</b>	<b>£8.95</b>
Baby gem, vegetarian aged Parmesan, crispy gluten-free croûtes, garlic & anchovy mayo	
<b>ESCALIVADA</b>	<b>£6.95</b>
Marinated vegetables, tomato & red onion salad, garlic dressing	
<b>TOPPINGS:</b>	
<b>LEMON PEPPER SALMON</b>	<b>£4.00</b>
<b>GARLIC &amp; CHILLI CHICKEN</b>	<b>£3.00</b>
<b>CRISPY MOZZARELLA</b>	<b>£3.00</b>

## PASTA

<b>CHILLI KING PRAWN &amp; CHORIZO ROSARIO</b>	<b>£14.00</b>
Roasted tomatoes, basil, olive oil, spiced sugo, gluten-free pasta	
<b>SICILIAN VEGETABLES</b> <span>V</span>	<b>£11.00</b>
Fried aubergine & tomato sugo, chilli olive oil, salted ricotta cheese, gluten-free pasta	
<b>POLLO PICCANTE</b>	<b>£12.00</b>
Spiced pulled breast of chicken, Cajun & vegetarian Parmesan cream, gluten-free pasta	
<b>CARBONARA</b>	<b>£11.00</b>
Crispy pancetta, garlic Parmesan cream, gluten-free pasta, herb crumb	

## FRITTO

In light, crispy batter served with garlic & soft herb salad, lemon aioli

<b>SEABASS</b>	<b>£8/£16.00</b>
<b>VEGETABLE</b> <span>V</span>	<b>£6/£13.00</b>
<b>CHICKEN</b>	<b>£6/£13.00</b>
<b>KING PRAWNS</b>	<b>£7/£14.00</b>

## SIDES

Fries / Cajun fries / Chilli & Parmesan fries	£2.95
Truffle & Parmesan fries	£3.95
Onion rings <span>V</span>	£2.95
Tenderstem broccoli with lemon butter <span>V</span>	£3.45
Mixed leaf salad <span>V</span>	£3.50
Gluten-free pasta & tomato ragù <span>V</span>	£2.95
Invisible fries	£3.00

0% fat, 100% hospitality. All proceeds from invisible fries go to Hospitality Action, who are doing everything they can to help people in hospitality. Thanks for chipping in. For more information, visit [hospitalityaction.org.uk](http://hospitalityaction.org.uk)

### FOOD ALLERGENS & INTOLERANCES:

Our products are made with ingredients that contain allergens. Please speak to our staff about your requirements before ordering.

V – Vegetarian Option VV – Vegan Option

## GRIGLIA (grill)

From our authentic chargrill, our meats are full of flavour, succulent & mouth-wateringly tasty

<b>CHILLI &amp; GARLIC CHICKEN</b>	<b>£15.95</b>
Succulent spit-roasted bone-in chicken, chunky salad, hummus, warm flatbread	
<b>ROSEMARY &amp; FENNEL PORK CHOP</b>	<b>£15.95</b>
Grilled pork chop, crispy potatoes, sautéed greens, chilli & garlic olive oil	

## BISTECCHIE

All our steaks are perfectly matured. Served with slow-roasted tomato & garlic & herb sautéed mushrooms

<b>8oz RIBEYE</b>	<b>£24.95</b>
<b>7oz FILLET</b>	<b>£27.95</b>

### CHOOSE A SIDE:

Fries / Truffle & Parmesan fries / Tenderstem broccoli with lemon butter / crisp leaf salad

### CHOOSE A SAUCE:

Peppercorn sauce / Chimichurri / Garlic jus / Bearnaise

## BURGERS

<b>PRIME BEEF BURGER</b>	<b>£13.95</b>
Dill pickle, crispy onion, home-smoked tomato relish, gluten-free bun & fries	
<b>GRILLED CHICKEN BURGER</b>	<b>£13.45</b>
Baby gem lettuce, tomato, slaw, house sauce, tomato relish, gluten-free bun & fries	
<b>BEYOND MEAT BURGER</b> <span>VV</span>	<b>£14.45</b>
Hummus, baby gem, plum tomatoes, crispy onions, gluten-free bun & fries	

## PESCE (fish)

<b>SEARED SEABASS &amp; SCALLOP</b>	<b>£17.95</b>
Salt & vinegar potatoes, lemon & herb cream	
<b>BACALAO EN ACEITE</b>	<b>£16.95</b>
Salted cod, garlic & chilli romesco sauce, crispy potatoes, grilled piquillo pepper	
<b>FISH &amp; CHIPS</b>	<b>£13.95</b>
Fresh tartar sauce, minted pea purée & fries	

