

# MANGIAMO

## ANTIPASTI

<b>Bruschetta Pomodoro (v)</b>	6.95
Cherry tomatoes, garlic fresh basil & extra virgin olive oil	
<b>Garlic Mushrooms (v)</b>	7.50
Mushrooms cooked in extra virgin olive oil, garlic and parsley	
<b>Halloumi (v)</b>	7.95
Flame grilled halloumi served with bed of sour dough bread	
<b>Polpette</b>	8.00
Lamb and beef meatballs with tomato sauce on the side	
<b>Cozze</b>	9.00
Fresh mussels in extra virgin olive oil, white wine & tomato sauce and hint of chilli	

## SHARING

<b>Olives &amp; Bread (v)</b>	5.95
Selections of Italian marinated olives with sour dough bread	
<b>Pizza Garlic Bread</b>	7.95
Sour pizza dough with garlic butter	
<b>Pizza Garlic Bread &amp; Cheese</b>	7.00
Sour pizza dough with garlic butter and mozzarella cheese	

## PAN COOKED

<b>Sautéed Lamb</b>	19.95
Diced lamb cooked with herbs served with salad and rice or spaghetti pomodoro	
<b>Sautéed Chicken</b>	17.95
Diced chicken breast cooked with herbs served with salad and rice or spaghetti pomodoro	
<b>Pollo Ai Funghi</b>	16.95
Chicken breast cooked in white wine, mushrooms garlic and cream sauce served with vegetables	

## PASTA

<b>Spaghetti Al Ragù</b>	12.00
Tomatoes, mince beef & herb sauce	
<b>Penne Alla Don Peppino</b>	12.00
Penne with tomatoes, mixed roasted vegetables & garlic sauce	
<b>Penne All'Arabiata (vg)</b>	11.00
Penne with tomato fresh chilli, garlic and parsley sauce	
<b>Tagliatelle Pollo E Spinaci</b>	13.95
Diced chicken breast, onions, spinach, tomato & cream sauce	
<b>Tagliatelle Salmonata</b>	15.00
Fresh salmon and courgettes cooked in white wine, tomato and cream sauce	
<b>Lasagne Al Forno</b>	12.95
Baked homemade beef lasagne with béchamel sauce and mozzarella	
<b>Spaghetti Marinara</b>	17.95
Mixed sea food in white wine and tomato sauce with a hint of chilli	
<b>Spaghetti Filetto</b>	19.95
Diced fillet steak cooked with onions, peppers and mushrooms with red wine, cream and tomato sauce	

## SALAD

<b>Chicken Salad</b>	14.95
Flame grilled marinated chicken breast served with mixed salad olive oil, lemon and oregano dressing	
<b>Salmon Salad</b>	14.95
Flame grilled salmon fillet served with mixed salad olive oil, lemon and oregano dressing	
<b>Insalata Halloumi</b>	10.95
Flame grilled halloumi with mixed green leaves and cherry tomatoes and extra virgin olive oil pomegranate dressing	
<b>Mixed side salad</b>	5.95

## PIZZA

<b>Pizza Margherita (v)</b>	10.95
Tomato sauce, mozzarella & fresh basil	
<b>Dell'Ortolano (v)</b>	13.95
Tomato sauce, mozzarella, blue cheese, roasted aubergine, peppers & courgettes	
<b>Prosciutto E Funghi</b>	12.50
Tomato sauce, mozzarella, ham and mushrooms	
<b>Piccante</b>	12.50
Tomato sauce, mozzarella, spicy sausage and chilli	
<b>Calzone</b>	12.95
Rolled pizza filled mozzarella, mushrooms, ham, spicy sausage and tomato sauce on top	
<b>Vegetarian Calzone (v)</b>	12.95
Rolled pizza filled mozzarella, spinach, red onion, peppers and tomato sauce on top	
<b>Tonno</b>	13.00
Mozzarella, tuna, black olives and red onion	
<b>Mangiamo (v)</b>	13.95
Mozzarella, goat cheese, spinach and red onion	

## FLAME GRILLS

<b>Chicken Breast</b>	16.95
Marinated chicken breast served salad and rice or spaghetti pomodoro	
<b>Grilled Sea Bass</b>	18.95
Flame grilled whole sea bass served with salad or mix vegetables	
<b>Grilled Salmon</b>	15.95
Flame grilled salmon served with salad and rice	
<b>Mangiamo Meatballs</b>	16.50
Lamb and beef meatballs served with salad and rice or spaghetti pomodoro	

If you suffer from any form of food allergies, please inform our staff before ordering your meal.