



# Ristorante E Bar Italiano

## MAIN MENU

### ANTIPASTI Starters

<b>GAMBERI E AGRIGENTO</b> Sizzling Tiger Prawns sautéed in Garlic, Chilli & Olive Oil. Served with Ciabatta Bread	8.95
<b>COZZE AL VINO BIANCO</b> Fresh Scottish Mussels cooked in White Wine, Shallots, Garlic butter and Parsley	8.50
<b>RISOTTO AL FORMAGGIO DI CAPRA (V)</b> Italian Arborio rice bound with Goats Cheese, and deep fried. Served with Chilli Jam, salad leaves and olive oil	6.95
<b>OSTRICHE</b> Fresh Colchester Oysters served Natural with Raspberry Vinegar & Shallots	Six 10.95 Twelve 21.00
<b>CAPESANTE ST. JACQUES</b> Seared Fresh Scallops in a Parmesan Cheese Sauce with Piped Mashed Potato	9.50
<b>CALAMARI FRITTI</b> Deep fried Calamari served with Garlic Mayo & Lemon	7.95
<b>ZUPPA DEL GIORNO</b> Chef's fresh Soup of the day served with Ciabatta bread	5.95
<b>COCKTAIL D'ARAGOSTA</b> Fresh Lobster Cocktail with Marie Rose Sauce, served with Ciabatta Bread	9.25
<b>MISTO DI FRUTTI DI MARE</b> Calamari, Large Prawns, Mussels sautéed in Olive Oil. Sprinkled with Sea Salt & Pepper	8.75
<b>PROSCIUTTO DI PARMA E MELONE</b> Italian Parma Ham with fresh Melon	6.95
<b>ASPARAGI CON FONTINA E SALSA DI AVOCADO</b> Asparagus wrapped in Parma Ham, stuffed with Fontina Cheese, Balsamic dressing	8.50
<b>CARPACCIO DI MANZO</b> Thinly sliced Beef fillet served with Rocket, Parmesan Shavings & Olive Oil	9.50
<b>ANTIPASTO DI CARNE</b> Parma Ham, Coppa, Salami, Olives, Figs, Cherry Tomatoes, Bocconcini & Olive oil	8.95

### BRUSCHETTA Ciabatta Garlic Breads

<b>AGLIO</b> – Garlic & chopped Parsley	3.60
<b>FUNGHI</b> – Wild Mushrooms & Garlic	3.85
<b>FONTINA</b> – Fontina Cheese & Garlic	3.85
<b>CLASSICO</b> – Fontina Cheese, Parma Ham, Basil & Garlic	4.95

### PASTA Starter Main

<b>SPAGHETTI ALLA CARBONARA</b> Spaghetti tossed in a creamy Pancetta, Parmesan & Egg sauce	6.95/12.95
<b>RIGATONI AL RAGU</b> Slow cooked Rich Meat Sauce with Tomato tossed with Rigatoni Pasta. Topped with Grated Pecorino Cheese	6.95/12.95
<b>SPAGHETTI ALLA MARINARA</b> With Mussels, Scallops, Tiger Prawns in Garlic, Chilli & Olive Oil	7.95/14.95
<b>'ENNIO'S' LASAGNE AL FORNO</b> Traditional sheets of pasta in a rich ground beef tomato sauce and béchamel	6.95/12.95
<b>TAGLIATELLE CON POLLO E ASPARAGI</b> With Tender Chicken Breast strips, Asparagus and Tomato Pesto	6.95/12.95
<b>RIGATONI AL FORNO CON VERDURE (V)</b> 6.75 12.50 Tossed with Roasted Vegetables and Basil Pesto.	

### CONTORNI Side Orders

<b>VERDURE AL FORNO</b> – Chef's roasted Vegetables of the day	3.65
<b>ASPARAGI E PARMIGIANO</b> – Fresh Asparagus with Grated Parmesan	3.95
<b>PATATE</b> – Crispy Sauté   New Potatoes   Mashed Potato   Hand Cut Chips   Dauphinoise	3.50
<b>FAGIOLINI ALL' AGLIO</b> – Fine Green Beans with Garlic	3.75
<b>PANE E BURRO</b> – Warm Ciabatta Bread & Butter	1.95

### SECONDI PIATTI DI CARNE Meat Main Courses

<b>INVOLTINI DI POLLO ALLA VALDOSTANA</b> Chicken Breast stuffed with Spinach, Wild Mushrooms & Fontina Cheese. Served on bed of Mashed potato with Roasted Vegetables & Mushroom Sauce	16.75
<b>GROPPA D'AGNELLO IN CASSUOLA</b> Rump of Lamb Char grilled with Seasonal Vegetables & Italian Bean Casserole	18.75
<b>FILETTO AL PEPE NERO</b> - Chef's Signature Dish Aged English Fillet Steak coated in Cracked Black Pepper and topped with Peppercorn Sauce. Served with Pont Neuf Patate, Roasted Vegetables & Rocket Salad	24.25
<b>MAIALE IN PROSCIUTTO DI PARMA</b> Pan Roast Pork Fillet wrapped in Parma Ham, served with Pecorino Mash, Roasted Red peppers & Red Onions, and a Lemon & Sage Butter sauce	16.95
<b>ANATRA IN SALSA DI AMARETTO E ARANCIA</b> Duck Breast Roasted in an Amaretto & Orange Sauce, served with Dauphinoise Potato & Sauté Vegetables	17.95
<b>COSTATA ALL'AGLIO E SALVIA</b> Pan Cooked Veal Chop with Sage & Garlic, served with Sauté Potatoes, Cherry Tomatoes and Creamed Spinach	19.00
<b>BISTECCA DI VITELLONE</b> Prime Sirloin Steak served with Field Mushroom, Vine Cherry Tomatoes, and your choice of Potato	19.50
<b>FILLETTO DI VITELLONE</b> Aged Fillet Steak, served with Field Mushroom, Vine Cherry Tomatoes, and your choice of Potato	22.50

### SALSE Sauces

Freshly prepared: Green Peppercorn   Wild Mushroom   Gorgonzola   Garlic Butter	2.95
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### SECONDI PIATTI DI PESCE Fish Main Courses

<b>SALTIMBOCCA DI PESCE SPADA</b> Swordfish, pan cooked in Lemon Sage & Olive Oil with Prosciutto. Served with Rosemary Roasted New Potatoes and Roasted Vegetables	18.50
<b>BRANZINO AL SALE O AL LIMONE</b> Whole fresh Sea Bass baked with Rock Salt or / with Lemon & Fennel. Served with Sauté Potatoes & Green Beans. (Filletted at your table)	19.75
<b>SALMONE AL PESTO ROSSO</b> Char grilled Salmon Fillet served with Sauté Vegetables, Dauphinoise Potato, and a Red Pesto & Tiger Prawn cream sauce	16.95
<b>FILETTO DI MERLUZZO CON RAVIOLI</b> - Chef's Signature Dish Roasted Cod Fillet served on Artichoke Ravioli with Mussels, Tiger Prawns. With a Shellfish and Spinach Sauce	19.95
<b>PIATTO MISTO DI PESCE</b> Chef's selection of Two Fresh Fish fillets with Mussels, Tiger Prawns & Scallops. Served with Salad and Crushed New Potatoes, drizzled with Lemon butter Sauce	21.95
<b>ASTICE REALE (Half or Whole)</b> Fresh Lobster with a choice of Garlic Butter or Cold with Chef's Lime Mayonnaise Dressed in the shell, served with salad and your choice of potatoes	Half 17.95 / Whole 29.50

### INSALATA Salads Starter Main

<b>CAPRESE con CIPOLLA(V)</b> Mozzarella, Plum Tomato & Red Onion, dressed with Basil Oil	5.95/10.50
<b>MELONE (V)</b> Fresh Cantaloupe Melon, Walnuts, Mozzarella with Rocket	6.25/12.00
<b>MISTA (V)</b> Mixed leaves, Vine Cherry Tomatoes, Red Onion, and Cucumber tossed in a Honey and Mustard Dressing	5.50/10.75

A discretionary 10% service charge will be levied on all parties of 6 people or more.  
Whilst every care is taken we cannot guarantee that our ingredients are nut free.  
Should you suffer from any food allergy please inform the duty manager.