



Di Sopra

Ristorante

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	£9.95
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)**	£6.95
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)	£7.95	£8.95
Sautéed with onions, nduja sausage, spicy sausage, olives and tomato sauce		
Piccante (Hot)	£7.95	£8.95
Sautéed with garlic, pancetta, spicy sausage, chilli and tomato sauce		
Carbonara	£7.95	£8.95
Sautéed with pancetta black pepper, parmesan, egg yolk and a touch of cream		
Al Ragu' Bolognese	£7.95	£8.95
Sautéed with Bolognese sauce and parmesan cheese		
Boscaiola	£7.95	£9.95
Sautéed with wild mushrooms, peas, sausage meat, white wine, parmesan and a touch of cream		
Ortolana (V)(VE)	£7.95	£8.95
Sautéed with garlic, Mediterranean roasted vegetables, basil and tomato sauce		
Al Salmone e Gamberi	£7.95	£9.95
Sautéed with onion, butter, fresh salmon, prawns, tomato, cream and parsley		
Cozze e Pecorino	£8.95	£10.95
Sautéed with garlic, fresh mussels, parsley, cherry tomatoes and pecorino cheese		
Napoli (V)**	£7.95	£8.95
Sautéed with garlic, tomato and basil and parmesan cheese		

Arrabbiata (Hot)(V)(VE)	£7.95	£8.95
Sautéed with garlic, chilli, tomato sauce and parsley		
Amatriciana (Hot)	£7.95	£8.95
Sautéed with onions, pancetta, tomato sauce, Pecorino cheese and hints of chilli		
Al Pesto (V)N	£7.95	£8.95
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	£13.95
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)	£14.95
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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• 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 (Weight approx. 9oz)	£25.95
MEDALLIONS (Weight approx. 9oz)	£22.95
SIRLOIN (Weight approx. 11oz)	£20.95
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 Cacciatore (Hot)	£12.95
Grilled chicken breast sautéed with garlic, olives, chilli, oregano, rosemary, white wine and tomato sauce	
Pollo Rosmarino	£12.95
Grilled chicken breast sautéed with garlic, rosemary, butter and white wine	
Pollo alla Romana	£12.95
Grilled chicken breast sautéed with onions, peppers, white wine, oregano and tomato sauce	
Pollo Diana	£12.95
Grilled chicken breast sautéed with onions, mushrooms, French mustard, brandy and cream	
Pollo Dolcelatte	£12.95
Grilled chicken breast sautéed with dolcelatte cheese, cream, parmesan, white wine and basil	

• PANE E CONTORNI •

Insalata Mista (V)**N	£3.95
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	£4.50
Tomato, onion and basil salad with balsamic glaze and pesto dressing	
Olive Miste ***N	£3.95
Mixed olives marinated with garlic, onions, peppers and pesto dressing	
Caponata di Verdure (V)(VE)	£4.50
Roasted vegetables and aubergines, tossed with garlic and tomato sauce	
Verdure (V)(VE)	£3.95
Roasted mediterranean vegetables	

• DOLCE E GELATO •

We have a choice of homemade desserts served with cream (+£1.50 with ice cream) or Italian Ice Cream please see our blackboard.

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.