

BREAD & NIBBLES

Menu item: **Spicy Nibbles (V)**

Description: A crunchy mix of chickpeas, peas, corn and broad beans.

Price: £2.95

Menu item: **Italian Olives(V)**

Description: Large green Nocellara olives from Sicily.

Price: £3.25

Menu item: **Garlic Bread / with Mozzarella (V)**

Description:

Price: £4.95 / £5.95

Menu item: **Garlic Bread Speciale with Balsamic Onions**

Description: A folded garlic bread stuffed with mozzarella and riserva cheeses.

Price: £6.25

Menu item: **Rosemary and Olive Oil Bread(V)**

Description: Add olive tapenade (v) or spicy tomato dip (v) for £1.00

Price: £4.95

ANTIPASTI perfect for two

Menu item: **Antipasto Fritto**

Description: Mushrooms al forno, calamari, chicken lecca-lecca, dough sticks and zucchini fritte, served with a spicy tomato dip and garlic mayonnaise.

Price: £12.95

Menu item: **Antipasto Classico**

Description: Milano salami and coppa ham, fresh mozzarella, gorgonzola, rocket salad and rosemary & olive oil bread with smoked chilli jelly and olive tapenade.

Price: £12.95

STARTERS

Menu item: **Burrata Caprese**

Description: Creamier and more indulgent than mozzarella, burrata is served with plum tomatoes, rocket and basil.

Price: £6.25

Menu item: **Pea & Ricotta Souffle (V)**

Description: Twice baked soufflé on a bed of spinach, in a rich cheese sauce, topped with mascarpone.

Price: £6.50

Menu item: **Cheese Fonduta (V)**

Description: Rich cheese fondue, crowned with a garlic and herb crumb, served with warm dough sticks. Dip dip hooray!

Price: £6.25

Menu item: **Spinach & Ricotta Arancini(V)**

Description: Crispy ricotta and spinach risotto balls served with a spicy tomato dip.

Price: £5.95

Menu item: **Baked Dough Balls(V)**

Description: Choose between plain or fontal cheese and chilli, or try a mix. Served with extra virgin olive oil and balsamic vinegar.

Price: £5.50

Menu item: **Whitebait small / large**

Description: Lightly breaded and fried until golden, served with garlic mayonnaise. MSC (Marine Stewardship Council) approved.

Price: £6.95 / £12.25

Menu item: **Chicken Lecca-Lecca**

Description: Breaded chicken fillets served with a spicy tomato dip and garlic mayo.

Price: £6.75

Menu item: **Calamari small / large**

Description: Crispy golden-fried squid served with garlic mayonnaise.

Price: £6.95 / 12.25

Menu item: **Bruschetta (V)**

Description: Toasted pagnotta bread with marinated tomatoes, fresh basil and ricotta salata.

Price: £5.50

Menu item: **Meatballs Piccante**

Description: Pork and beef meatballs baked on Italian bread in a spicy tomato sauce, topped with mozzarella and mascarpone.

Price: £6.50

Menu item: **Butterfly King Prawns**

Description: Succulent king prawns, oven roasted on Italian bread with garlic and parsley.

Price: £6.95

Menu item: **Light Butterfly King Prawns Under 200 calories (kcal)***

Description: Oven roasted butterfly king prawns seasoned with lemon juice and Santos tomatoes, topped with rocket and yellow courgette ribbons.

Price: £6.95

Menu item: **Mushrooms al Forno (V)**

Description: Mushrooms stuffed with mozzarella and riserva cheese, breadcrumbs, garlic and onions, baked on Italian bread, served with garlic mayonnaise.

Price: £6.25

PASTA

PASTA FRESCA Premium range with fresh egg tagliatelle

Menu item: Asparagus & Pancetta Carbonara

Description: Crispy pancetta and asparagus in a velvety sauce made with mascarpone, pecorino and riserva cheeses.

Price: £13.25

Menu item: Purple Basil Pesto Genovese (V)

Description: Fresh egg tagliatelle in a green pesto and cream sauce, with fine green beans and pine nuts, topped with purple basil pesto - winner of Great Taste 2018 award. Add chicken for 1.95.

Price: £12.75

FILLED PASTA Different shapes and classic fillings

Menu item: Crab & Ricotta Half Moon Pasta

Description: Filled pasta with crab and ricotta, in a creamy tomato and crab bisque. Topped with a large king prawn in its shell and fresh samphire.

Price: £14.50

Menu item: Beef & Chianti Ravioli

Description: Slow cooked beef and chianti ragu, dressed up for the occasion in this special charcoal black and white ravioli; served with a red wine sauce.

Price: £13.95

Menu item: Spinach & Ricotta Girasole (V)

Description: Meaning 'sunflower', these pretty pasta parcels are served with spinach and a mascarpone cream sauce.

Price: £11.95

AL FORNO Oven baked dishes with a side salad

Menu item: Lasagne

Description: Green egg pasta sheets with beef and pork ragu, topped with creamy béchamel sauce.

Price: £11.25

Menu item: Rigatoni al Manzo Piccante

Description: Rigatoni pasta with beef meatballs, beef and pork ragu, fresh chillies, roasted peppers and balsamic red onions; topped with mozzarella.

Price: £11.95

Menu item: Sausage Cannelloni

Description: Cannelloni filled with a hearty beef and pork sausage ragu, baked in a tomato and basil sauce and topped with mascarpone.

Price: £11.95

Menu item: Penne al Pollo della Casa

Description: Seasoned chicken breast, mushrooms and pasta baked in a creamy mushroom and white wine sauce.

Price: £11.75

CLASSIC PASTA Quintessential Italian dishes

Menu item: **Fettuccine Bolognese**

Description: Our hearty beef and pork ragu sauce is served with flat ribbon fettuccine, they way they eat it in Rome. If you prefer, you can choose spaghetti.

Price: £10.75

Menu item: **Penne Arrabiata con Pollo**

Description: Chicken breast in a fiery rich tomato and basil sauce. Make it veggie without chicken 9.00.

Price: £10.95

Menu item: **Spaghetti al Pomodoro (V)**

Description: Plum tomatoes, garlic and basil in a rich tomato sauce topped fresh mozzarella.

Price: £8.65

Menu item: **Spaghetti Lentil Ragu (V) (Vegan)**

Description: A hearty ragu of green lentils and mixed vegetables in a rich sundried tomato sauce.

Price: £9.95

Menu item: **Linguine Carbonara**

Description: Crispy pancetta in a rich creamy sauce with mascarpone, pecorino and riserva cheese.

Price: £10.75

Menu item: **Linguine con Frutti di Mare**

Description: King prawns, mussels, clams and squid in a rich tomato sauce.

Price: £12.95

All of our Classic pasta dishes can be made with our non-gluten containing fusilli.

RISOTTO

Menu item: **Risotto con Pollo e Funghi**

Description: Risotto with tender chicken breast slices and sautéed mushrooms in a creamy white wine sauce.

Price: £13.25

PIZZA

PRIMA PIZZA Stone baked, longer, crispy base

Menu item: **Two Egg Fiorentina (V)**

Description: Two soft-baked free range eggs, spinach, olives, mozzarella and mascarpone cheese. Add coppa ham for 1.95.

Price: £12.50

Menu item: **Caprina (V)**

Description: Goat's cheese, rocket, plum tomatoes and olive tapenade and mozzarella.

Price: £12.25

Menu item: **Super Green (V) (Vegan)**

Description: A pea purée base topped with tender baby kale, asparagus, peas, red pepper pearls, spinach, balsamic red onions and vegan mozzarella alternative.

Price: £12.25

Menu item: **Slow Cooked Lamb**

Description: Tender lamb shoulder, fontal cheese, roasted peppers, spinach, balsamic red onions and pine nuts.

Price: £13.50

Menu item: **Salami Misti**

Description: Milano and fennel salami, pepperoni and smoked prosciutto, roasted peppers and balsamic red onions.

Price: £13.50

Menu item: **Pollo Piccante con Pancetta**

Description: Seasoned chicken breast, pancetta, roasted peppers, red chillies, mushrooms, spinach, rosemary and fontal cheese.

Price: £13.25

Menu item: **Salsiccia**

Description: Fiery Calabrian N'duja sausage meat, roquito pepper pearls, balsamic red onions and fontal cheese. We'll add chillies if you like it hotter.

Price: £12.95

CALZONE Folded pizza from Naples

Menu item: **Calzone Pollo**

Description: Chicken breast, pancetta, mushrooms, roasted peppers, olives, tomato sauce, and mozzarella.

Price: £12.95

Menu item: **Calzone Carne Piccante**

Description: Pepperoni, fresh chillies, ham, beef and pork ragu, sautéed mushrooms, tomato sauce and mozzarella.

Price: £12.95

Menu item: **Calzone Goat's Cheese & Spinach (V)**

Description: Goat's cheese, grilled aubergines, roasted peppers, oven roasted tomatoes, spinach, tomato sauce and mozzarella.

Price: £12.50

CLASSIC PIZZA

Menu item: **Margherita (V)**

Description: Tomato and mozzarella with Oregano. Make it Prima 10.00.

Price: £8.65

Menu item: **Four Cheese Margherita (V)**

Description: Sweet dreams are made of cheese - mascarpone, mozzarella, fontal and riserva cheese on a tomato base. Make it Prima 12.00.

Price: £10.50

Menu item: **Stromboli**

Description: Pepperoni on a tomato and mozzarella base. We'll add chillies if you like it hot. Make it Prima 12.00.

Price: £10.50

Menu item: **Verdure (V)**

Description: Artichokes, mushrooms, roasted peppers, fontal cheese and olives dressed with rocket leaves. Make it Prima 11.45.

Price: £9.95

Menu item: **Pollo e Funghi**

Description: Chicken and sautéed mushrooms, tomatoes and mozzarella. Make it Prima 12.45.

Price: £10.95

Extra toppings for your pizza (or pasta)

Seasoned chicken | Pepperoni | Pancetta | Marinated Kings Prawns 1.95

Roasted peppers (v) | Olives (v) | Sautéed mushrooms (v) 1.25

Our pizzas (except Calzone & Prima Light) can be made using our circular non-gluten containing base.

SIDES

Menu item: **Rainbow Salad (V)**

Description: Candy stripe beetroot, yellow courgettes, plum tomatoes, cucumber, red pepper, mixed leaves, radish and a citrus dressing on the side.

Price: £3.95

Menu item: **Mixed Salad (V)**

Price: £3.75

Menu item: **Zucchini Fritti (V)**

Description: Lightly battered courgette sticks.

Price: £3.75

Menu item: **Rosemary Sweet Potato Fries (V)**

Description: Skinny cut fries, served with a spicy tomato dip.

Price: £3.75

Menu item: **Chips (V)**

Description: Served with garlic mayonnaise.

Price: £3.75

Menu item: **Garlic & Cheese Chips (V)**

Description: Chips with garlic and grated fontal cheese. Served with garlic mayonnaise.

Price: £3.95

MEAT & FISH

Menu item: **Pollo Milanese**

Description: Breaded butterfly chicken breast, seasoned and roasted. Served with roasted new potatoes or chips, broccoli, and a creamy mushroom sauce.

Price: £13.95

Menu item: **Pork Belly Porchetta**

Description: A Tuscan classic: slow-roasted pork belly in herbed red wine sauce, served with roasted new potatoes and broccoli.

Price: £14.95

Menu item: **Seabass al Forno**

Description: Sea bass fillet baked with new potatoes, tomatoes, mushrooms, spinach, and a white wine sauce.

Price: £14.95

LIGHTER DISHES Under 550 calories (kcal)*

Our favourite Pasta Frescas and Prima Pizzas served smaller with a rainbow salad.

Menu item: **Pasta Fresca Light Asparagus & Pancetta Carbonara**

Description: Crispy pancetta and asparagus in a velvety sauce made with mascarpone, pecorino and riserva cheese, with a rainbow salad.

Price: £11.95

Menu item: **Pasta Fresca Purple Basil Pesto Genovese (V)**

Description: Green pesto and cream sauce, with fine green beans. Topped with purple basil pesto – winner of a Great Taste 2018 award, with a rainbow salad.

Price: £11.50

Menu item: **Prima Light Pizza Caprina (V)**

Description: Goat's cheese, rocket, plum tomatoes, olive tapenade and mozzarella, with a rainbow salad.

Price: £10.95

Menu item: **Prima Light Pizza Pollo Piccante Con Pancetta**

Description: Seasoned chicken breast, pancetta, roasted peppers, red chillies, mushrooms, spinach, rosemary and mozzarella, with a rainbow salad.

Price: £11.95

SALADS

Menu item: **Chicken Kale Caesar Salad**

Description: Pan-fried chicken breast, tender baby kale, cos lettuce, radicchio, in a Caesar dressing topped with ciabatta croutons and riserva cheese.

Price: £11.50

Menu item: **Insalata di Pollo e Pancetta**

Description: Pan-fried chicken breast and crispy pancetta, served with avocado, tomatoes, spinach, cos lettuce and red onion with sweet mustard dressing.

Price: £11.95

Menu item: **Mediterranean Goat's Cheese Salad (V)**

Description: Goat's cheese and balsamic onion crostinis, on tender baby kale, cos lettuce, artichokes, plum tomatoes and red pepper pearls, tossed in a citrus dressing.

Price: £11.25

LET US KNOW IF YOU PREFER YOUR DRESSING ON THE SIDE.

DESSERTS More temptation on our full dessert menu

Menu item: **Yoghurt Panna Cotta Under 200 calories (Kcal)***

Description: A lighter take on a classic made with yoghurt and cream, dressed with raspberries, strawberries and an edible flower.

Price: £4.95

Menu item: **Baked Chocolate Gnocchi (V)**

Description: Italian for dumplings, these mini chocolate gnocchi are filled with Nutella and served with chocolate sauce on the side to dip and dunk.

Price: £5.95

Menu item: **Blood Orange & chocolate Tart (V) (Vegan)**

Description: Zesty dark chocolate tart served with tangy raspberry sorbet.

Price: £5.75

Menu item: **Passion Fruit & Raspberry Cheesecake (V)**

Description: Passion fruit and raspberry cheesecake on a biscuit base, drizzled with tangy passion fruit sauce, served with vanilla gelato.

Price: £5.95

Menu item: **Honeycomb Cheesecake (V)**

Description: Creamy cheesecake on a cookie base, sprinkled with crunchy honeycomb chocolate pieces. Served with vanilla gelato.

Price: £5.95

Menu item: **Warm Cookie & Salted Caramel Gelato (V)**

Description: Calling all salted caramel lovers, our warm cookie is topped with two scoops of salted caramel gelato and salted caramel sauce.

Price: £6.75

Menu item: **Warm Pear Tart (V)**

Description: Poached pear on an almond frangipane base, with raspberries and vanilla gelato.

Price: £5.95

Menu item: **Chocolate Etna (V)**

Description: Hot toffee sauce is poured over the dark chocolate cup pat your table, revealing a hidden scoop of vanilla gelato on top of a heavenly hot chocolate fondant.

Price: £6.95

Menu item: **Pistachio & Olive Oil Cake (V)**

Description: Winner of a Great Taste award, this deliciously moist and nutty cake is served warm with vanilla gelato.

Price: £5.75