

Il Girasole

MAIN MENU

Served from 4.30pm everyday and all day Sunday

ANTIPASTI

MISTO DI OLIVE Mixed olives in our own seasoned extra virgin olive oil and 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 Pizza bread baked and brushed with garlic oil and rosemary	4.15 topped with mozzarella cheese 4.45

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
SELEZIONE DI BRUSCHETTE Four slices of toasted homemade bread topped with mozzarella and pesto \ tomato and basil \ aubergine and red peppers \ mushroom and ricotta	11.50
COZZE AL VAPORE Mussels, cooked in white wine, garlic and herbs, served with homemade bread	13.25

PRIMI PIATTI

Starters

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 Slice of toasted homemade bread topped with either... Mozzarella & pesto / Tomato & basil / Aubergine & red peppers / Mushroom & ricotta	ONE....3.25 TWO....6.25 THREE....9.00 FOUR....11.50
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

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
ARAGOSTA E GAMBERI A salad of lobster and shelled tiger prawns, with warm new potatoes, green beans, roasted beetroot, dressed with a lime and sun-blushed tomato aioli	19.95
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	11.95
GNOCCHI CON MASCARPONE E FUNGHI Homemade gnocchi dumplings with mascarpone and wild mushrooms, cooked in a white wine sauce	10.95
LINGUINE MARINARA Linguine with mussels, calamari, prawns and clams, cooked with chillies, garlic, white wine and cherry tomatoes	12.75
SPAGHETTI BOLOGNESE Spaghetti with homemade beef ragu	9.95
TAGLIATELLE CON POLPETTE Tagliatelle with chilli beef meatballs in a spicy tomato sauce	11.50
SPAGHETTI CARBONARA Spaghetti with pancetta, parmesan, egg and fresh cream, finished with nutmeg	10.95
PENNE ARRABIATA Penne with chillies, red onions and olives in a spicy tomato sauce	8.75
As above with chicken breast pieces	11.25
TAGLIATELLE GORGONZOLA Tagliatelle with chicken, mushrooms and gorgonzola cheese cooked in a creamy garlic sauce	12.95
TAGLIATELLE SALMONE Tagliatelle with salmon flakes, courgettes and spinach, cooked in a creamy tomato sauce	13.50
LINGUINE CON ARAGOSTA E GAMBERETTI Linguine with shelled prawns and lobster meat in a garlic, anchovy, chilli and cherry tomato sauce	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	10.50
PARMIGIANA DI MELANZANE Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan	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	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	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	12.50
RISOTTO SALMONE E FUNGHI Arborio rice, flaked salmon fillet and wild mushrooms, cooked in a tomato and white wine sauce	13.50

PIATTI PRINCIPALI - CARNE

FILLETTO DI MAIALE Roast fillet of pork with a mustard crust served with caramelised carrots and sautéed potatoes	13.95
POLLO GORGONZOLA Succulent chicken breast filled with Gorgonzola cheese, basil and red peppers, wrapped in Parma ham. Served with sautéed potatoes and caramelised carrot	14.50
POLLO MILANESE Succulent chicken breast coated with breadcrumbs and pan fried. Served with spaghetti in tomato sauce	13.95
VITELLO AL MARSALA Slices of veal, cooked in Marsala wine, served with sautéed potatoes, green beans and carrots with shallots	15.95
VITELLO SICILIANO Slices of veal, rolled and filled with grilled red peppers, black olives and capers, and cooked in a tomato sauce. Served with chopped green beans, carrots and a parmesan and onion sauce	15.95
COSTINE D'AGNELLO Grilled tender lamb chops served with hand-cut chips and a grilled Portobello mushroom	19.95
LOMBATA Lean and juicy 9oz Sirloin Steak, served with hand-cut chips and a grilled Portobello mushroom	19.95
FILETTO Very lean and tender 10oz Fillet Steak, served with hand-cut chips and a grilled Portobello mushroom	26.50
GRIGLIATA MISTA Selection of grilled meats. 4.5oz sirloin steak, lamb chop, pork fillet slice and half a chicken breast. Served with hand-cut chips and a grilled Portobello mushroom	22.50

Add Peppercorn or Blue Cheese Sauce 2.00

PIATTI PRINCIPALI – PESCE

SPIGOLA CON CAPONATA Pan fried sea bass fillets, served with a caponata in a broad bean broth	16.95
SALMONI CON GAMBERI Pan seared salmon steak served with prawns and clams cooked in a white wine and plum tomato sauce. Served with peperonata	14.95
PIATTO DI FRUTTI DI MARE Whole tiger prawns, sea bass fillet and calamari, grilled and served with linguine cooked with cherry tomatoes	16.50

CONTORNI

Sides

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

PIZZA

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

CALZONE

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

All additional Pizza / Calzone toppings 1.50