

## BEERS

ICHNUSA Hoppy taste sardinian lager	33cl	<b>3.50</b>
ICHNUSA Unfiltered Craft sardinian unfiltered beer	33cl	<b>3.90</b>
	50cl	<b>5.90</b>
MESSINA Cristal salt sicilian lager	33cl	<b>3.90</b>
	50cl	<b>5.90</b>
PERONI	33cl	<b>3.00</b>
MORETTI	33cl	<b>3.00</b> / 75cl <b>6.70</b>
HERMES Vol 4.5% Craft Italian gluten free beer	33cl	<b>4.90</b>
EMIGRANTE Vol 4.5% A Gold Ale with a deep golden color	33cl	<b>4.90</b>

## APÉRITIF

CAMPARI SODA Campari soda over ice and orange	<b>4.80</b>
APEROL SPRITZ Prosecco, aperol, splash of soda water	<b>7.00</b>
CAMPARI SPRITZ Prosecco, campari, splash of soda water	<b>7.00</b>
GIN & TONIC Gin and tonic water poured over ice	Sgl <b>5.50</b> Dbl <b>8.50</b>
BLOODY MARY Tomato juice, lemon, spices and vodka	<b>7.00</b>

## SOFT BEVERAGES

SAN PELLEGRINO Limonata - Aranciata Rossa - Aranciata Pomegranate & Orange - Lemon & Mint Grapefruit - Chinotto	<b>2.30</b>
FENTIMANS <i>BOTANICALLY BREWED</i> 275ml Curiosity Cola - Elderflower - Ginger Beer Victorian Lemonade - Rose Lemonade	<b>2.50</b>
FRUIT JUICES Apple - Pear - Peach - Orange - Pineapple Ace (carrot, orange & lemon) - Blood orange	<b>2.25</b>
FRESHLY SQUEEZED ORANGES Glass 150ml Glass 250ml	<b>3.00</b> <b>4.50</b>
COLD TEA Lemon or peach	50cl <b>2.70</b>
MINERAL WATER Sparkling or still mineral water	33cl <b>1.50</b>

## WINE

### RED

PRIMITIVO DEL SALENTO 75cl	<b>20.90</b>	Glass 175ml	<b>6.50</b>
CANNONAU DI SARDEGNA 75cl	<b>25.50</b>	Glass 175ml	<b>7.00</b>
NEGROAMARO ALTEMURA 75cl	<b>27.00</b>	Glass 175ml	<b>7.00</b>

PROSECCO SAN LEO 75cl	<b>21.80</b>	Glass 150ml	<b>6.00</b>
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### WHITE

PINOT GRIGIO SAN LEO 75cl	<b>17.95</b>	Glass 175ml	<b>6.50</b>
SAUVIGNON BLANC 75cl	<b>26.95</b>	Glass 175ml	<b>7.00</b>
ARAGOSTA VERMENTINO DI SARDEGNA DOC 75cl	<b>25.50</b>	Glass 175ml	<b>7.00</b>

### ROSÉ

SAN LEO 75cl	<b>17.95</b>	Glass 175ml	<b>6.00</b>
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## COFFEE & TEA

ESPRESSO	S <b>1.60</b> D <b>2.00</b>
CAPPUCCINO	S <b>2.50</b> D <b>3.00</b>
CAFFE LATTE	S <b>2.50</b> D <b>3.00</b>
FLAT WHITE	D <b>2.60</b>
CORTADO	D <b>2.50</b>
MACCHIATO	S <b>1.70</b> D <b>2.10</b>
AMERICANO	S <b>2.00</b> D <b>2.40</b>
MOCHA	S <b>2.70</b> D <b>3.20</b>
HOT CHOCOLATE	<b>2.80</b>
ICED COFFEE or CHOCOLATE	<b>3.50</b>
PUKKA HERBAL TEA	POT <b>3.00</b> t/a <b>2.20</b>
BREAKFAST TEA	POT <b>2.20</b> t/a <b>1.50</b>
EARL GREY TEA	POT <b>2.50</b> t/a <b>1.90</b>
FRESH MINT TEA	<b>2.20</b>

DECAFFEINATED COFFEE - SOYA MILK additional **0.30**  
ALMOND, OAT, COCO MILK AND SYRUP additional **0.50**

## DESSERT

TIRAMISÚ Freshly home made	<b>5.00</b>
CHOCOLATE BROWNIE With ice cream scoop add 1.80	<b>3.50</b>
CAKE OF THE DAY from	<b>4.00</b>
ICE CREAM SCOOP Strawberry-chocolate-vanilla	<b>1.80</b>
CORNISH ICE CREAM 120ml tub <i>Roskilly's organic</i> strawberry, chocolate or vanilla	<b>2.80</b>
BREAD AND BUTTER PUDDING	<b>4.00</b>
SFOGLIATELLE Hezelnut, lemon or pistacchio	<b>1.60</b>

## SMOOTHIES **4.50**

AVO GO-GO Avocado, ginger, lime, spinach broccoli, mango, coconut	
BLUEBERRY THRILL Raspberry, blueberry, banana flax seeds	
STRAWBERRY SPLIT Strawberry and banana	
COCO LOCO Mango, pineapple, coconut lime, mint	
PASH'N SHOOT Mango, pineapple, passion fruit	
BIG FIVE Strawberry, mango, pineapple, kiwi	
BERRY GO ROUND Blackberry, raspberry, strawberry	





**FOOD ALLERGY NOTICE**

If you have a food allergy or a special dietary requirement please inform a member of our staff before you place your order

**TOASTED CIABATTE**

[GLUTEN FREE sliced bread available ~ add £1.50]

**BARBAGIA 6.00**  
Parma ham, sardinian pecorino cheese and rocket leaves

**SHARDANA 6.20**  
Parma ham, melted blue gorgonzola dolce cheese and rocket leaves

**PECORO 7.00**  
Pecorino cheese, parma ham, grilled peppers, aubergine and rocket leaves

**CALABRESE 7.00**  
Calabrese spicy salami, provola cheese sundried tomato and grilled artichokes

**PINTADERA (F) 7.80**  
Smoked salmon, sauteed spinach leaves, grilled aubergine and avocado

**TUNA CAPO COMINO (F) 6.50**  
Tuna fish, salad, mayo and crispy onion

**APOLLO 7.50**  
Crumbed chicken cotoletta, fresh ripe tomato, crispy lettuce and mayonnaise

**N'DUJA 7.00**  
Soft calabrese sausage, provola cheese, sauteed mushrooms and rocket

**PORCHETTA 7.00**  
Pork Roast (porchetta), cheddar cheese, artichokes, green sauce and rocket

**EXTRA FILLING**

Avocado or Grilled veg. 1.50  
'Nduja 2.00  
Mozzarella, Cheese, Ham 2.00

**AMNESIA (V) (SOFT FOCACCIA BREAD) 6.30**  
Sundried tomato, fresh mozzarella and pesto spread

**SUN BLUSH (V) 6.70**  
Taleggio cheese, sundried tomato artichokes and grilled peppers

**MAGIC MUSHROOMS (V) VEGAN 6.50**  
Sauteed mushrooms, roasted peppers sundried tomatoes and artichokes

**VEGUS (V) VEGAN 7.00**  
Fresh spinach leaves, beetroots, grilled peppers, grilled artichokes, sundried tomato and avocado

**ALICE (V) (SOFT FOCACCIA BREAD) 7.00**  
Grilled aubergine, fresh spinach, olive spread, sundried tomato and fresh mozzarella

**MEDITERRANEO (V) 6.80**  
Goat cheese, grilled aubergine, fresh spinach and beetroots

**SQUASH (V) (N) 7.20**  
Butternut squash, goat cheese, sauteed spinach, mixed seeds, balsamic glaze

**SALADS**

*Served with thin crispy Carasau bread*

**POMEGRANATE SALAD 12.00**  
Pomegranate, fresh spinach leaves avocado, blueberries, roasted seeds and shaved Parmigiano

**TONNO E FAGIOLI SALAD 10.70**  
Tuna fish, red beans, boiled egg, crispy onions and mixed leaves

**GOAT CHEESE SALAD 11.50**  
Goat cheese, roasted butternut squash cherry tomato, roasted seeds, rocket fresh spinach and balsamic glaze

**NIÇOISE SALAD 12.90**  
Mixed leaves, tuna fish, marinated olives, capers, boiled egg, anchovies and beetroots

**WARM CHICKEN SALAD 12.00**  
Crumbed cotoletta chicken, cherry tomato, mixed salad, shaved carrot and avocado

**BREAKFAST**

**EGGS ON TOAST with cheese and ham 9.75**  
Two eggs on wholemeal toasts with melted cheese and grilled ham

**BREAK-SIT (V) 11.95**  
Two eggs on toasts topped with sauteed spinach, avocado, sundried tomatoes and roasted seeds

**SMOKED SALMON 11.95**  
Two eggs and smoked salmon on toasts topped with sauteed spinach

**GRANOLA AND YOGHURT 4.95**  
**GRANOLA w/ SOYA - COCONUT 6.50**  
Bowl of organic yoghurt with granola, honey and berries

**CROISSHAM 3.50**  
Toasted croissant with cheddar cheese and cotto ham

**JAM AND BUTTER TOASTS 3.80**  
Two toast slices with marmelade or jam and butter

**PASTA AND SOUP**

**SEE BOARDS  
FOR  
TODAY'S SPECIALS**

**KIDS PASTA**

**POMODORO 5.00**  
Tomato sauce and cheese

**PESTO 5.50**  
Green pesto sauce

**BOLOGNESE 6.00**

**PINTADERA BOARD**

(HAM, CHEESES & VEGETABLES)

Assorted cheeses, salami and cured ham served with a variety of grilled vegetables and toasted thin crispy carasau bread **18.00**

**SALMON SALAD 13.50**  
Smoked salmon, avocado, beetroots shaved carrot, roasted seeds and mixed leaves

**AVOCADO SALAD 12.25**  
Avocado, fresh buffalo mozzarella cherry tomatoes shaved carrot and mixed leaves

**BUFFALO SALAD 12.50**  
Buffalo mozzarella, parma ham, mixed leaves, olives and sundried tomato

**MIXED LEAF SALAD 4.20**  
Mixed leaf salad, shaved carrot and fresh tomato  
Extra Bread [ Ciabbata £2.00 ~ Carasau £1.50]