

Il Girasole

LUNCH MENU

Served daily from 11.30am to 4.30pm except Sundays

ANTIPASTI

MISTO DI OLIVE Mixed olives in our own seasoned extra virgin olive oil & herbs	3.50
CESTO DI PANE Selection of homemade grissini, sea salt focaccia, crackers and ciabatta, served with tapenade, extra virgin olive oil and balsamic vinegar	4.25
DOUGH BALLS Homemade dough balls served with garlic butter	3.25
GARLIC BREAD 4.15 Pizza bread baked and brushed with garlic oil and rosemary	4.45 topped with mozzarella cheese
ZUPPA Chef's special homemade soup of the day served with toasted homemade bread	4.75
CALAMARI FRITTI Deep fried squid served with a roast garlic and balsamic mayonnaise	6.45
SELEZIONE DI BRUSCHETTE Choose one or a selection ONE....3.25 TWO....6.25 THREE....9.00 FOUR....11.50 Slice of toasted homemade bread topped with either.... Mozzarella & pesto / Tomato & basil / Aubergine & red peppers / Mushroom & ricotta	
FUNGHI RIPIENI Portobello mushrooms, stuffed with ricotta cheese and spinach, baked and topped with a balsamic glaze	6.45
GAMBERONI ALLA GRIGLIA Grilled tiger prawns, served with mixed leaves and a lemon wedge	7.95
PARMIGIANA DI MELANZANE Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan	5.95
INSALATA CAPRESE Slices of buffalo mozzarella and fresh tomatoes with basil and extra virgin olive oil	5.75
PROSCIUTTO & MOZZARELLA Parma ham with slices of mozzarella	5.75
FUNGHETTI MISTI CON PECORINO AL FORNO Baked wild mushrooms with fresh tomato, shallot, white wine and herb sauce, topped with Pecorino cheese. Served with homemade bread	6.25
COZZE AL VAPORE Mussels, cooked in white wine, garlic and herbs, served with homemade bread	6.75

PIATTI DA DIVIDERE

Starters to share

FRITTO MISTO Selection of seafood, deep fried and served with homemade roast garlic and balsamic mayonnaise and a wedge of lemon	15.50
AFETATTO MISTO 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	15.25
ANTIPASTI VEGETARIANO Chargrilled sliced vegetables, marinated in a garlic and herb infused oil, served with mozzarella, tomato and ricotta crostini, with a selection of pickles and olives, served with homemade bread	13.95

ITALIAN 'PANINO APERTO' BOARDS

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

SORRENTO Toasted bread with rolls of Parma ham, rocket, lemon and garlic aioli, olives, sundried tomatoes and a salad garnish	6.45
AMALFI Toasted bread with pan fried king prawns, lemon and garlic aioli, marinated artichoke hearts, wild rocket and fresh tomato	7.45
NAPOLI Toasted bread with grilled chicken strips, buffalo mozzarella, basil pesto, fresh tomatoes, olives and a salad garnish	6.95
VESUVIO Toasted bread with grilled Portobello mushrooms, peppers, zucchini, marinated artichoke hearts, olives, red onion, gorgonzola cheese and a salad garnish	6.45

Include a portion of hand cut chips, sauté potatoes or a small bowl of soup for £1.50

INSALATA

POMODORINO E CAPRINO Goats cheese, sun blushed tomatoes and roasted pine nuts on a mixed leaf salad, with an extra virgin and balsamic dressing	7.95
PERE E GORGONZOLA Pear, gorgonzola, walnuts and celery, tossed with mixed salad leaves with an extra virgin and balsamic dressing	8.95
VERDURA Grilled Mediterranean vegetables – peppers, courgettes, aubergine and mushrooms, served on a bed of mixed leaves, sliced plum tomatoes and cucumber. Dressed with an extra virgin and balsamic dressing	7.95
Add..... Shelled prawns 5.75 / Grilled chicken breast strips 4.75 / Grilled sirloin steak strips 6.95	

INSALATA DI CONTORNO

RUCOLA E PARMIGIANO Rocket leaves and Parmesan with a wedge of lemon	3.75
INSALATA MISTA Mixed leaves, cherry tomatoes, cucumber, shallots and olives	3.75

PASTA

RAVIOLI GIRASOLE Fresh homemade pasta parcels filled with gorgonzola and wild mushrooms in a butter and sage sauce	8.35 / 11.95
GNOCCHI CON MASCARPONE E FUNGHI Homemade gnocchi dumplings with mascarpone and wild mushrooms, cooked in a white wine sauce	7.65 / 10.95
LINGUINE MARINARA Linguine with mussels, calamari, prawns and clams, cooked with chillies, garlic, white wine and cherry tomatoes	8.95 / 12.75
SPAGHETTI BOLOGNESE Spaghetti with homemade beef ragu	6.95 / 9.95
TAGLIATELLE CON POLPETTE Tagliatelle with chilli beef meatballs in a spicy tomato sauce	8.05 / 11.50
SPAGHETTI CARBONARA Spaghetti with pancetta, parmesan, egg and fresh cream, finished with nutmeg	7.65 / 10.95
PENNE ARRABIATA Penne with chillies, red onions and olives in a spicy tomato sauce As above with chicken breast piece	6.15 / 8.75 7.85 / 11.25
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TAGLIATELLE GORGONZOLA Tagliatelle with chicken, mushrooms and gorgonzola cheese cooked in a creamy garlic sauce	9.05 / 12.95
TAGLIATELLE SALMONE Tagliatelle with salmon flakes, courgettes and spinach, cooked in a creamy tomato sauce	9.45 / 13.50
LINGUINE CON ARAGOSTA E GAMBERETTI Linguine with shelled prawns and lobster meat in a garlic, anchovy, chilli and cherry tomato sauce	13.95 / 19.95

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

AL FORNO

LASAGNE Sheets of baked pasta layered with home-made Bolognese sauce, mozzarella cheese, sprinkled with grated parmesan cheese	7.35 / 10.50
PARMIGIANA DI MELANZANE Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan	7.35 / 10.50
GNOCCHI DUE FORMAGGI Homemade gnocchi dumplings, baked with mascarpone and wild mushrooms in white wine and topped with mozzarella. Served with homemade bread	8.35 / 11.95

RISOTTO

RISOTTO AL FRUTTI DI MARE Arborio rice infused in saffron with prawns, calamari, mussels and clams and cooked in a white wine and vegetable stock	9.45 / 13.50
RISOTTO FUNGHI E SPINACHI 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
RISOTTO SALMONE E FUNGHI Arborio rice, flaked salmon fillet and wild mushrooms, cooked in a tomato and white wine sauce	9.45 / 13.50

PIZZA

MARGHERITA Tomato sauce, mozzarella and basil	5.75 / 8.25
GIRASOLE Creme fraiche, mozzarella, pancetta, cherry tomatoes, olives and rocket	7.50 / 10.75
SELVAGGIO Tomato sauce, mozzarella, pancetta and wild mushrooms	7.50 / 10.75
SPEZIATO Tomato sauce, mozzarella, pepperoni, chicken, pancetta and chillies	7.85 / 11.25
TROPICALE Tomato sauce, mozzarella, ham and pineapple	7.15 / 10.25
TERROSO Tomato sauce, mozzarella, spinach, olives, cherry tomatoes, mushroom and pesto	7.65 / 10.95
FORMAGGI Tomato sauce, mozzarella, goat's cheese, gorgonzola, buffalo mozzarella	7.85 / 11.25
MARINARA Tomato sauce, mozzarella, prawns, calamari, tuna, anchovies and cherry tomatoes	9.45 / 13.50
PARMA Tomato sauce, mozzarella, rocket and Parma ham	7.15 / 10.25
PECHINO Tomato sauce, mozzarella, duck breast, hoisin sauce, spring onions	9.75 / 13.95
PICCANTE Tomato sauce, mozzarella, spicy beef, pepperoni, red onion, jalapenos	8.05 / 11.50

CALZONE

ORTOLANO Tomato, mozzarella, aubergine, courgettes, peppers, spinach, artichokes and mushrooms. Topped with tomato sauce, rocket and grated parmesan	8.75 / 12.50
CARNE Tomato sauce, mozzarella, pepperoni, spicy beef, ham and chicken. Topped with tomato sauce, rocket and grated parmesan	9.45 / 13.50

All additional Pizza / Calzone toppings

1.50