

# A Girasole

## LUNCH MENU

Served daily from 11.30am to 4.30pm except Sundays

### ANTIPASTI

<b>MISTO DI OLIVE</b> Mixed olives in our own seasoned extra virgin olive oil & herbs	3.50
<b>CESTO DI PANE</b> Selection of homemade grissini, sea salt focaccia, crackers and ciabatta, served with tapenade, extra virgin olive oil and balsamic vinegar	3.95
<b>DOUGH BALLS</b> Homemade dough balls served with garlic butter	2.95
<b>GARLIC BREAD</b> Pizza bread baked and brushed with garlic oil and rosemary	3.75 with cheese 3.95
<b>ZUPPA</b> Chef's special homemade soup of the day served with toasted homemade bread	4.25
<b>CALAMARI FRITTI</b> Deep fried squid served with a roast garlic and balsamic mayonnaise	5.95
<b>TRIO DI BRUSCHETTE</b> Three slices of toasted homemade bread topped with mozzarella & pesto \ tomato & basil \ aubergine & red peppers	6.25
<b>FUNGHI RIPIENI</b> Portobello mushrooms, stuffed with ricotta cheese and spinach, baked and topped with a balsamic glaze	5.95
<b>GAMBERONI ALLA GRIGLIA</b> Grilled tiger prawns, served with mixed leaves and a lemon wedge	7.95
<b>PARMIGIANA DI MELANZANE</b> Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan	5.95
<b>INSALATA CAPRESE</b> Slices of buffalo mozzarella and fresh tomatoes with basil	5.75
<b>PROSCIUTTO &amp; MOZZARELLA</b> Parma ham with slices of mozzarella	5.25
<b>FUNGHETTI MISTI CON PECORINO AL FORNO</b> Baked wild mushrooms with fresh tomato, shallot, white wine & herb sauce, topped with Pecorino cheese	6.25
<b>COZZE AL VAPORE</b> Mussels, cooked in white wine, garlic and herbs, served with homemade bread	6.75

### PIATTI DA DIVIDERE

Starters to share

<b>FRITTO MISTO</b> Selection of seafood, deep fried and served with homemade tartar sauce and a wedge of lemon	14.50
<b>AFETATTO MISTO</b> Selection of Italian cured meats, ham and salami, buffalo mozzarella, goat's cheese, tomato and chilli jam, with a selection of pickles and olives, served with homemade bread	14.25
<b>ANTIPASTI VEGETARIANO</b> Chargrilled sliced vegetables, marinated in a garlic and herb infused oil, served with mozzarella, tomato and ricotta crostini, garlic cannellini bean dip, with a selection of pickles and olives, served with homemade bread	12.95

### INSALATA

<b>ARANCIA E FINOCCHIO</b> Orange slices, fennel, onions and black olives, sprinkled with chilli flakes and dressed with extra virgin olive oil, served on a bed of rocket leaves with homemade bread	6.95
<b>POMODORINO E CAPRINO</b> Goats cheese, sun blushed tomatoes and roasted pine nuts on a mixed leaf salad, with a balsamic dressing	6.95
<b>PERE E GORGONZOLA</b> Pear, gorgonzola, walnuts and celery, tossed with mixed salad leaves with a gorgonzola & balsamic dressing	7.95
<b>Add shelled prawns or grilled chicken breast strips</b>	4.75
<b>Add grilled sirloin steak strips</b>	5.95

### AL FORNO

<b>LASAGNE</b> Sheets of baked pasta layered with home-made Bolognese sauce, mozzarella cheese, sprinkled with grated parmesan cheese	6.95 / 9.95
<b>PARMIGIANA DI MELANZANE</b> Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan	7.35 / 10.50
<b>PENNE CON POLLO</b> Chicken pieces with penne and sun dried tomatoes, baked in a light tomato sauce and topped with mozzarella	7.65 / 10.95

### RISOTTO

<b>RISOTTO AL FRUTTI DI MARE</b> Arborio rice infused in saffron with prawns, calamari, mussels and clams and cooked in a white wine and vegetable stock	9.05 / 12.95
<b>RISOTTO FUNGHI E SPINACHI</b> Arborio rice with wild mushrooms, spinach and sundried tomatoes, cooked in a white wine and vegetable stock and topped with rocket and parmesan	8.75 / 12.50
<b>RISOTTO SALMONE E FUNGHI</b> Arborio rice, flaked salmon fillet and wild mushrooms, cooked in a tomato and white wine sauce	9.05 / 12.95

### ITALIAN 'PANINO APERTO' BOARDS

Open sandwich, presented with a choice of freshly cooked Italian Breads

<b>SORRENTO</b> Toasted bread with rolls of Parma ham, rocket, sundried tomato aioli, olives, sundried tomatoes and a salad garnish	5.45
<b>AMALFI</b> Toasted bread with pan fried king prawns, lemon and garlic aioli, marinated artichoke hearts, wild rocket and fresh tomato	6.45
<b>NAPOLI</b> Toasted bread with grilled chicken strips, buffalo mozzarella, basil pesto, fresh tomatoes, olives and a salad garnish	5.95
<b>VESUVIO</b> Toasted bread with grilled Portobello mushrooms, peppers, zucchini, marinated artichoke hearts, olives, red onion, gorgonzola cheese and a salad garnish	5.45

Include a portion of hand cut chips, sauté potatoes or a small bowl of soup for £1.00

### PIZZA

<b>MARGHERITA</b> Tomato sauce, mozzarella and basil	5.00 / 7.25
<b>GIRASOLE</b> Creme fraiche, mozzarella, pancetta, cherry tomatoes, olives and rocket	6.85 / 9.75
<b>SELVAGGIO</b> Tomato sauce, mozzarella, pancetta and wild mushrooms	6.85 / 9.75
<b>SPEZIATO</b> Tomato sauce, mozzarella, pepperoni, chicken, pancetta and chillies	7.15 / 10.25
<b>TROPICALE</b> Tomato sauce, mozzarella, ham and pineapple	6.45 / 9.25
<b>TERROSO</b> Tomato sauce, mozzarella, spinach, olives, cherry tomatoes, mushroom and pesto	6.95 / 9.95
<b>FORMAGGI</b> Tomato sauce, mozzarella, goat's cheese, gorgonzola, buffalo mozzarella	7.15 / 10.25
<b>MARINARA</b> Tomato sauce, mozzarella, prawns, calamari, tuna, anchovies and cherry tomatoes	8.75 / 12.50
<b>PARMA</b> Tomato sauce, mozzarella, rocket and Parma ham	6.45 / 9.25
<b>TONNO</b> Tomato sauce, mozzarella, tuna and red onions	6.45 / 9.25
<b>PICCANTE</b> Tomato sauce, mozzarella, spicy beef, pepperoni, red onion, jalapenos	7.35 / 10.50

### CALZONE

<b>ORTOLANO</b> Tomato, mozzarella, aubergine, courgettes, peppers, spinach, artichokes and mushrooms. Topped with tomato sauce, rocket and grated parmesan	8.05 / 11.50
<b>CARNE</b> Tomato sauce, mozzarella, pepperoni, spicy beef, ham and chicken. Topped with tomato sauce, rocket and grated parmesan	8.35 / 11.95

ALL ADDITIONAL PIZZA / CALZONE TOPPINGS 1.25

### PASTA

<b>RAVIOLI GIRASOLE</b> Fresh homemade pasta parcels filled with courgettes, mozzarella and mascarpone in a rich tomato and cream sauce	7.35 / 10.50
<b>GNOCCHI CON MASCARPONE E FUNGHI</b> Homemade gnocchi dumplings with mascarpone and wild mushrooms, cooked in a white wine sauce	7.65 / 10.95
<b>LINGUINE MARINARA</b> Linguine with mussels, calamari, prawns and clams, cooked with chillies, garlic and cherry tomatoes	8.05 / 11.50
<b>SPAGHETTI BOLOGNESE</b> Spaghetti with homemade beef ragu	6.95 / 9.95
<b>PENNE CARBONARA</b> Penne with pancetta, parmesan and egg, fresh cream, finished with nutmeg	7.65 / 10.95
<b>PENNE ARRABIATA</b> Penne with chillies, red onions and olives in a spicy tomato sauce	5.75 / 8.25
<b>As above with chicken breast pieces</b>	7.50 / 10.75
<b>TAGLIATELLE GORGONZOLA</b> Tagliatelle with chicken, mushrooms and gorgonzola cheese cooked in a creamy garlic sauce	8.25 / 11.75
<b>TAGLIATELLE SALMONE</b> Tagliatelle with salmon flakes, courgettes and spinach, cooked in a creamy tomato sauce	8.75 / 12.50

Gluten Free – all the above pasta dishes (except the Ravioli and Gnocchi) can be cooked with gluten free penne pasta