

# Il 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 and herbs	<b>3.65</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>4.45</b>
<b>DOUGH BALLS</b> Homemade dough balls served with garlic butter	<b>3.45</b>
<b>GARLIC BREAD</b> Pizza bread baked and brushed with garlic oil and rosemary	<b>4.35</b> topped with mozzarella cheese <b>4.75</b>

### PIATTI DA DIVIDERE

Starters to share

<b>FRITTO MISTO</b> Selection of seafood, deep fried and served with homemade roast garlic and balsamic mayonnaise and a wedge of lemon	<b>15.95</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>15.75</b>
<b>ANTIPASTI VEGETARIANO</b> 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	<b>14.25</b>
<b>SELEZIONE DI BRUSCHETTE</b> Four slices of toasted homemade bread topped with mozzarella and pesto \ tomato and basil \ aubergine and red peppers \ mushroom and ricotta	<b>12.50</b>
<b>COZZE AL VAPORE</b> Mussels, cooked in white wine, garlic and herbs, served with homemade bread	<b>13.75</b>

### PRIMI PIATTI

Starters

<b>ZUPPA</b> Chef's special homemade soup of the day served with toasted homemade bread	<b>4.75</b>
<b>CALAMARI FRITTI</b> Deep fried squid served with a roast garlic and balsamic mayonnaise	<b>6.45</b>
<b>GNOCCHI GORGONZOLA</b> Pan fried homemade gnocchi dumplings with gorgonzola sauce, topped with grated parmesan served with toasted homemade bread	<b>6.25</b>
<b>SELEZIONE DI BRUSCHETTE</b> Choose one or a selection	<b>ONE....3.75</b> <b>TWO....6.75</b> <b>THREE....9.75</b> <b>FOUR....12.50</b>
Slice of toasted homemade bread topped with either.... Mozzarella & pesto / Tomato & basil / Aubergine & red peppers / Mushroom & ricotta	
<b>FUNGHI CREMOSI</b> Portobello mushrooms stuffed with cream cheese and pancetta, topped with grated mozzarella and breadcrumbs	<b>6.45</b>
<b>GAMBERONI ALLA GRIGLIA</b> Grilled tiger prawns, marinated in chilli & garlic, 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>BASTONI</b> Breaded chicken & mozzarella sticks, served with a homemade tomato dipping sauce	<b>6.45</b>
<b>INSALATA CAPRESE</b> Slices of buffalo mozzarella and fresh tomatoes with basil and extra virgin olive oil	<b>5.75</b>
<b>COZZE AL VAPORE</b> Mussels, cooked in white wine, garlic and herbs, served with homemade bread	<b>6.95</b>

### INSALATA

<b>CAPRINO E ARANCIA</b> Goats cheese, mixed salad leaves, orange segments and beetroot in a honey and wholegrain mustard dressing	<b>8.95</b>
<b>PANCETTA E SPINACHI</b> Crispy pancetta, baby spinach leaves, mixed cherry tomatoes and shallots in a honey and wholegrain mustard dressing	<b>8.95</b>
<b>GORGONZOLA E PATATE</b> Gorgonzola, new potatoes, walnuts, celery, cherry tomatoes and cucumber with mixed salad leaves and a creamy dressing	<b>9.95</b>
<b>VERDURA</b> 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	<b>8.95</b>
<b>Add.....</b>	
<b>Shelled prawns</b>	<b>5.75</b>
<b>Grilled sirloin steak strips</b>	<b>6.95</b>
<b>Grilled chicken breast strips</b>	<b>4.75</b>
<b>Grilled salmon fillet</b>	<b>6.95</b>

### INSALATA DI CONTORNO

Side salads

<b>RUCOLA E PARMIGIANO</b> Rocket leaves and Parmesan with a wedge of lemon	<b>3.75</b>
<b>INSALATA MISTA</b> Mixed leaves, cherry tomatoes, cucumber, shallots and olives	<b>3.95</b>
<b>INSALATA CAPRESE</b> Slices of buffalo mozzarella and fresh beef tomatoes with basil and extra virgin olive oil	<b>5.75</b>

### PASTA

<b>RAVIOLI GIRASOLE</b> Fresh homemade pasta parcels filled with gorgonzola and wild mushrooms in a butter and sage sauce	<b>11.95</b>
<b>LINGUINE MARINARA</b> Linguine with mussels, calamari, prawns and clams, cooked with chillies, garlic, white wine and cherry tomatoes	<b>13.45</b>
<b>SPAGHETTI BOLOGNESE</b> Spaghetti with homemade beef ragu	<b>9.95</b>
<b>TAGLIATELLE CON POLPETTE</b> Tagliatelle with chilli beef meatballs in a spicy tomato sauce	<b>11.95</b>
<b>SPAGHETTI CARBONARA</b> Spaghetti with pancetta, parmesan, egg and 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>8.95</b>
<b>As above with chicken breast pieces</b>	<b>11.45</b>
<b>TAGLIATELLE GORGONZOLA</b> Tagliatelle with chicken, mushrooms and gorgonzola cheese cooked in a creamy garlic sauce	<b>13.25</b>
<b>TAGLIATELLE SALMONE</b> Tagliatelle with salmon flakes, courgettes and spinach, cooked in a creamy tomato sauce	<b>13.95</b>
<b>LINGUINE CON ARAGOSTA E GAMBERETTI</b> Linguine with shelled prawns and lobster meat in a garlic, anchovy, chilli and cherry tomato sauce	<b>19.95</b>

Gluten Free – all the above pasta dishes (except the Ravioli) 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>10.50</b>
<b>PARMIGIANA DI MELANZANE</b> Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan	<b>10.50</b>
<b>GNOCCHI ALLA SORRENTINO</b> Homemade gnocchi dumplings, baked with tomato sauce, mozzarella and basil. Served with homemade bread.	<b>10.50</b>
<b>GNOCCHI DUE FORMAGGI</b> Homemade gnocchi dumplings, baked with mascarpone and wild mushrooms in white wine and topped with mozzarella. Served with homemade bread	<b>11.95</b>

### 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>13.95</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>12.75</b>
<b>RISOTTO SALMONE E FUNGHI</b> Arborio rice, flaked salmon fillet and wild mushrooms, cooked in a tomato and white wine sauce	<b>13.95</b>

### PIATTI PRINCIPALI - CARNE

<b>MEDAGLIONI DI MAIALE</b> Pan fried pork medallions, with a mustard and honey sauce. Served with sautéed potatoes and caramelized carrots	<b>14.95</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 carrots	<b>15.25</b>
<b>POLLO SUPREMA</b> Grilled butterflied chicken breast, topped with a creamy mushroom sauce. Served with sauteed potatoes and buttered green beans	<b>14.75</b>
<b>GAMBA D'ANATRA</b> Slow cooked duck leg with a red wine sauce. Served with sautéed potatoes, caramelised carrots, braised red cabbage and a celeriac puree	<b>16.95</b>
<b>MAIALE GLASSATO</b> Slow cooked pork belly, topped with a dark spiced, sweet mustard & garlic glaze and crispy onions. Served on a bed of artichokes, kalamata olives, sautéed potatoes and caramelised carrots	<b>16.25</b>
<b>COSTINE D'AGNELLO</b> Grilled tender lamb chops served with hand-cut chips and a grilled Portobello mushroom	<b>16.45</b>
<b>LOMBATA</b> Lean and juicy 9oz Sirloin Steak, served with hand-cut chips and a grilled Portobello mushroom	<b>19.95</b>
<b>FILETTO</b> Very lean and tender 10oz Fillet Steak, served with hand-cut chips and a grilled Portobello mushroom	<b>27.50</b>

Add Peppercorn or Blue Cheese Sauce

**2.00**

### PIATTI PRINCIPALI – PESCE

<b>BRANZINO</b> Pan fried sea bass fillets, topped with tomato salsa. Served with sautéed potatoes, green beans and a herb oil	<b>16.95</b>
<b>SALMONE NIZZARDO</b> Pan fried salmon fillet on a bed of sauteed potatoes, green beans, cherry tomatoes and kalamata olives, with a boiled egg	<b>14.95</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>16.95</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>VERDURE GRIGLIATE</b> Grilled Mediterranean vegetables with a balsamic glaze	<b>4.25</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, shallots and olives	<b>3.95</b>
<b>PATATE SALTATA</b> Sautéed potatoes	<b>3.75</b>
<b>FUNGHI PORTOBELLO</b> Grilled Portobello mushrooms	<b>3.95</b>

### PIZZA

<b>MARGHERITA</b> Tomato sauce, mozzarella and basil	<b>8.75</b>
<b>GIRASOLE</b> Creme fraiche, mozzarella, pancetta, cherry tomatoes, olives and rocket	<b>11.25</b>
<b>SELVAGGIO</b> Tomato sauce, mozzarella, pancetta and wild mushrooms	<b>11.25</b>
<b>SPEZIATO</b> Tomato sauce, mozzarella, pepperoni, chicken, pancetta and chillies	<b>11.75</b>
<b>TROPICALE</b> Tomato sauce, mozzarella, ham and pineapple	<b>10.75</b>
<b>TERROSO</b> Tomato sauce, mozzarella, spinach, olives, cherry tomatoes, mushroom and pesto	<b>11.45</b>
<b>FORMAGGI</b> Tomato sauce, mozzarella, goat's cheese, gorgonzola, buffalo mozzarella	<b>11.75</b>
<b>MARINARA</b> Tomato sauce, mozzarella, prawns, calamari, tuna, anchovies and cherry tomatoes	<b>13.95</b>
<b>PARMA</b> Tomato sauce, mozzarella, rocket and Parma ham	<b>10.75</b>
<b>PECHINO</b> Tomato sauce, mozzarella, duck breast, hoisin sauce, spring onions	<b>14.45</b>
<b>PICCANTE</b> Tomato sauce, mozzarella, spicy beef, pepperoni, red onion, jalapenos	<b>11.95</b>

### CALZONE

<b>ORTOLANO</b> Tomato, mozzarella, aubergine, courgettes, peppers, spinach, artichokes and mushrooms. Topped with tomato sauce, rocket and grated parmesan	<b>12.95</b>
<b>CARNE</b> Tomato sauce, mozzarella, pepperoni, spicy beef, ham and chicken. Topped with tomato sauce, rocket and grated parmesan	<b>13.95</b>
<b>All additional Pizza / Calzone toppings</b>	<b>1.50</b>