



## Starters

### Freddi - Cold

**Prosciutto e Melone** £14.00  
Parma Ham & melon

**Bresaola con avocado** £14.50  
Mountain dried cured beef

**Carpaccio di manzo** £13.50  
raw beef & parmesan

### Caldi - Hot

**Parmigiana di Melanzane** ✓  
Aubergines with tomato, mozzarella and parmesan, oven £11.00  
baked

**Asparagi gratinati** ✓ £12.50  
Green asparagus with melted parmesan e butter.

### Insalate - Salads

**Mozzarella di bufala** ✓ 'PO £13.00  
mozzarella, tomatoes & basil

**Rucola, parmigiano e pomodorini** ✓ £9.50  
Rocket salad with parmesan and cherry tomatoes ✓

### Zuppe - Soups

**Zuppa del giorno** £7.50  
Ask about our daily soup

**Minestrone di verdure stagionali** ✓ £9.50  
Seasonal vegetable Soup

### Risotti – rice dishes

**Risotto ai funghi porcini** ✓ £16.50  
Chep's mushrooms, garlic & spring onion

**Risotto "Primavera"** ✓ £12.50  
Fresh spring vegetables, butter & parmesan shavings

## Pasta

### Fresca - Home Made

<b>Tagliatelle salmone e spinaci</b> Tagliatelle Salmon and spinach	£12.50
<b>Fettuccine Montpeliano</b> ✓ Home made fettuccine with butter & parmesan	£12.00
<b>Ravioli del giorno</b> Fresh, home made filled pasta. Ask about today's special	£12.50

### Secca - Italian Slow Dried

<b>Linguini con mezza Aragosta</b> Linguini with fresh half Lobster	£25.50
<b>Spaghetti alle vongole veraci</b> Spaghetti Clams (with or without tomato sauce)	£16.50
<b>Penne arrabbiata</b> ✓ penne pasta with tomato and chily sauce	£11.00
<b>Capellini alla polpa di granchio</b> Capellini (thin spaghetti) with fresh crab	£17.50
<b>Spaghetti allo scoglio</b> Spaghetti with fresh mix sea food	£24.50

## Pesce – Fish PO

<b>Granchio in insalata</b> Fresh cold crab salad	£31.90
<b>Insalata di mare con Aragosta e Granchio</b> Sea food salad with lobster and crab meat	£36.50
<b>Aragosta intera a piacere</b> Whole lobstercooked to your liking.... grilled or steamed in its shell, Thermidor: shell broiled, Catalana:cold lobster salad	<b>Prezzo a richiesta</b> Price on request
<b>Grigliata mista , PESCATO DEL GIORNO</b> Mixed grilled fish ,CATCH OF THE DAY	£36.50

## **Pesce – Fish** PO

**Pesci porzione** - Whole or portion fish

<b>Branziona intero grigliato al rosmarino</b> Whole sea bass on-off the bone, grilled or baked with rosemary sauce	£24.50
<b>Calamari fritti</b> Deep fried calamari	£20.50
<b>Sogliola di Dover alla griglia</b> Grill Dover sole on-off the bone	£36.50

## **Carni – Meats**

<b>Pollo al mattone, salsa diavola</b> FR Grilled baby chicken, served with spicy tomato sauce	£20.50
<b>Piccata di vitello al limone</b> PO Veal Piccata Lemon	£22.50
<b>Cotoletta “ Milanese”</b> PO Breaded veal cutlet	£27.50
<b>Nodino di vitello grigliato o burro e salvia</b> PO Veal Chop, grilled or in butter & sage	£26.50
<b>Scaloppina di vitello Montpeliano</b> PO Veal escalope filled with mozzarella, mushrooms, tomato sauce	£23.50
<b>Fegato di vitello con pancetta o burro e salvia</b> PO Calf's liver grilled with bacon or butter & sage	£24.50
<b>Ossobuco Milanese</b> PO Slow cooked shin of veal, served with saffron rice	£25.90
<b>Costolette di agnello alla griglia</b> PO Grilled spring Lamb cutlets	£24.50
<b>Costata di manzo scozzese</b> PO Grilled Scottish rib-eye Steak	£25.50
<b>Filetto di manzo scozzese alla griglia</b> PO Grilled Scottish Filet steak	£27.00
<b>Medaglioni al pepe verde</b> PO Small Beef filets with green pepper sauce	£25.90

## I dolci fatti in casa - Home made Desserts

<b>Frutta mista a fette</b>	£8.50
Mixed fruit platter , strawberry sauce on request	
Fresh mango/ papaya (O)	£7.50
Fresh fruit salad (O)	£5.50
Crepe montpeliano	£7.50
<b>Selezione di gelati e sorbetti</b>	£4.50
Mixed ice cream or sorbet, large selection	
Profiteroles al cioccolato	£5.50
Crème carmel	£5.00
Crème brulee	£5.50
Tiramisu	£5.50
Zabaglione	£7.50
Cassata ice cream	£5.50
Cheese	
<b>Assortimento di formaggi italiani selezionati con cura</b>	£10.50
Mix platter of specially sourced and selected Italian cheeses, Caprino O , Taleggio , Pecorino ,Gorgonzola O	

Signs: V = vegetarian O = Organic FR = Free range PO = Place of Origin