





Antipasti



Caldi

Zuppa del Giorno

Homemade soup of the day. Please ask your waiter for more details.

£4.95

Gamberoni Aaglio, Olio & Peperoncino

Pan fried king prawns with garlic, chilli and a splash of white wine

£9.95

Caprino Sardo Arrosto (v)

Oven baked goats cheese served on Sardinian flat bread with cherry tomatoes and rocket

£8.25

Zuppetta di Cozze all'Arburesa

Fresh mussels in a light and spicy tomato sauce or a white wine, garlic and parsley sauce

£8.75

Melanzana alla Parmigiana (v)

Oven baked layers of aubergine, tomato sauce, fresh basil and mozzarella

£7.25

Freddi

Terrina di Fegato di Pollo e Maiale

Terrine of chicken liver pate and belly pork served with a winter coulis & toasted bread

£6.55

Prosciutto Crudo San Daniele con Ricotta

San Daniele cured ham served with fresh ricotta, lemon zest and Sardinian honey

£9.95

Carpaccio di Manzo

Marinated, thinly sliced fillet of beef served on rocket, with balsamic dressing and parmesan shavings

£10.95

Mozzarella di Bufala e Pomodoro (v)

Fresh buffalo mozzarella served with vine tomato, finished with basil dressing

£7.65

Carpaccio di Salmone affumichiato

Carpaccio of smoked salmon with fresh lemon juice, lemon zest, extra virgin oil and capers

£8.95



Sardinian Tapas



Moscardini, Patate e Piselli

Baby octopus, potatoes and peas in a spicy tomato sauce

£5.95

Calamari Fritti con Cipolline e Peperoncino

Deep fried squid with spring onions and chillies

£5.25

Pancia di Maiale con Ceci

Slow cooked belly pork, chickpeas and spinach

£5.75

Salsiccia Arrosto

Roasted Italian sausage and belly pork served with borlotti beans in a spicy tomato sauce

£6.55

Polpettine al Sugo

Homemade meat balls in tomato and basil sauce

£5.75

Salumi e Formaggi

Traditional Italian cured meats and cheese

£7.95

Alette di Pollo

Chicken wings with honey and balsamic vinegar

£5.45

Gamberi Aaglio e Peperoncino

Fresh peeled tiger prawns pan fried with garlic and chilli, served with a timbale of rice

£6.95

Insalata alla Sarda

A salad of tuna, egg, green beans and boiled baby potatoes with fresh herbs

£6.55

Fregola allo Scoglio

Sardinian cous-cous with fresh shellfish and seafood, cooked in a light tomato and white wine sauce

£6.95

(Min 3 Tapas Per Person for a Main Course)

(Any starters available as tapas)



Focaccia



Parma ham, cherry tomato, parmesan and rocket

£6.55

Tomato and chilli

£4.35

Rosemary and garlic

£4.35

Garlic bread

£3.95

Garlic bread with cheese or tomato

£4.95

Bruschetta

£4.35



Pasta



Gluten free penne available, with a sauce of your choice.
Please ask your waiter.

Fresh Pasta

Tagliatelle con Broccoli e Dolcelatte (v) (n) £10.95

Tagliatelle served with broccoli and dolcelatte cheese sauce, finished with a sprinkle of walnuts

Ravioli al Granchio £12.50

Scallop and prawn ravioli served with crayfish, fish velouté, white wine and a touch of chilli

Trofie Vegetali Mediterranei (v) £9.75

Handmade twisted pasta with a julienne of vegetables tossed in olive oil, garlic and chilli

Bauletti Alla Mediterranea (v) £10.95

Pasta parcels filled with ricotta cheese, black olives and tomato, served with aubergines, diced tomatoes, basil and garlic sauce

Tagliatelle al Salmone e Asparagi £11.55

Tagliatelle served in a salmon and asparagus cream sauce

Durum Wheat Pasta

Malloreddus del Campidano £9.95

Traditional Sardinian pasta with Sardinian sausage in a tomato and basil sauce

Linguine allo Scoglio £12.65

Linguine with fresh shellfish and seafood, cooked in a light tomato and white wine sauce with a hint of chilli

Linguine alle Vongole e Bottarega £13.15

Linguine with clams, garlic, chilli and Sardinian dried fish roe

Paccheri al Pesto £10.95

Paccheri in a cream pesto sauce with baby prawns, courgette and cherry tomatoes

Malloreddus Umberto £9.95

Creamy tomato sauce with mixed salami and courgette



Risotto



Risotto Granchio £11.95

Crab meat, crayfish and a touch of chilli

Risotto Affumicato £12.95

Smoked salmon and haddock, prawns and topped with mascarpone cheese

Risotto Milanese Funghi Porcini (v) £11.95

Porcini mushroom, vegetable stock finished with parmesan

Risotto Pollo Pi Selli £10.95

Diced chicken breast and peas, cooked in saffron, chicken stock, finished with parmesan shavings

Risotto Ortolano (v) £10.95

Mixed vegetables cooked in vegetable stock

Fregola allo Scoglio £9.50

Sardinian cous-cous with fresh shellfish and seafood, cooked in a light tomato and white wine sauce



Contorni



Home made chips £3.25

Lyonnaisse potatoes with caramelised onions £3.95

Spinach with garlic and chilli £4.25

Grilled asparagus with parmesan £4.95

Rocket, cherry tomatoes and parmesan £4.25

Mixed Salad £3.95

Green Salad £3.95

 *Pizza* 

<i>Pizza Margherita</i> Tomato and mozzarella	£7.95
<i>Pizza Napolitana</i> Tomato, mozzarella, capers and anchovies	£8.95
<i>Pizza Prosciutto e Funghi</i> Tomato, mozzarella, ham and mushrooms	£9.25
<i>Pizza Calzone</i> Folded pizza, ham, mushrooms and onions (+£1.65 supplement for Bolognese or Napoli sauce)	£9.95
<i>Pizza Ortolana (v)</i> Tomato, mozzarella, aubergines, courgettes and mixed vegetables	£9.95
<i>Pizza Quattro Formaggi</i> A selection of four cheeses	£9.95
<i>Pizza Quattro Stagioni</i> Tomato, mozzarella, prosciutto, artichokes, mushrooms and olives	£10.95
<i>Pizza Diavola</i> Tomato, mozzarella, pepperoni, black olives, peppers and chilli	£9.75
<i>Pizza Adriano</i> Tomato, mozzarella, tuna, rocket and cherry tomatoes	£9.95
<i>Pizza Costaverde</i> Mixed seafood (ask for details)	£11.95
<i>Pizza Michele</i> Tomato, mozzarella, Italian sausage, onions, diced tomatoes and oregano	£9.95

**Any variations of pasta and pizza are available.
Please ask your waiter**

 *Carne* 

<i>Filetto alla Griglia (8oz)</i> Grilled fillet steak. Choose a sauce of your choice for £1.65	£22.95
<i>Ryb-Eye (10oz)</i> Classic ryb-eye steak. Choose a sauce of your choice for £1.65	£18.95
<i>Filettini di Manzo</i> Prime beef fillet medallions with a sauce of your choice	£19.95
<i>Carré d'agnello al rosmarino</i> French trim rack of lamb cooked in a rosemary, garlic and red wine jus. Served on a bed of mash potatoes and green beans	£19.95
<i>Pollo con Pancetta e Salvia</i> Chicken breast wrapped in pancetta and sage, in a white wine jus	£17.95
<i>Filetto di Maiale Saltimbocca</i> Pan fried pork fillet with cured ham and sage, in a white wine jus	£17.95
<i>Petto di pollo con chorizo</i> Chicken breast with chorizo sausage, asparagus, white wine and tomato sauce	£17.95

 *Pesce* 

<i>Gamberoni Aglio Olio Peperoncino</i> Fresh grilled king prawns in a white wine and garlic sauce with a hint of chilli	£20.95
<i>Spigola Arrosto</i> Oven baked sea bass fillet with cherry tomatoes, fennel, parsley, and a splash of vernaccia	£19.95