



Il Girasole

LUNCH MENU

Served daily from 11.30am to 4.30pm except Sundays

ANTIPASTI

MISTO DI OLIVE <i>Mixed olives in our own seasoned extra virgin olive oil & herbs</i>	3.85
CESTO DI PANE <i>Selection of homemade grissini, sea salt focaccia, crackers and ciabatta, served with tapenade, extra virgin olive oil and balsamic vinegar</i>	4.65
DOUGH BALLS <i>Homemade dough balls served with garlic butter</i>	3.65
GARLIC BREAD 4.55 <i>Pizza bread baked and brushed with garlic oil and rosemary</i>	4.95 topped with mozzarella cheese
ZUPPA <i>Chef's special homemade soup of the day served with toasted homemade bread</i>	4.75
CALAMARI FRITTI <i>Deep fried squid served with a roast garlic and balsamic mayonnaise</i>	6.45
GNOCCHI GORGONZOLA <i>Pan fried homemade gnocchi dumplings with gorgonzola sauce, topped with grated parmesan served with toasted homemade bread</i>	6.45
SELEZIONE DI BRUSCHETTE <i>Choose one or a selection</i> ONE....3.95 TWO....7.25 THREE....10.25 FOUR....13.25 <i>Four slices of toasted homemade bread topped with mozzarella & pesto / tomato & basil / asparagus & prosciutto on Parmesan spread / garlic mushrooms & salsa verde</i>	
FUNGHI STUFATI <i>Portobello mushrooms stuffed with ground pork, fennel, chilli, paprika and garlic. Topped with grated mozzarella and breadcrumbs. On a bed of crispy kale, drizzled with honey</i>	6.75
GAMBERONI ALLA GRIGLIA <i>Grilled tiger prawns, marinated in chilli & garlic, served with mixed leaves and a lemon wedge</i>	7.95
PARMIGIANA DI MELANZANE <i>Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan</i>	5.95
MOZZARELLA FRITTI <i>Deep fried slices of mozzarella. Served with sun-dried tomato dip</i>	6.45
ARANCINI DI GRANCHIO <i>Deep fried balls of arborio rice and crab meat. Served on a bed of rocket with a chilli, lemon, paprika and garlic mayonnaise</i>	6.95
INSALATA CAPRESE <i>Slices of buffalo mozzarella and fresh tomatoes with basil and extra virgin olive oil</i>	5.75
COZZE AL VAPORE <i>Mussels, cooked in white wine, garlic and herbs, served with homemade bread</i>	6.95

PIATTI DA DIVIDERE

Starters to share

FRITTO MISTO <i>Selection of seafood, deep fried and served with homemade roast garlic and balsamic mayonnaise and a wedge of lemon</i>	16.50
AFETATTO MISTO <i>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</i>	16.50
ANTIPASTI VEGETARIANO <i>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</i>	14.75

ITALIAN 'PANINO APERTO' BOARDS

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

SORRENTO <i>Toasted bread with rolls of Parma ham, rocket, lemon and garlic aioli, olives, sundried tomatoes and a salad garnish</i>	6.95
AMALFI <i>Toasted bread with pan fried king prawns, lemon and garlic aioli, marinated artichoke hearts, wild rocket and fresh tomato</i>	7.95
NAPOLI <i>Toasted bread with grilled chicken strips, buffalo mozzarella, basil pesto, fresh tomatoes, olives and a salad garnish</i>	7.45
VESUVIO <i>Toasted bread with grilled Portobello mushrooms, peppers, zucchini, marinated artichoke hearts, olives, red onion, gorgonzola cheese and a salad garnish</i>	6.95

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

INSALATA

CAPRINO E ARANCIA <i>Goats cheese, mixed salad leaves, orange segments and beetroot in a honey and wholegrain mustard dressing</i>	9.95
MERENDA <i>Crispy pancetta, mixed cherry tomatoes, shallots, spring onions, broad beans, peas and basil in a honey and wholegrain mustard dressing. Topped with herb croutons</i>	9.95
GORGONZOLA E PATATE <i>Gorgonzola, new potatoes, walnuts, celery, cherry tomatoes and cucumber with mixed salad leaves and a creamy dressing</i>	10.95
VERDURA <i>Grilled Mediterranean vegetables – peppers, courgettes, aubergine and mushrooms, served on a bed of mixed leaves, sliced plum tomatoes and cucumber. Dressed with an olive oil extra virgin and balsamic dressing</i>	9.95
Add..... Shelled prawns 6.25	Grilled chicken breast strips 4.95
Grilled sirloin steak strips 7.25	Grilled salmon fillet 7.25

INSALATA DI CONTORNO

RUCOLA E PARMIGIANO <i>Rocket leaves and Parmesan with a wedge of lemon</i>	3.75
INSALATA MISTA <i>Mixed leaves, cherry tomatoes, cucumber, shallots and olives</i>	3.95

PASTA

RAVIOLI GIRASOLE <i>Fresh homemade pasta parcels filled with gorgonzola and wild mushrooms in a butter and sage sauce</i>	8.75 / 12.45
LINGUINE MARINARA <i>Linguine with mussels, calamari, prawns and clams, cooked with chillies, garlic, white wine and cherry tomatoes</i>	9.85 / 13.95
SPAGHETTI BOLOGNESE <i>Spaghetti with homemade beef ragu</i>	7.35 / 10.45
SPAGHETTI CON POLPETTE <i>Spaghetti with spicy beef & pork meatballs in tomato sauce</i>	8.95 / 12.75
SPAGHETTI CARBONARA <i>Spaghetti with pancetta, parmesan, egg and fresh cream</i>	8.05 / 11.45
PENNE ARRABIATA <i>Penne with chillies, red onions and olives in a spicy tomato sauce As above with chicken breast piece</i>	6.65 / 9.45
As above with chicken breast pieces	8.45 / 11.95
RIGATONI GORGONZOLA <i>Rigatoni tubes with chicken, mushrooms and gorgonzola cheese cooked in a creamy garlic sauce</i>	9.75 / 13.95
PENNE SALMONE <i>Penne with salmon flakes, courgettes and spinach, cooked in a tomato and mascarpone sauce</i>	10.15 / 14.45
LINGUINE CON ARAGOSTA E GAMBERETTI <i>Linguine with shelled prawns and lobster meat in a garlic, anchovy, chilli and cherry tomato sauce</i>	13.95 / 19.95
TAGLIATELLE FILLETO <i>Tagliatelle with sliced fillet steak, red peppers, spring onions, garlic and spinach in a cream and red wine sauce</i>	13.95 / 19.95

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

AL FORNO

LASAGNE <i>Sheets of baked pasta layered with home-made Bolognese sauce, mozzarella cheese, sprinkled with grated parmesan cheese</i>	7.75 / 10.95
PARMIGIANA DI MELANZANE <i>Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan</i>	7.35 / 10.50
GNOCCHI ALLA SORRENTINO <i>Homemade gnocchi dumplings, baked with tomato sauce, mozzarella and basil. Served with homemade bread and salad garnish</i>	7.35 / 10.50
GNOCCHI DI ARAGOSTA E GRANCHIO <i>Homemade gnocchi dumplings, baked with lobster and crab meat, baked in mozzarella, parmesan and cream. Served with homemade bread and a salad garnish</i>	13.25 / 18.95

RISOTTO

RISOTTO AL FRUTTI DI MARE <i>Arborio rice infused in saffron with prawns, calamari, mussels and clams and cooked in white wine and vegetable stock</i>	10.15 / 14.45
RISOTTO SALMONE E FUNGHI <i>Arborio rice, flaked salmon fillet and wild mushrooms, cooked in a tomato and white wine sauce</i>	10.15 / 14.45
RISOTTO PRIMAVERA <i>Arborio rice, asparagus, broad beans, peas, celery, onions, red pepper and parsley. Cooked in white wine, vegetable stock and parmesan</i>	8.95 / 12.75

PIZZA

MARGHERITA <i>Tomato sauce, mozzarella and basil</i>	6.55 / 9.25
GIRASOLE <i>Crema fraiche, mozzarella, pancetta, cherry tomatoes, olives and rocket</i>	8.25 / 11.75
SELVAGGIO <i>Tomato sauce, mozzarella, pancetta and wild mushrooms</i>	8.25 / 11.75
SPEZIATO <i>Tomato sauce, mozzarella, pepperoni, chicken, pancetta and chillies</i>	8.75 / 12.45
TROPICALE <i>Tomato sauce, mozzarella, ham and pineapple</i>	7.90 / 11.25
TERROSO <i>Tomato sauce, mozzarella, spinach, olives, cherry tomatoes, mushroom and pesto</i>	8.45 / 11.95
FORMAGGI <i>Tomato sauce, mozzarella, goat's cheese, gorgonzola, buffalo mozzarella</i>	8.25 / 12.25
MARINARA <i>Tomato sauce, mozzarella, prawns, calamari, tuna, anchovies and cherry tomatoes</i>	10.15 / 14.45
PARMA <i>Tomato sauce, mozzarella, rocket and Parma ham</i>	8.05 / 11.50
PECHINO <i>Tomato sauce, mozzarella, duck breast, hoisin sauce, spring onions</i>	10.55 / 14.95
PICCANTE <i>Tomato sauce, mozzarella, spicy beef, pepperoni, red onion, jalapenos</i>	8.75 / 12.45

CALZONE

ORTOLANO <i>Tomato, mozzarella, aubergine, courgettes, peppers, spinach, artichokes and mushrooms. Topped with tomato sauce, rocket and grated parmesan</i>	9.45 / 13.45
CARNE <i>Tomato sauce, mozzarella, pepperoni, spicy beef, ham and chicken. Topped with tomato sauce, rocket and grated parmesan</i>	10.15 / 14.45

All additional Pizza / Calzone toppings **1.50**