GLUTEN FREE MENUS

STARTERS

SOUP OF THE DAY G.F. Bread & butter £6.95
BRUSCHETTA Tomato, onion, parsley & basil salad served on toasted G.F. Bread £6.95
Bowl of Italian **OLIVES** £4.5
Beef **MEATBALS** with chilli, garlic, tomato & basil sauce & G.F. bread £7.50
CAPRINO, baked goat cheese & caramelised onion Served on toasted G.F. £7.50
KING PRAWN & CHORIZO With garlic butter served on toasted G.F. bread £10.5

MAINS

GRILLED CHCIKEN with House Pomodoro sauce, vegetables & potatoes £17.5
SEABASS, 2 Filets served with, vegetables & baby potatoes £20.95
G. FREE SEAFOOD PASTA with King Prawn, Mussel & Pomodoro sauce £17.50
BEEF BOLOGNESE slow cooked With Red Wine Served with G. F. pasta £14.5
SEAFOOD RISOTTO, Italian, rice, cooked with peeled king prawn, mussels white wine, red pesto & garlic butter £17.5
CHICKEN RISOTTO with creamy garlic mushroom, fresh spinach & Walnut £14.5
CARBONARA G. F. Pasta with chorizo, pancetta, & carbonara sauce £14.5
KING PRAWN CARBONARA G. F. Pasta with King prawn, chorizo, pancetta, & Carbonara sauce £18.5
10oz SIRLOIN STEAK, 28 days dry aged Served with new potatoes £25.95
CHICKEN & CHORIZO with G. F. pasta, chilli, garlic, House Pomodoro sauce £14.50
POMODORO G.F. pasta with garlic, chilli, tomato & basil sauce £13
add chicken for £2 extra
CON POLLO G. F. Pasta with chicken & mushroom in a creamy basil sauce £14.5
RISOTTO FUNGI Italian Rice with chorizo & Garlic Mushroom £15.5
SALMON FLORENTINE £21.5
Fillet of Salmon with King Prawn garlic & wine sauce served new potato & vegetables
TUSCAN SEAFOOD TRIO £20.95
Fillet of Seabass, King Prawn & Mussels served with potatoes and vegetables
NORT SEA HAKE £21.50
Hake Fillet & mussels with chili & tomato sauce served with vegetables & new Potatoes
LAMB SHANK £22.5 Locally Sources Best of Welsh Lamb with Red wine Jus, new potatoes & vegetables