



HAPPY HOUR

- MENU -

Available Sunday to Friday 5pm - 6.45pm and
Saturday 12noon - 2pm & 5pm - 6pm

Anti Pasti

{STARTERS}

ZUPPA DI GIORNO £2.95
Soup of the day

BUCCE DI PATATA (V) £3.35
Potato skins with garlic mayonnaise

FUNGHI TRIFOLATI (V) £3.35
Pan-fried mushrooms, sautéed in garlic and cream with toasted ciabatta

PÂTÉ DELLA CASA £3.35
Homemade chicken liver pâté with warm focaccia

COCKTAIL DI GAMBERI £4.25
Greenland prawns in a Marie Rose sauce with leaves

CALAMARI FRITI £4.25
Deep fried in a spiced rub with garlic mayonnaise

BRUSCHETTA CLASSICA (V) £3.95
Tomatoes, red onion and basil on toasted ciabatta

ALI E COSCE DI POLLO £3.95
Chicken wings and thighs in a spicy sauce

Skinnylicious

INSALATA DI QUINOA (V) £3.95
Quinoa salad, roasted Mediterranean vegetables and feta crumble
LOW IN FAT + LOW IN CARBS + LOW IN CALORIES

UNDER 250 CALORIES

HAPPY HOUR DRINKS
BOTTLE OF HOUSE WHITE, RED OR ROSÉ WINE £9.95

Skinnylicious

UNDER 500 CALORIES

PENNE ARRABIATA (V)
Tomato sauce with chili and basil
LOW IN FAT + LOW IN CALORIES

SKINNY CARBONARA INTERO LINGUINE DI GRANO
Smoked bacon, peas, almonds, parmesan and egg with whole wheat linguine
LOW IN FAT + LOW IN CALORIES

POLLO LINGUINI
Grilled chicken, wilted spinach, kale, red onions in a roasted garlic and tomato sauce
LOW IN FAT + 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.

ALL £5.95

SPAGHETTI CARBONARA
Smoked pancetta, onions and mushrooms with a creamy egg and parmesan sauce

SPAGHETTI BOLOGNAISE
Classic beef ragu with a rich tomato sauce

LASAGNE
Classic beef ragu, layers of pasta and a creamy béchamel sauce

ROMANA FETTUCINE
Grilled chicken, onions, mushrooms and creamy sauce

SPAGHETTI POLPETTINE
Meatballs served in a rich tomato sauce

CANNELLONI CLASSICO (V)
Pasta tubes filled with ricotta cheese and wilted spinach, topped with mozzarella

(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
£5.95



All Happy Hour pizzas are served with a Classico crust.

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

Skinnylicious

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 low in calories. If you want to be extra good we can hold the mozzarella too, so it's low in fat. *Not available on calzone.*

MARGHERITA (V)

Tomato, mozzarella, roasted cherry tomatoes and basil

FUNGI (V)

Tomato, mozzarella, sautéed wild and button mushrooms, fresh rosemary and garlic

PEPERONI

Tomato, mozzarella and sliced pepperoni

HAWAIIANO

Tomato, mozzarella, ham and roasted pineapple

POLLO

Tomato, mozzarella, char-grilled chicken breast, sweet roasted peppers and Cajun spices

QUATTRO STAGIONI

Four pizzas in one! Goat's cheese, pollo, funghi and margherita

DIAVOLO

Tomato, mozzarella, N'dujo sausage, salami, Parma ham and roquito chillies (really hot!)

CALZONE ALLA PROSCIUTTO

Tomato, mozzarella, ham, mushroom and onion

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) £8.45

Char-grilled chicken breast, rosemary and mushrooms in a cream sauce

GAMBERONI £9.95

Pan-fried king, tiger and Greenland prawns with one of the following sauces; white wine and garlic butter, thermidor or tomato chili and garlic

BISTECCO DI GIRELLO £8.45

8oz rump steak with grilled field mushrooms, roasted tomato and a Diane or pepper sauce

Skinnylicious

UNDER 500 CALORIES

FILETTI DI SPIGOLA (GF) £8.45

Char-grilled fillets of sea bass with tomato, lime and spring onion

LOW IN FAT + LOW IN CARBS + LOW IN CALORIES

FILETTO DI SALMONE (GF) £7.95

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) £7.95

Grilled chicken breast with courgetti, peppers and roasted onions

LOW IN FAT + LOW IN CARBS + LOW IN CALORIES

Dolci {DESSERTS}

ALL
£3.45

TIRAMISU CLASSICA (V)

Layers of mascarpone and sponge, flavoured with espresso and chocolate

CIOCCOLATO E ARACHIDI FETTA (V)

Chocolate and peanut slice with chocolate sauce

AFFOGATO (V)

Vanilla ice cream topped with espresso coffee

PASTICCERIA DI CHOUX (V)

Profiteroles with chocolate sauce

GELATO (V)

Selection of ice creams

KIDS HAPPY HOUR

ANY HALF PORTION OF PIZZA OR PASTA

£3.65

(strictly under 12's)

KIDS MAKE THEIR OWN PIZZA!

With an ice cream and a soft drink for £4.95