



MENU

STARTERS

Soup of the Day £4.45

Served with crusty bread

Sharing Antipasto Board £11.95

Sliced Italian cured meats of prosciutto, coppa, salame and mortadella with mozzarella, olives, fruit chutney and homemade bread

Best shared between 2

Goats' Cheese and £5.95

Red Onion Ravioli (v)

Served with a rocket and Pecorino cheese salad and pesto dressing

Steamed Mussels £7.25

Served with spring onions in either a tomato and chilli sauce (gf) or cream and garlic sauce

Pan-fried Scallops £8.95

Served with crispy Parma ham and apple purée with a black pudding crumble

FARMHOUSE FAVOURITE

Bruschetta (v) (S) £5.45

Diced San Marzano tomatoes, onions and basil served on a toasted ciabatta with Pecorino cheese shavings

LOW FAT + LOW CALORIE

Drop the Pecorino cheese to make it (ve)

Smoked Salmon £6.95

and Prawn Salad

Bound in a Marie Rose sauce

Gamberoni (gf) £7.95

Cooked in your choice of sauce: Garlic butter, white wine and parsley, Tomato ragu with chilli and paprika or Amalfi lemon, limoncello and creamy onion

Tomato, Avocado and £5.95

Mozzarella Salad (v) (gf) (S)

Drizzled with pesto

LOW CARB + LOW CALORIE

Crispy Pork Bon Bons £6.25

Slow-cooked pulled pork with garlic and rosemary with a red onion chutney

Oven-baked Garlic £5.95

Mushrooms (v)

With a gorgonzola and breadcrumb crust, served with dressed leaves

FARMHOUSE FAVOURITE

Calamari £5.95

Coated in a salt and pepper dusting, served with a garlic and herb aioli dip

GARLIC BREADS

Garlic Bread £3.95

Brushed with garlic oil and rosemary (v)(ve)

Add one of the below for an extra 80p

Tomato and pesto (v)

Tomato and chilli (v)(ve)

Mozzarella and caramelised onions (v)

Focaccia £3.95

Brushed with garlic oil, rosemary and sea salt (v)(ve)

Add one of the below for an extra 80p

Tomato and pesto (v)

Diced tomato, red onion and Parma ham

SALADS

Chicken and Chickpea (S) £10.95

Served on a bed of mixed salad with mint, coriander, roasted peanuts and a curried yoghurt dressing

LOW FAT + LOW CALORIE

Lentil Tabbouleh (v) (ve) (S) £8.95

With cherry tomatoes, mint and parsley with a lemon dressing

LOW FAT + LOW CALORIE

PASTA

If not stated on the dish, please choose which pasta you would prefer:

Spaghetti



Tagliatelle



Farfalle



Penne



Bolognese £7.75

Classic ragu-style recipe

Arrabiata (v) (ve) (S) £6.95

A spicy sauce of garlic, tomato and chilli

LOW FAT + LOW CALORIE

Genovese (v) (S) £7.95

Roasted peppers, mushrooms, spinach and cherry tomatoes in a pesto sauce

LOW FAT + LOW CALORIE

Pesto Chicken £7.75

Chicken pieces and spinach in a creamy pesto sauce

Lasagne* £7.45

Classic beef ragu between layers of pasta with creamy béchamel sauce

Cannelloni* (v) £7.95

Sicilian ricotta and baby spinach filled pasta tubes in tomato sauce

Gluten free and whole wheat pasta available on request!

Zucchini Gamberetti (S) £8.95

Courgette, king prawns and onion drizzled with olive oil

LOW FAT + LOW CALORIE

FARMHOUSE FAVOURITE

Contandina £8.25

Strips of chicken with onion and pancetta cooked in a creamy wild mushroom and parmesan sauce

Seafood (S) £8.95

Mixed seafood in a garlic and plum tomato sauce

LOW FAT + LOW CALORIE

Gnocchi Toscana £7.45

Potato gnocchi, spicy Italian sausage, mushrooms, San Marzano tomatoes, mascarpone cheese and wilted spinach

FARMHOUSE FAVOURITE

Carbonara £7.75

Diced pancetta in a creamy parmesan sauce

Beef Fillet £9.95

Strips of beef fillet with onions, peppers, chilli and garlic in a rich tomato sauce

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

Our products may contain wheat, egg, dairy, soy, fish allergens and may be processed in facilities that process tree nuts and peanuts.

Can't choose?

GO HALF / HALF WITH PASTA & PIZZA

Price based on highest value item. Excludes dishes marked *

PIZZAS

Go dairy free! We offer vegan cheese

All pizzas are served Romano style - a light and crispy crust hand-stretched from our own slow-rising pizza dough for a bigger base, inspired by the metre long pizzas sold on the streets of Rome.

Go **S** with your pizza, with a little less base and salad in the centre to make it under 500 calories. You can hold the mozzarella too!

Margherita (v) £6.45

Classic tomato, mozzarella and oregano
Ask for vegan cheese to make it (ve)

Diavolo (hot!) £8.25

Pepperoni, salami, 'Nduja sausage, chili, cheese and tomato

Ham and Mushroom £7.95

Ham, mushroom, roasted peppers, cheese and tomato
Or go Hawaiian and add pineapple!

Pepperoni £7.45

Sliced pepperoni, cheese and tomato

Quattro Stagioni* £7.95

Four pizzas in one; pepperoni, ham and mushroom, salmon and margherita

Salmon £7.25

Salmon, courgette, cherry tomatoes, capers, oregano, cheese and tomato

Capricciosa* £7.95

Parma ham, artichokes, mushrooms, cheese and tomato topped with an egg

Seafood £8.25

Baby prawns, tuna, mussels, smoked salmon, cheese and tomato

Calzone* £7.95

Folded pizza of ham, mushroom, onion, cheese and tomato

FARMHOUSE FAVOURITE

BIANCO

"Bianco?" This is the Italian for white. These pizzas do not have a tomato sauce base

Bianco Cipolline £7.25

Mortadella sliced sausage with pistachio, red onions, Provolone piccante cheese and basil

Bianco Neapolitan (v) £7.25

Ripe cherry tomatoes, mozzarella, basil, extra virgin olive oil and sea salt
Ask for vegan cheese to make it (ve)

Metre Pizza

Our 1 metre pizzas are perfect for sharing between 3-4 people. Choose upto 3 flavours.

£27.95

MAIN COURSES

All of our main courses are served with either a daily selection of vegetables, double-dipped chunky chips or salad. Or go **S** by opting for the vegetables or salad on the dishes indicated.

Chicken Rosemary (gf) £12.95

Breast of chicken served in a creamy rosemary and mushroom sauce

Pork Belly £14.95

Herb-stuffed pork belly served with an apple sauce

Fish Goujons £15.95

Battered lemon sole served with a homemade tartare sauce

Salmon Fillet (gf) **S** £14.95

Topped with a pesto cream sauce with sun-dried tomatoes, roasted garlic and pine nuts

LOW CARB + LOW CALORIE

Kiev £13.95

Breaded chicken breast stuffed with melted garlic butter

Sea Bass Cartoccio £16.95

With mussels, lemon and dill cooked in parchment paper

The Farmhouse Burger £10.95

7oz rump burger topped with 'Nduja sausage, Parma ham, mature cheddar cheese, lettuce, tomato and onion in a pizza flatbread

Gamberoni (gf) £17.95

Cooked in your choice of sauce: Garlic butter, white wine and parsley, Tomato ragu with chilli and paprika or Amalfi lemon, limoncello and creamy onion

Seafood Mixed Grill £17.95

A mix of seabass, king prawns, salmon and squid with mussels in a white wine and herb broth

GRILL

All of our grill dishes are served with grilled mushroom, roasted cherry tomato, rocket, parmesan and double-dipped chips or salad.

Or go **S** where indicated and opt for the salad.

7oz Fillet Steak (gf) **S** £20.95

The most prized cut, incredibly tender
LOW CARB + LOW FAT + LOW CALORIE

8oz Sirloin Steak (gf) **S** £17.95

A tasty cut, fairly tender
LOW CARB + LOW CALORIE

8oz Ribeye Steak (gf) £17.95

The tastiest cut, very tender

Choose a sauce for an extra £2.95

Blue Cheese (v)

Diane (v)

Peppercorn (v)

ALL SIDES £2.95

Double-dipped Chunky Chips (v) (ve) (gf)

Sweet Potato Fries (v) (ve)

Rocket and Pecorino Cheese (v) (gf) **S**
LOW CARB + LOW CALORIE

Garlic Mushrooms (v) (gf)

Beer-battered Onion Rings (v) (ve)

Mixed Salad (v) (ve) (gf) **S**
LOW FAT + LOW CARB + LOW CALORIE

SIDES

DESSERTS

Classic Tiramisu (v) £4.95

Layers of mascarpone and sponge, flavoured with espresso and chocolate

FARMHOUSE FAVOURITE

Honey Panna Cotta £4.95

Served with ginger and poached rhubarb

Pear Tart (v) £4.95

Hazelnut biscuit base topped with ricotta cheese and pears with an icing sugar dusting

Tiramisu Freak Shake (v) £5.95

Tiramisu blended milkshake with chocolate gelato, whipped cream and amaretti biscuits

Cheese Board (v) £6.95

Selection of British and Italian cheeses, biscuits and chutney

Gelato (v) £3.95

Trio of ice cream served with fruit coulis

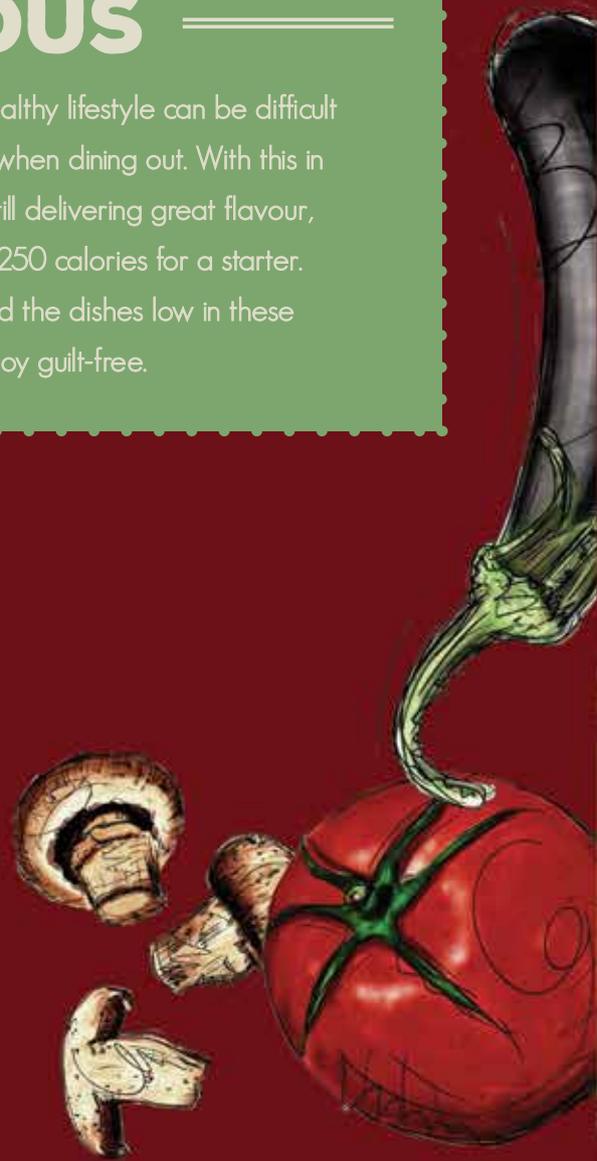
Gelato?

Ice-cream made the Italian way. It actually has a lower fat content which allows more intense flavours to shine through and it is stored at a slightly warmer temperature so it's also a little softer too. We serve Ciccarelli authentic gelato - a family business based in Blyth, making the finest gelatos for decades. We are proud to serve these wonderful gelatos.

SKINNYLICIOUS

In today's world we understand balancing socialising with a healthy lifestyle can be difficult - many of us want to eat healthy but struggle to keep this up when dining out. With this in mind, we've developed our 'Skinnylicious' dishes that, while still delivering great flavour, offer a healthier option under 500 calories for a main and 250 calories for a starter.

Whether it's fats, carbs or calories you're watching, you'll find the dishes low in these throughout the menu marked (S) for you to enjoy guilt-free.



ItalianFarmhouseSunderland



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