

ANTIPASTI

Pizza All'Aglia

Pizza base topped with garlic butter, tomato and oregano.
Extra pesto or cheese 2.50

4.95

Bruschetta al Pomodoro

Lightly toasted homemade bread topped with marinated vine tomatoes with garlic and basil,
served with shavings of parmesan cheese.

5.25

Antipasto Terra e Mare

Marinated king prawns and squid in olive oil and lemon juice with parma ham. Pecorino cheese,
salami, olives and sardinian flat bread.

10.75

Antipasto Italiano

A selection of cured Italian meats served with marinated olives, baby mozzarella, rocket and a
drizzle of olive oil. Ideal for sharing.

8.95

Gamberoni Burro e Aglio

Mediterranean king prawns cooked in garlic butter, white wine and parsley.

8.95

Gamberoni Al Sugo

Shell on king prawns cooked with garlic white wine. Tomato sauce and flat leaf parsley.

8.95

Pane e Olive

Marinated olives served with homemade bread and balsamic vinegar.

4.95

Cozze del Porto

Full shell on mussels cooked with garlic, white wine and parsley in a tomato and roast chilli sauce.

7.95

Funghi all'Aglia e Crema

Sautéed mushrooms cooked with garlic served with a tarragon cream sauce.
Also available in garlic butter.

7.95

Carpaccio di Salmone

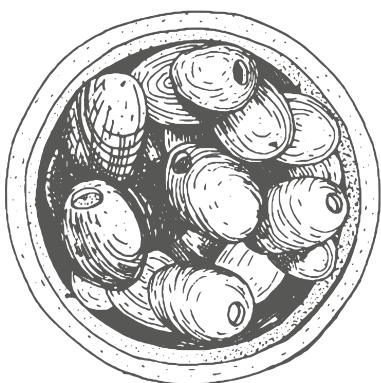
Smoked salmon with a citronette dressing.

7.95

Calamari Fritti

Deep-fried squid served with homemade tartar sauce.

7.95



PIZZE

Margherita

Traditional cheese and tomato pizza (v)

7.95

Prosciutto e Funghi

Ham and mushroom pizza

9.25

Parma e Rucola

Pizza with Parma ham and rocket with shavings of parmesan

10.25

Vegetariana

A pizza with a colourful array of mixed roast vegetables (v)

9.25

Napoli

Traditional pizza with black olives, capers, anchovies and oregano

9.25

Pane e Vino

Our house special - a bit of everything except sea food.

10.95

Sarda

Pizza with roast potatoes, rosemary, onions and crispy pancetta.

10.25

Piccantissima

Our spiciest pizza with roast sausage, roast peppers, onions and chillies.

9.95

Milano

Ham, salami Milano and roast sausage pizza.

10.25

Tricolore

Tomato base pizza with baby mozzarella, fresh basil, fresh tomatoes and olive oil.

10.25

Quattro Mori

Basil pesto base pizza with mozzarella, black olives, red onions and Italian pepperoni, sausage and fresh tomatoes.

10.25

Calzone

Folded pizza filled with ham, spinach, mushrooms, tomatoe sauce and mozzarella cheese, served with a bolognese sauce.

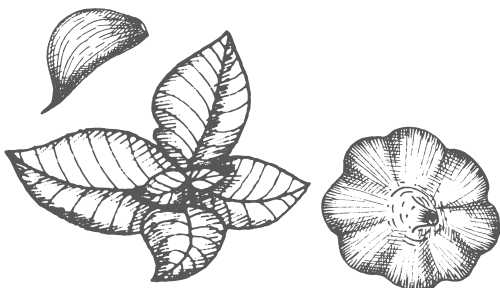
10.25

Calzone Vegetariano

Vegetarian calzone with basil pesto, roast peppers, garlic, mushrooms, mozzarella and tomato sauce. (v)

10.25

All dishes marked with a (v) are suitable for vegetarians.



PASTE

Spaghetti Bolognese Spaghetti pasta in a traditional Bolognese sauce.	9.25
Cannelloni di Ricotta Homemade cannelloni with ricotta and bechamel sauce. (v)	9.25
Cannelloni di Carne Homemade cannelloni with mince meat bechamel, herbs, tomato sauce and baked in the oven with mozzarella	9.25
Lasagne al Forno Traditional homemade lasagne oven-baked with mozzarella cheese.	9.25
Spaghetti Carbonara Spaghetti pasta in a rich, creamy sauce with crispy pancetta.	9.75
Penne al Forno Oven-baked penne pasta with pancetta, peppers and mozzarella cheese in a tomato sauce.	10.25
Penne al Salmone Penne pasta cooked with smoked salmon, cherry tomatoes, onions, white wine sauce and cream.	11.55
Penne al Pesto Penne pasta in a creamy pesto and mushroom sauce. (v)	9.75
Gnocchetti Cambedda Gnocchetti in a creamy sauce with chicken, pesto and peppers.	10.75
Gnocchetti Sardi Traditional Sardinian pasta shell cooked with skin off sausages with tomato sauce, fresh basil and parmesan shavings.	10.95
Fregula Sarda Prescatora Sardinian durum wheat semolina cooked with king prawns, squid, mussels, garlic, flat leaf parsley, white wine and fresh tomatoes. Served with sardinian flat bread.	12.75
Fregula Alle Verdure Sardinian durum wheat semolina cooked with mix roast vegetables, basil, pesto, garlic, fresh tomatoes served with sardinian flat bread. (v)	10.75

RISOTTI

Risotto Puccini Arborio rice cooked with saffron, chicken, onions, mushrooms, cream and cherry sauce.	9.25
Risotto Michelangelo Arborio rice cooked with roast peppers, red onions, Dijon mustard, chicken and cream sauce topped with rocket and shavings of parmesan cheese.	10.25
Risotto Marinara Arborio rice cooked with mixed seafood, caramelised cherry tomatoes and courgettes in a garlic white wine sauce.	14.25

CARNI E PESCE

Pollo alla Crema

Chicken breast with mushrooms, onions, brandy, white wine and cream sauce.

14.95

Pollo alla Milanese

Chicken breast coated with breadcrumbs, served with spaghetti in a tomato and basil sauce.

14.95

Pollo Marinato

Chicken breast marinated in lemon juice and white wine with herbs and pesto dressing.

13.95

Agnello al Rosmarino

Lamb cutlets with a white wine, rosemary and garlic sauce.

15.95

Agnello alla Cacciatora

Lamb in a red wine with onions, roasted peppers, mushrooms, tomato sauce and sage.

15.95

Bistecca al Pepe

Sirloin steak cooked in a red wine and green peppercorns with a brandy and cream sauce.

19.45

Bistecca Boscaiola

Sirloin steak cooked in red wine with roasted peppers and red onions and a tomato and basil sauce.

19.45

Bistecca al Dolcelatte

Sirloin steak cooked in a creamy Dolcelatte sauce.

19.45

Salmone allo Zafferano

Salmon fillet cooked with white wine, prawns and brandy with a saffron cream sauce.

16.95

Branzino alla Mugnaia

Sea bass fillet cooked with butter, white wine, prawns, parsley and lemon.

16.95

Cozze Crema e Vodka

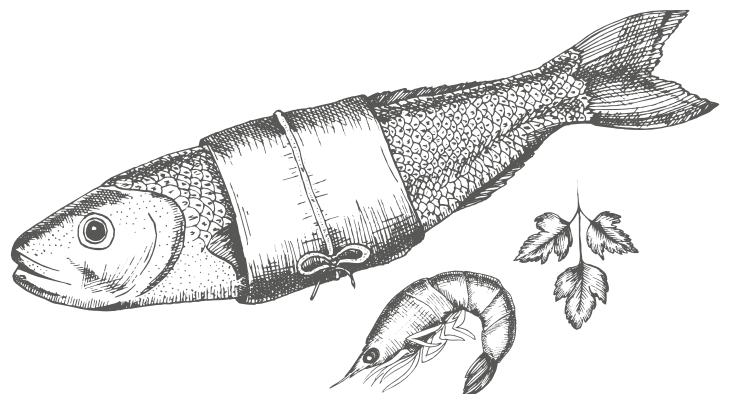
Full shell on mussels cooked with fresh tomatoes, flat leaf parsley, cream and a shot of vodka.

12.95

Vongole Villasimius

Shell on white clams cooked with garlic. White wine, flat leaf parsley, served with fregula sarda and Sardinian flat bread.

12.95



MENU PER BAMBINI

Lasagne Bambino

Homemade lasagne

5.45

Spaghetti Bambino

Spaghetti with tomato or bolognese sauce.

5.45

Pizza Bambino

Small tomato and mozzarella pizza.

5.45

Pollo Impanato

Chicken fillet in breadcrumbs and served with chips.

5.95

Penne al Formaggio

Penne pasta with cream, mozzarella and parmesan.

4.45

CONTORNI

Broccoletti Piccanti

Broccoli florets tossed with chilli, garlic oil and white wine.

3.25

Funghi Trifolati

Sautéed mushrooms with butter and parsley.

3.25

Tomato & Onion Salad

Vine tomatoes topped with basil and red onions.

3.75

Patate Lessate

Sauteed baby potatoes with fresh rosemary and olive oil.

3.25

Chips

House chips.

3.25

Insalata Mista

House mixed salad.

3.25

Insalata Mediterranea

House mixed salad with olives, sun dried tomatoes, parmesan shavings topped with basil dressing.

6.95

Allergens:

You should always advise the waiter or manager of any special intolerances and allergies. Where possible our trained staff will advise you on alternative dishes. However, whilst we do our best to reduce the risk of cross contamination in our restaurant, we CANNOT guarantee that any of our dishes are free from allergens, therefore cannot accept any liability in this respect.

SARDINIA FACTS

1. One of the most ancient civilisations in Europe, Sardinia has over 7000 prehistoric archaeological sites still remaining that date from before 1000 BC.
2. Sardinia's coastline measures over 1850km long and makes up a quarter of the total length of the Italian coastline.
3. The island has an above average life expectancy of 81 years, and has the highest rate of centenarians in the world, with there being 22 people aged over 100 per 100,000 inhabitants.
4. The famous scene in *The Spy Who Loved Me* where James Bond drives a Lotus Esprit out of the sea was filmed on Sardinia's Costa Smeralda in 1977.
5. It is the only region of Italy to not have a motorway – a great indication of the island's relaxed pace of life!
6. Designated national parkland and wildlife reserves take up 25% of the island, demonstrating that the island is covered in natural beauty from coast to coast. Sardinia's three National Parks are Asinara National Park, Arcipelago di la Maddalena National Park and Gennargentu National Park.
7. Found in the Gennargentu Ranges, the highest peak in Sardinia is Punta La Marmora, which is 1834m high.
8. Asinara, a small island off the coast of Sardinia, is home to a colony of 250 miniature albino donkeys, and remains uninhabited by humans.
9. Sardinia was previously known as Ichnusa, a name dating back from around 1500 BC. Ichnusa is a combination of the word 'nusa' (meaning island) with 'Hyskos', the tribe who invaded Sardinia.
10. It is the second largest island in the Mediterranean after Sicily, and is also the third largest region in Italy, though in terms of population, it ranks just 11th.

