

INSALATA/SALADS

FISH & MEATS

- Insalata di Pollo/Chicken Salad £6.95
Mixed leaves in a caesar dressing with grilled chicken and toasted focaccia bread
- Insalata di Polpo/Octopus Salad £8.95
Fresh steamed octopus & potatoes, with garlic, parsley and olive oil on a bed of mixed leaves
- Insalata dell'Orto a del Mare/ Seafood Salad £8.95
Assorted seafood, tender vegetables and leaves, dressed with lemon garlic and olive oil

VEGETARIAN

- Insalata al Carciofo/Artichoke Salad £5.95
Fresh raw artichokes, rocket leaves with shaved parmesan cheese & balsamic dressing
- Insalata Caprese £5.95
Mozzarella, fresh tomatoes, basil and extra virgin olive oil
- Insalata e Pomodoro/Rocket & Tomatoes £5.45
Rocket and tomatoes with parmesan shavings and balsamic dressing
- Insalata Gusto £6.95
Assorted leaves, roasted peppers, goats cheese and sundried tomatoes with extra virgin olive oil
- Insalata Tricolore £6.95
Tomatoes, avocado and mozzarella

PLANT BASED

- Cesar Style £5.95
Mix leaves with crispy celeriac wedges and sesame garlic dressing
- House Salad £7.95
A mix combination of salads with roast potatoes, avocado & creamy dressing
- Side Salads £4.95
*Roasted beetroot with garlic & balsamic vinegar
Carrots and spring onions with lemon garlic dressing & pistachios
Red coleslaw and tosted omega seeds
Potato salad on sourdough bisquit with sweet red pepper
Celeriac, wholegrain mustard dressing & walnuts
Beans, artichoke & pesto
Tramezzino (three layers combination)*

APPETIZERS/STARTERS

FISH & MEATS

- Antipasto Gusto! £14.95
For two people to share. A selection of delectable cured meats, vegetables, fish and salads with freshly baked garlic bread
- Affettato Misto £7.95
Assorted sliced cured meats; salami parma ham, pancetta, prosciutto and mortadella
- Pate di Fegatimi £6.45
Chicken liver parfait and bread crisps
- Gamberoni Gratinati £11.95
Wild caught, Red Atlantic king prawns baked with garlic and herbs
- Cozze Gratinati/Baked Mussels £8.95
Large mussels on half shell, baked with a light crust of parsley, garlic and parmesan
- Carpaccio di Bresaola al Balsamico. £9.45
Traditionally cured fillet of beef, rocket leaves, parmesan shavings and balsamic dressing
- Polpette Piccanti £7.95
Succulent meatballs in a spicy arrabiata sauce served with mixed leaves and focaccia biscuit

VEGETARIAN

- Antipasto Gusto! £11.95
For two people to share. A selection of vegetables, cheeses and salads with freshly baked garlic bread
- Asparagi con Pecorino £7.95
Steamed fresh asparagus, mixed leaves, shaved pecorino, cheese and balsamic dressing
- Vegetali Parmigiana £7.95
Layers of grilled vegetables baked with mozzarella, parmesan cheese, tomato and basil
- Polpette Vegetarian £6.95
Succulent vegetarian eat-balls in a spicy arrabiata sauce served with mixed leaves and crispy focaccia

PLANT BASED

- Antipasto Gusto! £11.95
For two people to share. A delicious combination of raw and cooked vegetables and salads with freshly baked garlic bread
- Polpette Veganti. £6.95
Our own plant based eat-balls on a spicy arrabiata sauce, mixed leaves and focaccia biscuit
- Celeriac Wedges £5.95
Crispy coated with aioli
- Trio di Breuschetta £5.95
Toasted homemade focaccia brushed with garlic and olive oil
- TRIO 1: Tomatoes and basil, Roasted peppers, Garlic mushrooms
- TRIO 2: Creamy chickpea & Roasted peppers, Crushed avocado & Roasted beetroot, Grilled vegetables & Pesto



Soup of the Day Served with homemade bread £4.45

FRESHLY BAKED FOCACCIA PIZZA BASED BREADS (thin crust)

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| Alla Ligure £5.45
<i>Light tomato sauce flavoured with anchovies, olives, capers and garlic</i> | All'aglio £4.95
<i>Garlic</i> | Al Pomodoro. £4.95
<i>Garlic and tomato sauce</i> |
| Al Formaggio £5.45
<i>Garlic and mozzarella cheese</i> | Cipolla e Pomodoro . . . £4.95
<i>Fresh tomato and onions</i> | Rosmarino £4.95
<i>Rosemary and sea salt</i> |

VEGETABLE SIDE ORDERS £4.95

Served warm on mixed leaves with dressing

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| Wilted Spinach, lemon sesame garlic dressing & salted roasted almonds | Green beans, cherry tomatoes & roasted garlic |
| Chard Cauliflower & herbs garlic crumble | Garlic Mushrooms |
| Chard Leeks & herbs garlic crumble | Roasted Potatoes with garlic & rosemary |
| Leeks vinaigrette | Roasted mix vegetable with pesto |

PIZZA

FISH & MEATS

Napoletana	£7.95
<i>Tomato, mozzarella, anchovies & basil</i>	
Fiorentina	£8.95
<i>Tomato, mozzarella, ham, spinach & egg</i>	
Boscaiola	£8.95
<i>Tomato, mozzarella, ham & mushrooms</i>	
Gusto	£9.45
<i>Tomato, mozzarella, anchovies, olives, chilli, garlic, rocket & shaved Parmesan</i>	
Paesana	£10.50
<i>Tomato, mozzarella, Gorgonzola & Parma ham</i>	
Diavola	£8.95
<i>Tomato, mozzarella, pepperoni & fresh chilli</i>	
Frutti di Mare	£10.50
<i>Tomato, mozzarella, assorted seafood & garlic</i>	
Calzone Classico	£9.45
<i>Folded pizza with tomato, mozzarella, ham & mushrooms</i>	
Piccante	£9.95
<i>Tomato, mozzarella, grilled chicken, garlic, chilli & peppers</i>	
Alpina	£10.50
<i>Tomato, mozzarella, bresaola, rocket & shaved Parmesan</i>	

VEGETARIAN

Quattro Stagioni	£8.95
<i>Tomato, mozzarella, artichokes, mushrooms, olives & rocket</i>	
Margherita	£7.50
<i>Tomato, mozzarella & fresh basil</i>	
Ortolana	£8.45
<i>Tomato, mozzarella, grilled vegetables & mushrooms</i>	
Regina	£8.95
<i>Buffalo mozzarella with tomato & basil</i>	
Compagnola	£8.95
<i>Tomato, Mozzarella, Asparagus, Spinach & Egg</i>	
3 Formaggi	£8.95
<i>Tomato, Mozzarella, Gorgonzola & Parmesan</i>	
Delizia Bianca	£8.95
<i>Mozzarella, Goat's cheese, pears, walnuts & sundried tomatoes</i>	

PLANT BASED

Margherita VG	£7.50
<i>Tomatoes, plant based cheese & basil</i>	
Capricciosa	£8.95
<i>Tomatoes sauce, plant based cheese, artichokes, mushrooms, olives, peppers & aubergines</i>	
Bianca al Tartufo	£8.95
<i>Plant based cheese, spinach, courgettes, cream of butterbean & truffle oil</i>	
Exotica	£8.95
<i>Tomato sauce, plant based cheese, spicy black beans, pineapple, creamed avocado, chilli & Balsamic glaze</i>	
Contadina	£8.95
<i>Tomato sauce, plant based cheese, courgettes, cherry tomatoes & pesto</i>	
Hot Calzone	£8.95
<i>Plant base cheese, arrabiata sauce, spicy black beans, roasted peppers & chilli</i>	

EXTRA TOPPINGS

Ham, anchovies, pepperoni, prawns, Parma ham, chicken, smoked bacon, meatballs, tuna, Parmesan, Goat's cheese, Gorgonzola £1.50

Aubergines, rocket, spinach, artichokes, peppers, spicy black beans, sundried tomatoes, olives sweetcorn, mushrooms, red onions, chickpea with pesto, pesto £1.00

PASTA

FISH & MEATS

Lasagne al Forno	£10.45
<i>Layers of flat pasta laced with bolognese meat, Ragu & creamy bechamel sauce</i>	
Conchiglie del Mare	£12.95
<i>Pasta shells with king prawns and mussels in aromatic subtle tomato & wine sauce</i>	
Polpette al Sugo	£9.25
<i>Succulent meatballs in aromatic tomato sauce served with pasta of your choice</i>	
Fusilli al Sapore Affumicato	£9.25
<i>Pasta in a creamy tomato & smoked bacon</i>	
Spaghetti Pescatore	£14.95
<i>Clams, squid, mussels, praws in a light tomato, garlic & wine sauce</i>	

VEGETARIAN

Lasagne al Forno	£9.45
<i>Layers of flat pasta laced with vegetable Ragu & creamy sauce</i>	
Penne al Gusto!	£8.95
<i>Pasta in a light spicy tomato sauce with rocket leaves, olives & goat cheese</i>	
Pappardelle al Carciofo	£9.45
<i>Fresh artichokes, sauteed with garlic and parsley, topped with shaved parmesan & scented with truffle oil</i>	
Gnocchi al Pesto	£8.45
<i>Potato dumplings in creamy basil sauce, with sundried tomatoes & toasted pine nuts</i>	

PLANT BASED

Lasagne al Forno	£9.45
<i>Layers of flat pasta laced with vegetable Ragu & creamy sauce</i>	
Penne Arrabbiata	£8.45
<i>Spicy tomato sauce with chilli & garlic Choose: mild, medium or hot!</i>	
Tomato & Basil	£8.45
<i>Served with any pasta of your choice</i>	
Aglio e Olio	£8.45
<i>Garlic, chilli & extra virgin olive oil Served with any pasta of your choice</i>	
Linguine mushroom	£8.95
<i>Creamy garlic mushroom sauce with truffle oil</i>	
Spaghetti Veganti	£8.95
<i>Succulent plant based eat-balls in aromatic spicy tomato sauce</i>	

CLASSIC SAUCES: Bolognese / Carbonara / Amatriciana £9.25

*Served with a pasta of your choice:
Penne, Linguine, Rigatoni, Spaghetti, Fusilli, Papperdelle, Tagliatelle, Conchiglie.
ALSO GLUTEN FREE PASTA: Fusilli, Penne, Spaghetti*

Risotto of the Day £10.45

Arborio rice sauteed and simmered with fresh seasonal produce