

Di Sopra

Ristorante

DAIRY ALLERGIES MENU

● BRUSCHETTE ●

Pomodoro (V)** £3.95
Toasted slices of homemade bread topped with diced tomatoes, garlic, oregano and olive oil

Pomodoro Tonno £3.95
Toasted slices of homemade bread topped with tomatoes, tuna, red onions, garlic and olive oil

Piccante (Hot) £4.95
Toasted slices of homemade bread topped with roasted peppers, spicy sausage, garlic, chilli, oregano and olive oil

● ANTIPASTI ●

Guazzetto di Pesce £8.95
Fresh mussels, clams and crevettes, sautéed with garlic, white wine parsley and tomato sauce

Funghi Trifolati (V)** £5.95
Wild mushrooms medley, sautéed with garlic, white wine and parsley on a toasted slice of homemade bread

● FOCACCIA (V) ●

Focaccia all'aglio (V)(VE) £3.95
Garlic, olive oil and parsley pizza bread

Focaccia con Pomodoro (V)(VE) £4.95
Tomato dices, garlic, olive oil and parsley pizza bread

● PASTA ●

Linguine, Penne, Rigatoni, with any of the following sauces:

	Starter	Main
Ndjua e Olive (Hot)	£7.85	£8.95
Sautéed with onions, nduja sausage, spicy sausage, olives and tomato sauce		

Piccante (Hot)	£6.95	£7.95
Sautéed with garlic, pancetta, spicy sausage, chilli and tomato sauce		

Al Ragu' Bolognese	£6.95	£7.95
Sautéed with Bolognese sauce		

Ortolana (V)(VE)	£6.95	£7.95
Sautéed with garlic, Mediterranean roasted vegetables basil and tomato sauce		

Napoli (V)**	£6.95	£7.95
Sautéed with garlic, tomato and basil		

Arrabbiata (Hot)(V)(VE)	£6.95	£7.95
Sautéed with garlic, chilli, tomato sauce and parsley		

● GRATINATI ●

Gnocchi al Pomodoro (V)(VE)	£7.95	£8.95
Potatoes gnocchi oven baked with Napoli sauce.		

● RISOTTO ●

Risotto ai Funghi (V)**		£10.95
Risotto with garlic, wild mushrooms, Truffle mix and parsley		

Risotto di Mare (Hot)		£11.95
Risotto with garlic, mussels, mixed seafood, tomato sauce and chilli oil		

Risotto Contadina		£10.95
Risotto with onions, garden peas, pancetta, saffron and white wine		

● PIZZA ●

(no mozzarella)	9"	12"
Vegetariana (V)**	£7.95	£8.95
Tomato, artichokes, olives and mixed roasted vegetables		

Prosciutto e Funghi	£7.95	£8.95
Tomato, ham and mushrooms		

Diavola (Hot)	£7.95	£8.95
Tomato, fresh chilli and spicy sausage		

Capricciosa	£7.95	£8.95
Tomato, ham, peppers, artichokes onion and mushrooms		

Americana (Hot)	£7.95	£8.95
Tomato chicken, pancetta, spicy sausage, onions and chilli		

Pescatora	£7.95	£8.95
Tomato, garlic, shelled mussels and mixed seafood		

Calabrese (Hot)	£7.95	£8.95
Tomato, nduja sausage, spicy sausage, peppers, chilli oil		

FOOD ALLERGIES

PLEASE NOTE some of these items are modified to suit your needs and if ordered from the normal menu may contain milk, butter or cheese. Please ALWAYS inform a member of our staff when ordering.



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Ristorante

DAIRY ALLERGIES MENU

• PESCE •

Served with mixed salad, OR roasted vegetables

(extra side dishes will be charged accordingly)

Salmone al Forno

Grilled salmon steak with garlic, cherry tomatoes and white wine

£14.95

Pescespada alla Siciliana (Hot)

Seared swordfish steak sautéed with garlic, olives, tomato sauce and a touch of chilli

£13.95

• ALLA GRIGLIA •

Served with mixed salad, OR roasted vegetables

(extra side dishes will be charged accordingly)

Also with trimmings

(grilled onion, tomatoes and mushrooms)

OR choose your sauce to be served on top:

FILLET

£22.95

MEDALLIONS

£19.95

SIRLOIN

£18.95

(Weight approx. 12oz)

ALLE ERBE (garlic, oregano, rosemary, sage, butter and white wine)

• POLLI •

Served with mixed salad, OR roasted vegetables

(extra side dishes will be charged accordingly)

Pollo Cacciatora

Grilled chicken breast sautéed with garlic, olives, chilli, oregano, rosemary, white wine and tomato sauce

£11.95

Pollo alla Romana

Grilled chicken breast sautéed with onions, peppers, white wine, oregano and tomato sauce

£11.95

• PANE E CONTORNI •

Pane e olio (2 People Serving) (VE)

Home baked rustic bread with Italian style oil dip

£2.50

Insalata Mista (V)***

Mixed salad with olive oil

£2.95

Insalata di Pomodori (V)***

Tomato, onion and basil salad with balsamic glaze and olive oil

£3.95

Caponata di Verdure (V)(VE)

Roasted vegetables and aubergines tossed with garlic and tomato sauce

£3.95

• DOLCE E GELATO •

Check our Blackboard for a choice of
Homemade Desserts and Italian Ice Creams



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GLUTEN ALLERGIES MENU

● ANTIPASTI ●

Prosciutto e Bufala N	£7.95
Prosciutto and buffalo mozzarella salad with sun-dried tomatoes, balsamic vinegar drizzle and pesto dressing	
Guazzetto di Pesce	£8.95
Fresh mussels, clams and crevettes, sautéed with garlic, white wine, parsley and tomato sauce	
Insalata di Gamberi N	£8.95
Icelandic prawns and crevettes salad, drizzled with marie rose sauce and pesto olive oil dressing	
Funghi Trifolati (V)***	£5.95
Wild mushrooms medley, sautéed with garlic, butter, wine and parsley	

● PASTA ●

GLUTEN FREE FUSILLI - With any of the following sauces:

	Starter	Main
Ndjua e Olive (Hot)	£7.85	£8.95
Sautéed with onions, nduja sausage, spicy sausage, olives and tomato sauce		
Piccante (Hot)	£6.95	£7.95
Sautéed with garlic, pancetta, spicy sausage, chilli and tomato sauce		
Carbonara	£6.95	£7.95
Sautéed with pancetta black pepper, parmesan, egg yolk and a touch of cream		
Al Ragu' Bolognese	£6.95	£7.95
Sautéed with Bolognese sauce and parmesan cheese		
Boscaiola	£7.95	£8.95
Sautéed with wild mushrooms, peas, sausage meat, white wine, parmesan and a touch of cream		
Ortolana (V)(VE)	£6.95	£7.95
Sautéed with garlic, Mediterranean roasted vegetables, basil and tomato sauce		
Al Salmone e Gamberi	£7.95	£8.95
Sautéed with onion, butter, fresh salmon, prawns, tomato, cream and parsley		
Cozze e Pecorino (Hot)	£8.95	£9.95
Sautéed with garlic, fresh mussels, parsley, cherry tomatoes and pecorino cheese		
Napoli (V)***	£5.95	£6.95
Sautéed with garlic, tomato and basil and parmesan cheese		

Arrabbiata (Hot)(V)(VE)	£6.95	£7.95
Sautéed with garlic, chilli, tomato sauce and parsley		
Amatriciana (Hot)	£6.95	£7.95
Sautéed with onions, pancetta, tomato sauce, Pecorino cheese and hints of chilli		
Al Pesto (V)N	£6.95	£7.95
Sautéed with basil, gorgonzola, parmesan cheese, mozzarella and cream		

● RISOTTO ●

Risotto ai Funghi (V)***	£10.95
Risotto with garlic, wild mushrooms, Truffle mix, butter, parmesan cheese and parsley	
Risotto di Mare	£11.95
Risotto with garlic, mussels, mixed seafood, tomato sauce and chilli	
Risotto Contadina	£10.95
Risotto with onions, garden peas, pancetta, saffron, white wine, parmesan and a touch of cream	

● PESCE ●

Gamberoni Catalana (Hot)	£16.95
King prawns sautéed with garlic, butter, chilli, wine and parsley served with saffron rice	
The following served mixed salad, OR roasted vegetables (extra side dishes will be charged accordingly)	
Salmone al Forno	£14.95
Grilled salmon steak with garlic, cherry tomatoes, pesto and white wine	
Pescespada alla Siciliana (Hot)	£13.95
Seared swordfish steak sautéed with garlic, olives, tomato sauce and a touch of chilli	
Spigola di Mare	£16.95
Grilled sea bass fillets sautéed with mixed seafood, garlic, white wine and butter sauce	

(Hot) is very spicy, (V) is suitable for Vegetarians, (VE) suitable for Vegans, *** can be made vegan, N contains nuts. We use modified GM Refined Soya bean oil in most of our dishes.



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GLUTEN ALLERGIES MENU

• ALLA GRIGLIA •

The following served mixed salad, OR roasted vegetables
(extra side dishes will be charged accordingly)

Also with trimmings (grilled onion, tomatoes and mushrooms) OR choose your sauce to be served on top:

FILLET	£22.95
MEDALLIONS	£19.95
SIRLOIN	£18.95

(Weight approx. 12oz)

PEPE (onions, peppercorns, cream, brandy and French mustard)

ALLE ERBE (garlic, oregano, rosemary, sage, butter and white wine)

FUNGHI (onions, wild mushrooms, white wine, cream and seasoning)

DOLCELATTE (dolcelatte cheese, basil, cream)

• POLLI •

The following served mixed salad, OR roasted vegetables
(extra side dishes will be charged accordingly)

Pollo Cacciatora (Hot)	£11.95
Grilled chicken breast sautéed with garlic, olives, chilli, oregano, rosemary, white wine and tomato sauce	
Pollo Rosmarino	£11.95
Grilled chicken breast sautéed with garlic, rosemary, butter and white wine	
Pollo alla Romana	£11.95
Grilled chicken breast sautéed with onions, peppers, white wine, oregano and tomato sauce	
Pollo Diana	£11.95
Grilled chicken breast sautéed with onions, mushrooms, French mustard, brandy and cream	
Pollo Dolcelatte	£11.95
Grilled chicken breast sautéed with dolcelatte cheese, cream, parmesan, white wine and basil	

• PANE E CONTORNI •

Insalata Mista (V)**N	£2.95
Mixed salad with pesto dressing	
Caprese (V)N	£6.95
Rounds of tomatoes, buffalo mozzarella cheese, basil and pesto dressing	
Insalata di Pomodori (V)**N	£3.95
Tomato, onion and basil salad with balsamic glaze and pesto dressing	
Olive Miste ***N	£3.50
Mixed olives marinated with garlic, onions, peppers and pesto dressing	
Caponata di Verdure (V)(VE)	£3.95
Roasted vegetables and aubergines, tossed with garlic and tomato sauce	

• DOLCE E GELATO •

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FOOD ALLERGIES

PLEASE NOTE some of these items are modified to suit your needs and if ordered from the normal menu may contain gluten. Please ALWAYS inform a member of our staff when ordering.