

# A Girasole

## MAIN MENU

Served from 4.30pm everyday and all day Sunday

### ANTIPASTI

<b>MISTO DI OLIVE</b> Mixed olives in our own seasoned extra virgin olive oil & herbs	<b>3.50</b>
<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	<b>3.95</b>
<b>DOUGH BALLS</b> Homemade dough balls served with garlic butter	<b>2.95</b>
<b>GARLIC BREAD</b> Pizza bread baked and brushed with garlic oil and rosemary	<b>3.75</b> with cheese <b>3.95</b>

### 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	<b>14.50</b>
<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	<b>14.25</b>
<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	<b>12.95</b>
<b>COZZE AL VAPORE</b> Mussels, cooked in white wine, garlic and herbs, served with homemade bread	<b>12.95</b>

### PRIMI PIATTI

Starters

<b>ZUPPA</b> Chef's special homemade soup of the day served with toasted homemade bread	<b>4.25</b>
<b>CALAMARI FRITTI</b> Deep fried squid served with a roast garlic and balsamic mayonnaise	<b>5.95</b>
<b>TRIO DI BRUSCHETTE</b> Three slices of toasted homemade bread topped with mozzarella & pesto \ tomato & basil \ aubergine & red peppers	<b>6.25</b>
<b>FUNGHI RIPIENI</b> Portobello mushrooms, stuffed with ricotta cheese and spinach, baked and topped with a balsamic glaze	<b>5.95</b>
<b>GAMBERONI ALLA GRIGLIA</b> Grilled tiger prawns, served with mixed leaves and a lemon wedge	<b>7.95</b>
<b>PARMIGIANA DI MELANZANE</b> Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan	<b>5.95</b>
<b>INSALATA CAPRESE</b> Slices of buffalo mozzarella and fresh tomatoes with basil	<b>5.75</b>
<b>PROSCIUTTO &amp; MOZZARELLA</b> Parma ham with slices of mozzarella	<b>5.25</b>
<b>FUNGHETTI MISTI CON PECORINO AL FORNO</b> Baked wild mushrooms with fresh tomato, shallot, white wine & herb sauce, topped with Pecorino cheese	<b>6.25</b>
<b>COZZE AL VAPORE</b> Mussels, cooked in white wine, garlic and herbs, served with homemade bread	<b>6.75</b>

### PIZZA

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

### CALZONE

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

All additional Pizza / Calzone toppings

### 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	<b>12.95</b>
<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	<b>12.50</b>
<b>RISOTTO SALMONE E FUNGHI</b> Arborio rice, flaked salmon fillet and wild mushrooms, cooked in a tomato and white wine sauce	<b>12.95</b>

### PASTA

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

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

### AL FORNO

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

### PIATTI PRINCIPALI - CARNE

<b>FILLETTO DI MAIALE</b> Roast fillet of pork with a mustard crust served with caramelised carrots and sautéed potatoes	<b>13.95</b>
<b>POLLO GORGONZOLA</b> Succulent chicken breast filled with Gorgonzola cheese, basil and red peppers, wrapped in Parma ham. Served with sautéed potatoes and caramelised carrot	<b>13.95</b>
<b>VITELLO AL MARSALA</b> Slices of veal, cooked in Marsala wine, served with sautéed potatoes, green beans and carrots with shallots	<b>15.95</b>
<b>COSTINE D'AGNELLO</b> Grilled tender lamb chops served with hand-cut chips and grilled Portobello mushrooms	<b>14.95</b>
<b>LOMBATA</b> Lean and juicy 9oz Sirloin Steak, served with hand-cut chips and grilled Portobello mushrooms	<b>18.95</b>
<b>COSTATA DI MANZO</b> Tender and succulent 10 oz Rib Eye Steak served with hand-cut chips and grilled Portobello mushrooms	<b>20.95</b>
<b>FILETTO</b> Very lean and tender 10oz Fillet Steak, served with hand-cut chips and grilled Portobello mushrooms	<b>24.50</b>
<b>Add Peppercorn or Blue Cheese Sauce</b>	<b>2.00</b>

### PIATTI PRINCIPALI – PESCE

<b>SPIGOLA CON CAPONATA</b> Pan fried sea bass fillets, served with a caponata in a broad bean broth	<b>16.95</b>
<b>SALMONI CON GAMBERI</b> Pan seared salmon steak served with prawns and clams cooked in a white wine and plum tomato sauce. Served with peperonata	<b>14.95</b>
<b>ASTICE CON LINGUINE</b> Lobster meat & claw with linguine cooked in a garlic and cherry tomato sauce	<b>17.95</b>
<b>PIATTO DI FRUTTI DI MARE</b> Whole tiger prawns, sea bass fillet and calamari, grilled and served with linguine cooked with cherry tomatoes	<b>15.50</b>

### CONTORNI

Sides

<b>FAGIOLINI ALL OLIO</b> Green beans, olive oil	<b>3.75</b>
<b>ZUCCHINE FRITTE</b> Fried courgettes	<b>3.75</b>
<b>RUCOLA E PARMIGIANO</b> Rocket leaves and Parmesan with a wedge of lemon	<b>3.75</b>
<b>PATATINE FRITTE</b> Homemade hand-cut chips	<b>3.75</b>
<b>INSALATA MISTA</b> Mixed leaves, cherry tomatoes, cucumber, red onion and olives	<b>3.75</b>
<b>PATATE SALTATA</b> Sautéed potatoes	<b>3.75</b>
<b>FUNGHI PORTOBELLO</b> Grilled Portobello mushrooms	<b>3.95</b>

### 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	<b>6.95</b>
<b>POMODORINO E CAPRINO</b> Goats cheese, sun blushed tomatoes and roasted pine nuts on a mixed leaf salad, with a balsamic dressing	<b>6.95</b>
<b>PERE E GORGONZOLA</b> Pear, gorgonzola, walnuts and celery, tossed with mixed salad leaves with a gorgonzola & balsamic dressing	<b>7.95</b>
<b>Add shelled prawns</b>	<b>4.75</b>
<b>Add grilled chicken breast strips</b>	<b>4.75</b>
<b>Add grilled sirloin steak strips</b>	<b>5.95</b>