

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	3.85
CESTO DI PANE Selection of homemade grissini, sea salt focaccia, crackers and ciabatta, served with tapenade, extra virgin olive oil and balsamic vinegar	4.65
DOUGH BALLS Homemade dough balls served with garlic butter	3.65
GARLIC BREAD Pizza bread baked and brushed with garlic oil and rosemary	4.55 topped with mozzarella cheese 4.95

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	16.50
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	16.50
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	14.75
SELEZIONE DI BRUSCHETTE Four slices of toasted homemade bread topped with mozzarella & pesto / tomato & basil / asparagus & prosciutto on Parmesan spread / garlic mushrooms & salsa verde	13.25
COZZE AL VAPORE Mussels, cooked in white wine, garlic and herbs, served with homemade bread	13.75

PRIMI PIATTI

Starters

ZUPPA Chef's special homemade soup of the day served with toasted homemade bread	
CALAMARI FRITTI Deep fried squid served with a roast garlic and balsamic mayonnaise	
GNOCCHI GORGONZOLA Pan fried homemade gnocchi dumplings with gorgonzola sauce, topped with grated Parmesan served with toasted homemade bread	
SELEZIONE DI BRUSCHETTE Choose one or a selection	ONE....3.95 TWO....7.25 THREE....10.25 FOUR....13.25
Slice of toasted homemade bread topped with either.... mozzarella & pesto / tomato & basil / asparagus & prosciutto on Parmesan spread / garlic mushrooms & salsa verde	
FUNGHI STUFATI 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	6.75
GAMBERONI ALLA GRIGLIA Grilled tiger prawns, marinated in chilli & garlic, 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
MOZZARELLA FRITTI Deep fried slices of mozzarella. Served with sun-dried tomato dip	6.45
ARANCINI DI GRANCHIO Deep fried balls of arborio rice and crab meat. Served on a bed of rocket with a chilli, lemon, paprika and garlic mayonnaise	6.95
INSALATA CAPRESE Slices of buffalo mozzarella and fresh tomatoes with basil and extra virgin olive oil	5.75
COZZE AL VAPORE Mussels, cooked in white wine, garlic and herbs, served with homemade bread	6.95

INSALATA

CAPRINO E ARANCIA Goats cheese, mixed salad leaves, orange segments and beetroot in a honey and wholegrain mustard dressing	9.95
MERENDA Crispy pancetta, mixed cherry tomatoes, shallots, spring onions, broad beans, peas and basil in a honey and wholegrain mustard dressing. Topped with herb croutons	9.95
GORGONZOLA E PATATE Gorgonzola, new potatoes, walnuts, celery, cherry tomatoes and cucumber with mixed salad leaves and a creamy dressing	10.95
VERDURA Grilled Mediterranean vegetables – peppers, courgettes, asparagus, aubergine and mushrooms, served on a bed of mixed leaves, sliced plum tomatoes and cucumber. Dressed with an extra virgin and balsamic dressing	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

Side salads

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

PASTA

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

Gluten Free – all the above pasta dishes (except the Ravioli) 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	10.95
PARMIGIANA DI MELANZANE Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan	10.50
GNOCCHI ALLA SORRENTINO Homemade gnocchi dumplings, baked with tomato sauce, mozzarella and basil. Served with toasted homemade bread	10.50
GNOCCHI DI ARAGOSTA E GRANCHIO Homemade gnocchi dumplings, baked with lobster and crab meat, baked in mozzarella, Parmesan and cream. Served with toasted homemade bread and a salad garnish	18.95

RISOTTO

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

PIATTI PRINCIPALI - CARNE

MEDAGLIONI DI MAIALE Pan fried pork medallions, with a demi-glace sauce. Served with sautéed potatoes, caramelised carrots and crispy kale	15.50
POLLO GORGONZOLA Succulent chicken breast filled with Gorgonzola cheese, basil and red peppers, wrapped in Parma ham. Served with sautéed potatoes and caramelised carrots	15.95
POLLO PICCATA Grilled butterflied chicken breast, topped with a creamy garlic sauce with capers. Served with crushed new potatoes and tenderstem broccoli	15.45
COSCIA D'ANATRA Duck leg, slow cooked in red wine, served on a bed of peas, pancetta and sautéed potatoes, with a demi-glace sauce. Topped with crispy kale	17.45
MAIALE GLASSATO 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	16.75
COSTINE D'AGNELLO Grilled tender lamb chops served with hand-cut chips and a grilled Portobello mushroom	16.95
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	27.50

Add Peppercorn or Blue Cheese Sauce

2.00

PIATTI PRINCIPALI – PESCE

BRANZINO Pan fried sea bass fillets, filled with sundried tomato & black olive tapenade. On a bed of roasted red onion, peppers and aubergine. Topped with salsa verde	16.95
SALMONE Pan fried salmon fillet on a bed of broad beans, peas, tenderstem broccoli and crushed new potatoes	14.95
STUFATO DI FRUTTI DI MARE A stew of mussels, clams, whole tiger prawns, peeled prawns and lobster meat, cooked in tomatoes, garlic and parsley. Served with toasted homemade bread	16.95

CONTORNI

Sides

CAVOLO CROCCANTE Crispy Kale	3.75
ASPARAGO Grilled Asparagus drizzled with olive oil	3.75
BROCCOLI TENDERSTEM Tenderstem broccoli cooked in olive oil and garlic	3.75
ZUCCHINE FRITTE Fried courgettes	3.75
VERDURE GRIGLIATE Grilled Mediterranean vegetables with a balsamic glaze	4.25
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	3.95
PATATE SALTATA Sautéed potatoes	3.75
FUNGHI PORTOBELLO Grilled Portobello mushrooms	3.95

PIZZA

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

CALZONE

ORTOLANO Tomato, mozzarella, aubergine, courgettes, peppers, spinach, artichokes and mushrooms. Topped with tomato sauce, rocket and grated Parmesan	13.45
CARNE Tomato sauce, mozzarella, pepperoni, spicy beef, ham and chicken. Topped with tomato sauce, rocket and grated Parmesan	14.45
All additional Pizza / Calzone toppings	1.50