



*Spring / Summer 18*  
*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.*

*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).*

*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.*

*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'.

# Pane Casereccio *Homemade Breads*

## Pane all'Aglio (v)(ve)

Stonebaked garlic, rosemary and sea salt pizza bread

£4.45

## Con Peperoncino (v)(ve)

Garlic pizza bread with tomato and chilli

£4.75

## Con Formaggio (v)

Garlic pizza bread with mozzarella cheese and caramelised onions

£4.75

## Palline di Pasta Aglio (v)

Garlic dough balls served with garlic butter

£4.45

## Con Pomodoro (v)

Garlic pizza bread with tomato and pesto

£4.75

# 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

£6.45

## Antipasti

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

## Polpette di Tonno e Ricotta

Tuna and Italian ricotta cheese with meatballs served with a creamy parmesan sauce

£5.95

## Cape Sante Gratinata

Breadcrumbed scallops simply drizzled with olive oil and lemon

£8.25

## Cozze

Fresh mussels cooked in a broth of either:

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

£6.95

## Costolette

Barbeque spare ribs marinated in aromatic herbs and spices, finished with a balsamic glaze

£6.95

## Sanguinaccio con Uovo

Doreen's award winning black pudding and crispy prosciutto salad, served with a poached egg

£6.95

## Gamberoni

King prawns served:

- with garlic butter, white wine and parsley (gf)
- in a sauce of tomato, Pernod and cayenne pepper (gf)
- cream, cheese and mustard with thermidor sauce
- battered and fried with pesto and garlic mayonnaise

£7.95

## *Skinnylicious*

under 250 calories each

### Panzanella Salad (v)

Traditional Tuscan salad with cherry tomatoes, olives, red onion, cucumber, mozzarella cheese, served with chunky Tuscan-style bread

£5.95

LOW IN CALORIES

### Bruschetta al Pomodoro (v)

Diced tomatoes, garlic and basil marinated in olive oil on toasted ciabatta with pecorino

£5.45

LOW IN CALORIES

Hold the cheese to make (ve)

### 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

### SEAFOOD

Hodgson's Fish  
Hartlepool,  
Teesside

(v) Vegetarian (gf) Gluten Free (ve) Vegan

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.

# Pasta

Please choose from one of the following Pastas:



## Spaghetti

A long, thin, cylindrical pasta Italian origin.



## Tagliatelle

Long, flat ribbons of pasta.



## Farfalle

Bow-tie shaped pieces of pasta.



## Penne

Derives from the Latin for quill.

### Bolognese (gf)

Traditional bolognese sauce made with minced beef and pancetta

£7.95

### Carbonara

Diced smoked bacon in a creamy parmesan sauce

£7.95

### Pollo e Pesto (gf)

Chicken breast, green beans and sun-dried tomatoes served with a creamy pesto sauce

£8.25

### Cannelloni (v)

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

£8.95

### Gnocchi Quattro

#### Formaggio (v)

Gorgonzola, parmesan, emmental and fontina cheese combined to make a rich and creamy sauce

£8.95

### Salmone e Asparagi

Smoked salmon and asparagus with a lemon and herb mascarpone sauce

£10.95

### Lasagne

Layers of pasta with bolognese, béchamel and cheese

£8.45

### Gamberoni e Chorizo

Chorizo and king prawns served in a cream and parmesan sauce

£10.45

### Polpettine

Miniature meatballs sautéed with garlic, mushrooms and caramelised onions

£8.45

### Pesto alla Genovese (v)

Homemade pesto mixed into a creamy sauce with med veg and goats' cheese

£7.95

### Funghi Porcini

Pan-fried garlic, wild mushrooms and cherry tomatoes in a red wine sauce and served in a demi-glace

£8.45

### Spezzatino di Manzo

Slow-cooked beef in a rich red wine and tomato sauce with rosemary, thyme and sage

£8.45

## Skinnylicious

under 500 calories each

### Arrabbiata (v)(ve)(gf)

Crushed chillies in a tomato, basil and garlic sauce

£7.95

LOW IN CALORIES AND FAT

### Fruitti di Mare (gf)

Pan-fried king prawns, squid, cod, salmon, clams and mussels in a garlic and white wine sauce, served with toasted bread drizzled with extra virgin olive oil

£11.95

LOW IN CALORIES

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

# Insalata Salads

### Caesar

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

£9.95

## Skinnylicious

under 500 calories each

### Salmone e Patate Novelle (gf)

Salmon and new potatoes mixed with 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 CARBS

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# Pizza

## Margherita (v)

Mozzarella, tomato and basil

**£6.95**

## Americana

Pepperoni sausage

**£7.95**

## Rustico (v)

Goats' cheese, peppers and pesto

**£8.95**

## Pollo

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

**£8.45**

## Calzone

Ham, mushrooms and onion, folded

**£8.45**

## Diavola

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

**£8.95**

## Tropicale

Ham and char-grilled pineapple

**£8.25**

## Fruitti di Mare

Prawns, tuna, smoked salmon and anchovies finished with oregano and drizzled extra virgin olive oil

**£9.95**

## Prosciutto e Carciofi

Artichokes, prosciutto, sun-dried tomatoes and rocket

**£8.95**

## Mighty Marinara

Spicy Italian salami, anchovies, capers and olives

**£8.95**

## Pizza dello Chef (v)

Feta, sweet potato, spinach and caramelised red onion

**£8.25**

## Antipasti

Fresh mozzarella topped with cured meats

**£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

**£17.45**

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

**£24.95**

## Salse Bistecche

### Steak Sauces

**£2.95 EACH**

Peppercorn

Diane

Pizziola

Thermador

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 new 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

**£13.45**

## Pollo Crema Rosemarino (gf)

Pan-fried chicken breast with a sauce of cream, garlic, white wine and rosemary

**£12.95**

## Filetto di Pollo (gf)

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

**£13.45**

## Petto d'Anatra

Duck breast served on a bed of sweet potato mash with a fruits of the forest jus

**£15.95**

## Torta di Coniglio

Slow-cooked rabbit in a rich gravy with Doreen's award winning black pudding, carrots and mushrooms, topped with puff pastry

**£15.95**

## Misto alla Griglia

### Italiano (gf)

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

**£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

**£15.95**

## Pancetta di Maiale

Belly pork filled with chorizo, shallots, spinach and herbs, served with a pepper jus

**£13.45**

## Fritto Misto

A deep-fried selection of lemon sole, salmon, king prawns, white bait, scallops and mussels lightly dusted in semolina flour, served with a lemon aioli

**£16.95**

## Sogliola

Battered lemon sole goujons with homemade tartare sauce

**£12.95**

## Cozze

Fresh mussels cooked in a broth of either:

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

**£10.95**

## *Skinnylicious*

under 500 calories each

when served with potatoes and vegetables

## Spigola al Cartoccio (gf)

Fillet of seabass, mussels and clams cooked with fennel, lemon and cherry tomatoes in a parcel

**£15.95**

LOW IN CALORIES AND FAT

## Pollo Funghi (gf)

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

**£12.95**

LOW IN CALORIES AND FAT

## Filetto al Salmone

Fresh salmon fillet oven-roasted and topped with a pesto cream sauce with sun-dried tomatoes and garlic

**£11.95**

LOW IN CALORIES

## *Sides* £2.95 EACH

Homemade Thick-Cut Chips (v)(ve)(gf)

Mixed Salad (v)(ve)(gf)

Sautéed Mushrooms in Garlic Butter (v)(gf)

Sweet Potato Fries (v)(ve)

Crispy Beer Battered Onion Rings (v)(ve)

## 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

### Zeppole (v)

Fluffy fried dough balls served with crème anglaise and a dusting of cinnamon

£4.95

### Brownie al Cioccolato (v)

Chocolate gelato, brownie chunks, fresh cream, raspberry coulis and chocolate sauce

£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

### Pannacotta al Miele

Honey flavoured pannacotta with ginger and poached rhubarb

£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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