



- MENU -

ZUPPA DI GIORNO	£4.45
Soup of the day	
FUNGHI TRIFOLATI (V)	£5.25
Pan-fried mushrooms sautéed in garlic and cream with toasted ciabatta	
PÂTÉ DELLA CASA	£5.25
Homemade chicken liver pâté with warm focaccia	
CALAMARI FRITI	£5.95
Deep-fried squid in a spiced rub with garlic mayonnaise	
COZZE (GF)	£6.95
Steamed Scottish mussels in either white wine, cream and garlic or tomato, chili and garlic	

Anti Pasti {STARTERS}

GAMBERONI ALLA GRIGLIA (GF)	£7.95
Grilled king prawns in a choice of white wine and garlic butter or tomato and chili sauce	
BRUSCHETTA CLASSICA (V)	£5.25
Tomatoes, red onion and basil on toasted ciabatta	
ALI E COSCE DI POLLO	£6.25
Chicken wings and thighs in a spicy sauce	
COCKTAIL DI GAMBERI	£6.25
Crayfish, Greenland prawns and a tiger prawn in Marie Rose sauce with leaves	

Skinnylicious

UNDER 250 CALORIES

INSALATA DI QUINOA (V) (GF)	£5.25
Quinoa salad, roasted Mediterranean vegetables and feta crumble	
LOW IN FAT + LOW IN CARBS + LOW IN CALORIES	
INSALATA DI BREZZOLA E RUCOLA (GF)	£6.45
Air dried bresola, rocket, lemon and parmesan shavings	
LOW IN FAT + LOW IN CARBS + LOW IN CALORIES	
INSALATA TRICOLORE (V) (GF)	£6.25
Smashed avocado, beef tomatoes, mozzarella and basil oil	
LOW IN CARBS + LOW IN CALORIES	

PANÉ {BREAD}

PANE ALL'AGLIO	£3.95
Romano pizza base brushed with garlic and olive oil (V)	
With marinated chunky tomatoes and wild rocket (V)	£4.45
With melted mozzarella cheese and caramelised red onions (V)	£4.45

Insalata {SALADS}

All our salads are skinnylicious, but if you want to be extra good you can ask for dressing on the side.

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UNDER 500 CALORIES

INSALATA DI TONINO NIZZARDA (GF)	£10.95
Tuna Niçoise salad; grilled tuna steak, soft boiled egg, olives, new potatoes, green beans, cherry tomatoes and dressed leaves	
LOW IN FAT + LOW IN CALORIES	
INSALATA DI BISTECCA E CRESCIONE (GF)	£13.95
Steak and watercress salad with feta, roasted peppers, tomatoes and dressed leaves	
LOW IN CARBS + LOW IN CALORIES	
INSALATA HALLOUMI ALLA GRIGLIA (V)	£8.95
Grilled halloumi, quinoa and capers with mint dressing	
LOW IN CARBS + LOW IN CALORIES	

PASTA

We recommend the pasta type stated on the dish but you can swap these if you like. Gluten free pasta is available on request, though we cannot guarantee a gluten free preparation environment.

SPAGHETTI CARBONARA	£7.25	ORECCHIETTE ROMANA	£7.45
Smoked pancetta, onions and mushrooms with a creamy egg and parmesan sauce		Grilled chicken, onions and mushrooms in a creamy sauce	
SPAGHETTI BOLOGNAISE	£6.95	SPAGHETTI POLPETTINE	£7.45
Classic beef ragu with a rich tomato sauce		Meatballs served in a rich tomato sauce	
LASAGNE	£7.25	LINGUINE ALLO SCOGLIO	£8.25
Classic beef ragu, layers of pasta and a creamy béchamel sauce		Mussels, prawns, salmon and squid in chili and garlic butter sauce	
PENINE PICCANTE CHORIZO E GAMBERONI	£8.25	CANNELLONI CLASSICO (V)	£7.25
Spiced chorizo, king prawns and wilted spinach in lemon and garlic butter sauce		Pasta tubes filled with ricotta cheese and wilted spinach, topped with mozzarella	

Skinnylicious

UNDER 500 CALORIES

PENINE ARRABIATA (V)	£6.95	POLLO INTERO LINGUINE DI GRANO	£6.25
Tomato sauce with chili and basil		Grilled chicken, wilted spinach, kale, red onions in a roasted garlic and tomato sauce with whole wheat linguine	
LOW IN FAT + LOW IN CALORIES		LOW IN FAT + LOW IN CALORIES	
SKINNY CARBONARA INTERO LINGUINE DI GRANO	£7.95	TONINO FETTUCINE	£8.25
Smoked bacon, peas, almonds, parmesan and egg with whole wheat linguine		Tuna, roasted cauliflower and pumpkin seeds in a lemon and ginger sauce	
LOW IN FAT + LOW IN CALORIES		LOW IN FAT + LOW IN CALORIES	
PENINE SALMONE	£7.95		
Roasted salmon and broccoli in a dill and crème fraîche sauce			
LOW IN FAT + LOW IN CALORIES			

(V) Vegetarian (GF) Gluten Free

Before placing your order, please inform a member of staff if you, or anyone in your party, has a food allergy. Our products may contain wheat, egg, dairy, soy, or fish allergens. In addition, our products may be processed in facilities that process tree nuts and peanuts.

Pizzas



All pizzas are served Romano style – a light and crispy crust hand-stretched for a bigger base, inspired by the metre long pizzas sold on the streets of Rome.

We can also offer both fresh, homemade whole wheat or gluten free bases upon request, however we cannot guarantee a gluten free preparation environment.

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Go skinnylicious with your pizza, with a little less base and a salad of leaves, cucumber, cherry tomatoes, roasted peppers, and spinach in the centre to make it under 500 calories. If you want to be extra good we can hold the mozzarella too, so it's low in fat. *Not available with calzones.*



MARGHERITA (V)	£5.95	DIABOLO	£8.25
Tomato, mozzarella, roasted cherry tomatoes and basil		Tomato, mozzarella, N'dujo sausage, salami, Parma ham and roquito chilies (really hot!)	
FUNGI (V)	£6.25	FRUTTI DE MARE	£8.95
Tomato, mozzarella, sautéed wild and button mushrooms, fresh rosemary and garlic		Tomato, mozzarella, fresh tuna, prawns, mussels and anchovies with sun-dried tomatoes and dill	
PEPERONI	£6.45	TONNO	£7.95
Tomato, mozzarella and sliced pepperoni		Tomato, mozzarella, tuna, spinach and roasted garlic	
HAWAIANO	£7.25		
Tomato, mozzarella, ham and roasted pineapple			
POLLO	£7.95		
Tomato, mozzarella, char-grilled chicken breast, sweet roasted peppers and Cajun spices			
QUATTRO STAGIONI	£7.95		
Four pizzas in one! Goat's cheese, pollo, fungi and margherita			

Calzone

CALZONE ALLA PROSCIUTTO	£7.25
Tomato, mozzarella, ham, mushroom and onion	
FORMAGGIO DI CAPRA (V)	£7.95
Tomato, mozzarella, goat's cheese, spinach and roasted cherry tomatoes	



PIATTI PRINCIPALI



{MAIN COURSES}

All of our main courses are served with either a daily selection of vegetables, double dipped chunky chips or salad

SCALOPPINI DI POLLO (GF)	£11.95
Char-grilled chicken breast, rosemary and mushrooms in a cream sauce	
POLLO VALDASTANA	£12.95
Breaded chicken breast topped with ham and cheese in tomato sauce	
POLLO KIEV	£12.95
Breaded chicken breast stuffed with a melting garlic butter	
GAMBERONI	£16.95
Pan-fried king prawns with one of the following sauces; white wine and garlic butter, thermidor or tomato, chili and garlic	
COZZE (GF)	£13.45
Steamed Scottish mussels in either white wine, cream and garlic or tomato, chili and garlic	

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FILETTI DI SPIGOLA (GF)	£14.95
Char-grilled fillets of sea bass with tomato, lime and spring onion LOW IN FAT + LOW IN CARBS + LOW IN CALORIES	
STUFATO DI PESCE (GF)	£15.95
Chunks of fish, shellfish and Mediterranean vegetables in a tomato broth LOW IN FAT + LOW IN CARBS + LOW IN CALORIES	
FILETTO DI SALMONE (GF)	£12.95
Fillet of salmon with almond crust and lemon, chili and garlic dressing LOW IN FAT + LOW IN CARBS + LOW IN CALORIES	
POLLO E PEPERONI CIPOLLE (GF)	£11.95
Grilled chicken breast with courgetti, peppers and roasted onions LOW IN FAT + LOW IN CARBS + LOW IN CALORIES	



GRIGLIA {GRILL}

All of our grill dishes are served with grilled field mushrooms, roasted tomato and double-dipped chunky chips or salad.

GRIGIATA DI MISTO	£15.95
Mixed grill of steak, smoked bacon loin, chorizo sausage, marinated chicken breast and black pudding with garlic butter	
PESCE ALLA GRIGLIA (GF)	£15.95
Seabass, salmon, king prawn and squid with garlic butter	
8OZ BISTECCA FILLETO (GF)	£19.95
8oz fillet steak	
8OZ BISTECCA LOMBATA (GF)	£16.95
8oz sirloin steak	

If you're being good choose salad with your steak to make it skinnilicious and under 500 calories

ADD A PEPPER OR DIANE SAUCE FOR £2.45

SECONDI PIATTI {SIDE DISHES}

ALL £2.95

LE PATATINE FRITTE (V) (GF)	
Double dipped chunky chips	
INSALATA (V) (GF)	
Mixed salad LOW IN FAT + LOW IN CARBS + LOW IN CALORIES	
FUNGHI ALL'AGLIO (V) (GF)	
Sautéed mushrooms in garlic butter	
ANELLI DI CIPOLLA (V)	
Sonnet 43 beer-battered onion rings	
RUCOLA E PARMIGIANA (V) (GF)	
Rocket and parmesan LOW IN FAT + LOW IN CARBS + LOW IN CALORIES	



Dolci {DESSERTS}

TIRAMISU CLASSICA (V)	£4.75	CALZONE CIOCCOLATE (V) (GF)	£4.75
Layers of mascarpone and sponge, flavoured with espresso and chocolate		Folded pizza filled with Nutella chocolate spread with vanilla ice cream	
AFFOGATO (V)	£4.25	FORMAGGIO (V)	£5.95
Vanilla ice cream topped with espresso coffee		Selection of cheese and biscuits with grapes and celery	
YOGURT PANNA COTTA (V) (GF)	£4.75	CIOCCOLATO E ARACHIDI FETTA (V)	£4.95
Panna cotta made with yoghurt with kiwi and pineapple salsa If you're being good but want to have a dessert – this one is nearly skinnilicious!		Chocolate and peanut slice with chocolate sauce	
LOW IN FAT + LOW IN CARBS		GELATO (V)	£3.95
		Selection of ice creams	

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