



*Spring / Summer 17
Menu*

Welcome to a real slice of Italy...

...right here in the heart of the North East. We've chosen to name our restaurant after the original Italian Farmhouse in Puglia, the area of Italy which runs from the "spur" down to the heel of the Italian "boot."

So why name it after somewhere so many miles away? Simply because we're not as far apart as you may think. Puglia is a flat, coastal region which means it is rich in local produce, from mouthwatering seafood landed directly at the nearby Adriatic Sea ports of Bari and Brindisi to the rich abundance of vegetables and meats which are sourced close to home.

Expect a menu filled with honest, delicious food like Latin mamas make at home every day - where the only mousses are the ones you have for dessert and the only foams are on the cappuccino.

We hope you enjoy your visit and "Buon Appetito!"

Skinnylicious

In today's world we understand balancing socialising with a healthy lifestyle can be difficult-many of us want to eat healthily but struggle to keep this up when dining out. With this in mind, we've developed our 'Skinnylicious' dishes that, while still delivering great and authentic Italian flavour, offer a healthier option under 500 calories for a main course and under 250 calories for a starter. Whether it's fats, carbs or calories you're watching, you'll find the dishes lower in these throughout the menu in the green boxes and marked 'skinnylicious'

Sonnet 43

Sonnet 43 Brew House is our craft micro-brewery based just up the road in Coxhoe, County Durham. The village is the birthplace of 19th Century poet Elizabeth Barrett Browning from whose best known work, we derived both our name and brewing ethos. We took the love she described in Sonnet 43, which features the well-known line 'How do I love thee? Let me count the ways', and interpreted our way - craft beer. Every drop is crafted with care and attention to ensure the best flavour.

ABOLITION AMBER ALE

3.8% VOL.
Session bitter to end thirst

Food Pairing: Lends itself to most types of comfort food but also slightly sweet dishes.

Seraphim Blonde Beer

4.1% VOL.
Angelically light ale

Food Pairing: Easily adapts to dishes with strong flavours.

AURORA PALE ALE

4.4% VOL.
Light and curious

Food Pairing: Suits delicate flavoured dishes that require a strong contrasting taste.

IMPRESSMENT AMERICAN PALE ALE

5.4% VOL.
Forceful with American hops

Food Pairing: Its assertive hop gives a clean taste that can counterbalances rich dishes.

THE RAVEN BOURBON MILK STOUT

4.3% VOL.
Dark and captivating

Food Pairing: The traditional stout style and slight sweetness suits hearty dishes.

Pane Casereccio Homemade Breads

Pane all'Aglio (v)

Stonebaked garlic, rosemary and sea salt pizza bread

£4.45

Con Formaggio (v)

Garlic pizza bread with mozzarella cheese and caramelised onions

£4.75

Con Pomodoro (v)

Garlic pizza bread with tomato and pesto

£4.75

Palline di Pasta Aglio (v)

Garlic dough balls served with a garlic butter

£4.45

Anti Pasti Hot and Cold Starters

Zuppa del Giorno

Soup of the moment served with focaccia bread (nearly always vegetarian but always best to ask)

£4.75

Cocktail Gamberetti

Greenland prawns with Marie Rose sauce and crisp leaves

£5.95

Antipasti

Wooden board with a selection of Italian meats, cheeses, marinated vegetables and served with a punchy smoked tomato chutney and focaccia

£6.95 for 1

£11.95 for 2

Tartare di Salmone (gf)

Diced smoked salmon with lemon, mascarpone cheese and chive

£6.45

Cozze

Fresh mussels cooked in a broth of either:

- White wine, cream and garlic
- Tomato, chili and garlic (gf)

£6.75

Panzerotti

Fried mini calzone with vegetable and beef ragu

£5.95

Ali di Pollo Griglia

Freshly grilled chicken wings served with garlic mayonnaise

£5.95

Gamberoni

Pan-fried king prawns served your way:

- Garlic butter, white wine and parsley (gf)
- Tomato, Pernod and cayenne pepper (gf)
- A cream, cheese and mustard thermidor sauce
- Battered and fried with pesto and garlic mayonnaise

£7.95

Skinnylicious under 250 calories each

Carpaccio di Manzo (gf)

Beef carpaccio, with lemon, rocket and parmesan

£6.75

LOW IN CALORIES AND CARBS

Caprese (v) (gf)

Mozzarella and beef tomato with basil drizzled in olive oil with a balsamic glaze

£5.15

LOW IN CALORIES AND CARBS

Bruschetta al Pomodoro (v)

Diced tomatoes, red onion, garlic and basil marinated in olive oil on toasted ciabatta with parmesan

£5.25

LOW IN CALORIES

VEGETABLES

Thoburn's
Vegetables
Sunderland,
Tyne and Wear

FREE RANGE EGGS

Lintz Hall Farm
Burnhopefield,
Newcastle

★ ★ ★ - Our - ★ ★ ★

Local Food Heroes

for this menu are as follows:-

MILK + CREAM

Lanchester
Dairies
Lanchester,
Durham

FISH + SEAFOOD

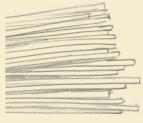
Hodgson's Fish
Hartlepool,
Teesside

(v) Vegetarian (gf) Gluten Free
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Pasta

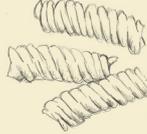
At The Italian Farmhouse we offer only the best quality, most authentic Italian pasta (known as Garofalo). The Italians have spent over 200 years mastering the art of making Garofalo Pasta and today these traditional methods are still used to create a pasta (made from Duram Wheat Semolina) with a surface texture which is specially roughened to hold more sauce (and of course to be more interesting to the palate).

Please choose from one of the following Pasta's



Spaghetti

A long, thin, cylindrical pasta Italian origin.



Fuseli

A long thick corkscrew piece of pasta.



Linguini

Long flat ribbon shaped pieces of pasta.



Penne

Derives from the Latin for quill.

Bolognese

Traditional bolognese sauce made with minced beef and pancetta

£7.45

Carbonara

Diced smoked bacon in a creamy parmesan sauce

£7.75

Contandina

Strips of chicken, onion and pancetta cooked in wild mushroom, cream and parmesan sauce

£8.75

Cannelloni (v)

Fresh pasta tubes filled with ricotta and spinach, baked in a tomato sauce

£8.75

Funghi e Piselli Risotti (v)

Mushroom and pea risotto with chives and parmesan

£8.75

Pesto e Pollo

Chicken breast, green beans and sundried tomatoes served with a pesto sauce

£8.45

Lasagne Pasticciate

Layers of pasta with bolognese, béchamel and cheese

£7.95

Gamberi e Chorizo

Chorizo and king prawns served in a cream and parmesan sauce

£9.25

Polpettine

Miniature meatballs sautéed with garlic, mushrooms and caramelised shallots in a tomato sauce

£7.95

Ravioli Giganti (v)

Four cheese and vegetable ravioli with spinach served in a mushroom and herb sauce

£7.95

Skinnylicious

under 500 calories each

Arrabbiata (v)

Crushed chillies in a tomato, basil and garlic sauce

£7.45

LOW IN CALORIES AND FAT

Alla Scoglio

Mussels, juicy prawns, salmon and squid in a tomato sauce

£9.95

LOW IN CALORIES AND FAT

Patenensca Con Pollo

Roast chicken served in a gorgonzola and spinach sauce

£7.95

LOW IN CALORIES

Ask if you'd like your pasta to be gluten free

Salads

Caesar

Chicken, crispy bacon, lettuce and croutons topped with parmesan with a Caesar dressing

£9.95

Skinnylicious

under 500 calories each

Salmone e Patate Novelle (gf)

Salmon and new potatoes mixed with salt, pepper, olive oil, red wine vinegar, rocket and capers

£9.95

LOW IN CALORIES AND FAT

Formaggio di Capra (v) (gf)

Goats' cheese, diced beetroot, mixed salad leaf, chopped walnuts, olive oil and balsamic vinegar

£8.95

LOW IN CALORIES AND CARBS

(v) Vegetarian (gf) Gluten Free

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/TheItalianFarmhouse



@italianfarm



@italianfarm



Pizza

We use naturally cultured dough. The yeast is fermented beforehand and then added to the base dough along with extra virgin olive oil and coarse ground sea salt. There's no GMOs (Genetically Modified Organisms). It's a lengthy process but the pizza is crispier, tastier and healthier.

Margherita (v)

Mozzarella, tomato and basil

£5.95

Americana

Pepperoni sausage

£7.25

Rustico (v)

Goats' cheese, peppers and pesto

£7.45

Pollo

Chicken, sweet peppers, red onion, Cajun spices and garlic

£7.75

Calzone

Ham, mushrooms and onion, folded

£7.75

Diavolo

Hot spiced beef, pepperoni, red onion, tabasco and hot green jalapeños

£7.75

Tropicale

Ham and char-grilled pineapple

£7.45

Clarissa (v)

Sweet peppers, red onion, rocket and parmesan

£7.25

Fruitti di Mare

Prawns, tuna, smoked salmon and anchovies

£8.25

Pizza Polpetini

Meatballs, chili flakes and extra cheese

£7.45

Prosciutto e Funghi

Ham, mushroom and dressed rocket

£7.45

Quattro Formaggio (v)

Four cheese pizza with spinach

£7.95

Antipasti

Italian meats, cheese and marinated vegetables

£10.95

Bistecche Steaks

All our steaks are char-grilled to your liking and served with grilled field mushrooms, roasted tomato and homemade thick-cut chips or salad.

Skinnylicious

under 500 calories each
when served with salad

8oz Ribeye (gf)

8oz ribeye steak

£16.95

LOW IN CALORIES AND CARBS

7oz Filetto (gf)

7oz fillet steak

£19.95

LOW CALORIES, CARBS
AND FAT

Mare e Monti (gf)

Surf and turf of 8oz fillet
steak and 2 Gamberoni
served in garlic butter

£23.85

Salse Bistecche Steak Sauces

£2.95 each

Peppercorn

Diane

Pizziola

Thermadore

Dolcelatte

Sunday Lunch

Served every Sunday, 12noon - 7:30pm

2 Courses

£9.95

3 Courses

£12.95

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La Portate Principale The Main Course

All of our main courses are served with either baby roast potatoes and a daily selection of vegetables or a bowl of homemade thick cut chips

Pollo Kiev

Breaded chicken breast stuffed with a melting garlic butter

£12.95

Sogliola

Battered lemon sole goujons with homemade tartar sauce

£12.95

Fegato di Vitello (gf)

Calif liver cooked to your liking with horse radish and mashed potato with a red wine jus

£14.95

Pollo Crema Rosemarino (gf)

Pan-fried chicken breast with a sauce of cream, sherry, pecorino cheese and rosemary

£12.95

Agnello

Lamb shank cooked in red wine and Italian herbs on mashed potato

£14.95

Filetto di Pollo (gf)

Chicken fillet stuffed with cheese and ham wrapped in streaky bacon, served with a spicy tomato sauce

£13.95

Grigliata Mista Pesce

Mixed grill of sea bass, lemon sole, king prawns, salmon and squid with garlic butter and salad

£17.25

Gamberoni

Pan-fried king prawns with one of the following sauces:

- Garlic butter, white wine and parsley (gf)
- Tomato, Pernod and cayenne pepper (gf)
- Cream, cheese and mustard thermidor sauce

£15.75

Misto alla Griglia

Italiano (gf)

Mixed grill of lemon and herb marinated chicken breast, marinated pork chop, chorizo sausage, rump steak and black pudding with onion rings, grilled tomato and field mushroom

£16.45

Burger di Pollo

Breaded chicken covered in Napoli sauce and melted mozzarella on a toasted brioche bun finished with rocket and garlic mayo

£10.95

Bistecca Rana Pescatrice

Pan-grilled monkfish supreme served with tagliatelle and squid in a parsley and lemon butter sauce

£17.95

Cozze

Fresh mussels cooked in a broth of either:

- White wine, cream and garlic
- Tomato, chili and garlic (gf)

£9.95

Skinnylicious

under 500 calories each

when served with potatoes and vegetables

Filletto di Salmone

Stone roast salmon fillet served with kale and a pink pepper sauce

£10.95

LOW IN CALORIES AND FAT

Pollo Funghi (gf)

Roasted chicken breast with a button, field and wild mushroom jus

£12.75

LOW IN CALORIES AND FAT

Sides

£2.95
EACH

Homemade Thick-Cut
Chips (v) (gf)

Mixed Salad (v) (gf)

Sautéed Mushrooms in
Garlic Butter (v) (gf)

Sweet Potato Fries (v)

Crispy Beer Battered
Onion Rings (v)

MEAT + GRAND RESERVE BEEF

Country Valley
Darlington,
County Durham

★ ★ ★ - Our - ★ ★ ★

Local Food Heroes

for this menu are as follows:-

CHEESE

Parlour Made
Sedgefield,
County Durham

ICE CREAM

Ciccarelli
Authentic
Ice cream
Blyth, Northumberland

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Piatto Dolce

Desserts

Limone Crostata

Lemon tart served with a raspberry coulis and lemon meringue gelato

£4.95

Cioccolato e Arancia Torta (v)

Chocolate and orange torte served with orange salad and Cointreau syrup

£4.95

Tiramisu (v)

'Pickmeup' - layers of sponge, soaked in amaretto and coffee with sweetened mascarpone

£4.95

Budino al Caramello Appiccicoso (v)

Sticky toffee pudding with butterscotch sauce and vanilla gelato

£4.95

Panna Cotta Limoncello

Limoncello flavoured panna cotta with strawberry compote

£4.95

Formaggi (v)

Local and international cheeses served with farmhouse chutney, grapes and biscuits

£6.45

Gelato Cernita

Ice Cream

'Gelato?' - ice cream made the Italian way. It actually has a lower fat content which allows more intense flavours to shine through and is stored at a slightly warmer temperature so it's also a little softer too.

We serve Ciccarelli authentic Gelato which is a family business based in Blyth making the finest Gelatos for decades. We are pleased to serve these wonderful ice creams.

Three scoops served with
homemade biscotti

£3.95

Strawberry

Chocolate

Double Caramel

Lemon Meringue

Turkish Delight

Mint Chocolate Chip

Caffé, Liqueurs & Digestives

Espresso	£2.45	•	Sambuca	£3.10
Double Espresso	£2.95	•	Amaretto di Sarenno	£3.10
Cappuccino	£2.95	•	Grappa	£3.10
Latte	£2.95	•	Kahlua	£3.10
Hot Chocolate	£2.95	•	Liquore Strega	£3.10
Liqueur Coffee	£4.65	•	Limoncello	£3.10
Tea	£2.45	•	Remy Martin VSOP	£4.05

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