



Lunch Favourites

Monday to Friday



Panini & a Drink

Choose any panini

+ Soft drink —————→ **£11**

(Coke, Diet Coke, Coke Zero, Sprite, juices or water)

+ Wine or Beer —————→ **£13**

(125ml Sangiovese or Trebbiano • Peroni • Peroni 0 • Moretti)



Pizza or Pasta & a Drink

Choose any pizza or pasta

+ Soft drink —————→ **£14.50**

(Coke, Diet Coke, Coke Zero, Sprite, juices or water)

+ Wine or Beer —————→ **£16.50**

(125ml Sangiovese or Trebbiano • Peroni • Peroni 0 • Moretti)

Offers NOT available on Rugby days



Kindly note that some of our dishes are prepared w delightful addition of Parmesan cheese during the cooking process



GLUTEN FREE AVAILABLE

GF PIZZA + £1.5
(NOT SUITABLE FOR COELIACS)

ANTIPASTI

OLIVES ① Vegan Herb-infused olives w a hint of garlic & citrus	3.95
PANE & PINZIMONIO ① Vegan Focaccia bread, olive oil & balsamic	3.95
BRUSCHETTA ① Vegan without the cheese Rustic toasted bread topped w sweet, slow-roasted cherry tomatoes, silky stracciatella & basil.	7.95
ADD Parma ham 4	
CROQUETTE DI MELANZANE Aubergine croquettes paired w a spicy arrabbiata sauce & touch of Parmesan cream	11.5
PAPPA AL POMODORO ① Rich, spicy Tuscan tomato & bread stew, infused w garlic & fresh basil, finished w a delicate touch of Parmesan fondue	7.5
CALAMARI FRITTI Deep fried fresh calamari served w parsley & lemon mayo	10.5

PASTA & RISOTTO

RIGATONI BOLOGNESE Traditional Italian slow cooked beef ragout	11.95
TONNARELLI CARBONARA Pancetta, egg yolk & Parmesan	11.95
RISOTTO OR TONNARELLI DI MARE Mixed seafood, tomato sauce, chilli & garlic	13.5
RIGATONI ALL' ARRABBIATA ① Vegan Homemade tomato sauce, garlic & chilli	10.95
ADD Stracciatella 4 Prawns 5 Chicken 4	

PANINI

served on artisan ciabatta bread w fries
Mon to Fri only

L' ITALIANO Parma ham, stracciatella & basil pesto balanced w cherry tomato confit	9.95
IL PICANTE Spianata salami, scamorza, rocket & sliced tomato	9.95
IL FANTASTICO Mortadella, rocket, sun-dried tomato mayo & stracciatella	9.95
IL VEGETARIANO ① Vegan without the cheese Chargrilled seasonal vegetables, basil pesto & scamorza	9.5
IL PROTEICO Marinated chicken, rocket, cherry tomato confit & basil mayo	10.5

INSALATE

POLLO Marinated chicken, cherry tomato confit, cucumber, mixed leaves & basil mayo	13.5
CAPRESE ① Sliced tomato, whole burrata & basil	12.95
ADD Parma ham 4	

PIZZAS

Vegan cheese available on request

MARGHERITA ① Fior di latte, tomato & basil	11.95
DIAVOLA Tomato, fior di latte, pepperoni & fresh chilli	12.95
VEGETARIANA ① Tomato, fior di latte & roast vegetables	12.5
PROSCIUTTO E FUNGHI Tomato, fior di latte, ham & mushroom	13.5
PROSCIUTTO E RUCOLA Parma ham, rocket leaves & burrata cream	13.95
PIGGY Tomato, fior di latte, ham, pepperoni, Italian sausage & fresh chilli	13.5

EXTRA TOPPINGS

Olives, onions, chilli, tomato	1
Cooked ham, grilled veg (aubergine, peppers & courgette), pepperoni, Italian sausage, spianata, Nduja	2.5
Parma ham, chicken, stracciatella, mortadella (pistachio)	4
Burrata (whole)	5

I CONTORNI

PATATE ① Roasted (Vegan), mash or fries (Vegan)	5.95
BROCCOLI ① Vegan Sautéed broccoli, garlic, chilli & almonds	6.95
INSALATA DI POMODORI ① Vegan Tomato, red onion & basil	6.5
INSALATA MISTA ① Vegan Mixed leaves salad	5.5
INSALATA DI RUCOLA ① Vegan without the cheese Rocket, tomato & parmesan shavings	5.95
SPINACI ① Vegan Sautéed spinach in EVO oil & garlic	5.95

NOT ALL INGREDIENTS ARE LISTED IN THE DISH DESCRIPTIONS – PLEASE INFORM YOUR SERVER OF ANY ALLERGIES OR INTOLERANCES
(GF) GLUTEN-INTOLERANT FRIENDLY (TRACES MAY BE PRESENT) - PLEASE NOTE OUR KITCHEN IS FULL OF LOVE (AND FLOUR!)

ADDITIONAL VEGETARIAN & VEGAN OPTIONS CAN BE PREPARED ON REQUEST
A DISCRETIONARY 12.5% SERVICE CHARGE WILL BE ADDED TO YOUR BILL