

VEGAN MENU

ZUPPA DELLO CHEF Our Chef's soup of the day	£4.95
FRITTURA Deep fried chickpea and polenta fritters, marinara sauce	£5.50
BRUSCHETTA Ciabatta bread, tomato, garlic, basil, olive oil	£4.95
GARLIC BREAD Ciabatta bread, garlic olive oil	£4.50
PANZANELLA SALAD Red onion, tomatoes, green beans, cucumber, fresh basil, croutons	£5.50 (AS A MAIN £8.50)
TOMATO AND ONION SALAD Tomato, onion, oregano Served with olive oil and balsamic on the side	£5.50 (AS A MAIN £8.50)
INSALATONA Avocado, tomato, beetroot, olives, grilled courgettes, capers, sundried tomato, grilled sweet peppers, carrots, green beans, potatoes, mixed leaves salad, aromatic olive oil herbs dressing sauce	£7.95 (AS A MAIN £10.95)
MIXED BEANS AND VEGETABLES RATATOUILLE Mixed beans, sautéed aubergine, sweet pepper, capers and olives in garlic, oregano, basil, tomato sauce, served with aromatic herbs and garlic crostini bread	£10.95
CAPONATA Sautéed aubergine, sweet pepper, capers and olives in garlic, oregano, basil, tomato sauce	£4.50
FRITTO MISTO VEGANO Deep fried chickpea and polenta fritters, vegan sausage and vegan chicken bites	£10.50
PASTA WITH VEGETABLES Spaghetti pasta served with mixed vegetables, garlic, olives, tomato sauce	£9.50
RISOTTO WITH VEGETABLES Carnaroli rice cooked with mixed vegetables, garlic, olives, tomato sauce	£9.50
VEGAN BURGER Vegan Burger served with chips and salad	£10.50
RISOTTO WITH MUSHROOM AND SPINACH Carnaroli rice cooked with mushroom, spinach and tomato sauce	£9.50

Should you be allergic to the following ingredients, ask the advice of the manager only before ordering or eating anything
1:Gluten, 2:Crustaceans, 3:Molluscs, 4:Fish, 5:Peanuts, 6:Tree nuts, 7:Eggs, 8:Soybeans, 9:Milk, 10:Celery, 11:Mustard, 12:Sesame, 13:Lupin, 14:Sulphur dioxide

DUE TO THE HIGH NUMBER OF INGREDIENTS IN THE MENU
WE ARE NOT ABLE TO GUARANTEE ANY DISH FROM BEING FREE FROM TRACES OF GLUTEN, TREE NUTS AND PEANUTS