



Il Girasole

MAIN MENU

ANTIPASTI

MISTO DI OLIVE <i>Mixed olives in our own seasoned extra virgin olive oil and herbs</i>	5.50
CESTO DI PANE <i>Selection of homemade breads, served with a black olive and sun-dried tomato tapenade, extra virgin olive oil and balsamic vinegar</i>	6.55
DOUGH BALLS <i>Homemade dough balls served with garlic butter</i>	5.15
GARLIC BREAD <i>Pizza bread baked and brushed with garlic oil</i>	6.50 topped with mozzarella 7.15

PIATTI DA DIVIDERE

Starters to share

FRITTO MISTO <i>Selection of seafood, deep fried and served with homemade aioli and a wedge of lemon</i>	23.25
AFETATTO MISTO <i>Selection of Italian cured meats, buffalo mozzarella, goat's cheese, artichokes, tomatoes and mixed olives. Served with tomato and chilli jam and toasted homemade bread</i>	23.25
ANTIPASTI VEGETARIANO <i>Chargrilled Mediterranean vegetables, marinated in a garlic and herb infused oil, with mozzarella, goat's cheese, artichokes, tomatoes and mixed olives. Served with tomato and chilli jam and toasted homemade bread</i>	20.75
SELEZIONE DI BRUSCHETTE <i>Four slices of toasted homemade bread topped with mozzarella & pesto / tomato & basil / whipped goat's cheese with rocket, walnuts and chilli honey / garlic chestnut mushrooms</i>	18.65
COZZE MARINARA <i>Mussels, cooked in tomato sauce, garlic and herbs, served with toasted homemade bread</i>	19.55
COZZE CON PANCETTA <i>Mussels, pancetta, chillies and green olives, cooked in cream with garlic. Served with toasted homemade bread</i>	21.55

PRIMI PIATTI

Starters

ARANCINI <i>Deep fried balls of.....see our specials sheet for our current homemade arancini</i>	8.95
CALAMARI FRITTI <i>Deep fried squid, served on mixed leaves, with homemade aioli and a lemon wedge</i>	8.95
GAMBERI PICCANTI <i>Shelled prawns, cooked in a tomato and garlic sauce with fresh chillies. Topped with rocket and served with toasted homemade bread</i>	9.85
FICHI FRESCHA <i>Fresh figs, filled with goat's cheese, wrapped in Parma ham and baked. Served on a bed of rocket and drizzled with honey</i>	8.95
GNOCCHI GORGONZOLA <i>Homemade gnocchi dumplings cooked in gorgonzola sauce, topped with rocket and grated parmesan. Served with toasted homemade bread</i>	10.35
SELEZIONE DI BRUSCHETTE <i>Choose one or a selection</i>	ONE....5.75 TWO....10.45 THREE....14.75 FOUR....18.65
<i>Slice of toasted homemade bread topped with either.... mozzarella & pesto / tomato & basil / Whipped goat's cheese with rocket, walnuts and chilli honey / Garlic chestnut mushrooms</i>	
GAMBERONI ALLA GRIGLIA <i>Grilled tiger prawns, marinated in chilli & garlic, served on mixed leaves and a lemon wedge</i>	8.25
PARMIGIANA DI MELANZANE <i>Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan</i>	8.95
MOZZARELLA FRITTI <i>Deep fried slices of mozzarella in breadcrumbs, served on mixed leaves and with tomato and chilli jam</i>	8.95
GRANDE PALLE <i>Two spicy beef meatballs, baked in tomato sauce, topped with mozzarella and rocket. Served with our toasted homemade bread</i>	8.05
INSALATA CAPRESE <i>Slices of buffalo mozzarella, fresh tomatoes and basil drizzled with pesto</i>	9.85
COZZE MARINARA <i>Mussels, cooked in tomato sauce, garlic and herbs, served with toasted homemade bread</i>	10.95
COZZE CON PANCETTA <i>Mussels, pancetta, chillies and green olives, cooked in cream with garlic. Served with toasted homemade bread</i>	

INSALATA

MILANO <i>Fresh figs, walnuts, gorgonzola, pancetta and red onion served on a mixed leaf salad with honey vinaigrette dressing</i>	13.45
ROMAGNA <i>Parma ham, mozzarella, cherry tomatoes, mixed olives, herb and Parmesan croutons in a mixed leaf salad. With extra virgin and balsamic dressing.</i>	13.45
VERDURA <i>Grilled Mediterranean vegetables – peppers, courgettes, aubergine and mushrooms, served on a bed of mixed leaves, sliced plum tomatoes and cucumber. Dressed with balsamic glaze</i>	13.45
Add.....	
Shelled prawns	9.05
Grilled sirloin steak strips	10.35
Grilled chicken breast strips	7.15
Grilled salmon fillet	10.35

INSALATA DI CONTORNO

Side salads

RUCOLA E PARMIGIANO <i>Rocket leaves and Parmesan with a wedge of lemon</i>	5.15
INSALATA MISTA <i>Mixed leaves, cherry tomatoes, cucumber, shallots and mixed olives</i>	5.65
INSALATA CAPRESE <i>Slices of buffalo mozzarella, fresh tomatoes and basil with pesto</i>	8.05
PASTA	
RAVIOLI <i>See our specials sheet for our current homemade ravioli</i>	
LINGUINE MARINARA <i>Linguine with mussels, calamari, prawns and clams, cooked with chillies, garlic, white wine and cherry tomatoes in a tomato sauce</i>	19.75
SPAGHETTI BOLOGNESE <i>Spaghetti with homemade beef ragu</i>	14.95
SPAGHETTI CON POLPETTE <i>Spaghetti with spicy beef meatballs in tomato sauce</i>	18.15
SPAGHETTI CARBONARA <i>Spaghetti with pancetta, Parmesan, egg and fresh cream</i>	16.25
PENNE ARRABIATA <i>Penne with chillies, red onions and olives in a spicy tomato sauce</i>	13.55
As above with chicken breast pieces	16.85
TAGLIATELLE GORGONZOLA <i>Tagliatelle with chicken, mushrooms and gorgonzola cheese cooked in a creamy garlic sauce</i>	19.95
PENNE SALMONE <i>Penne with salmon flakes, broccoli and spinach, cooked in a creamy white wine sauce</i>	20.25
LINGUINE CON ARAGOSTA E GAMBERETTI <i>Linguine with shelled prawns and lobster meat in a garlic, chilli and cherry tomato sauce</i>	27.75
TAGLIATELLE FILLETO <i>Tagliatelle with sliced steak, red peppers, spring onions, garlic and spinach in a cream and red wine sauce</i>	23.25

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>	15.55
PARMIGIANA DI MELANZANE <i>Layers of aubergine with basil & mozzarella, baked in tomato sauce, topped with Parmesan</i>	14.95

GNOCCHI

GNOCCHI QUATTRO FORMAGGI <i>Homemade gnocchi dumplings, baked with mascarpone, buffalo mozzarella and chestnut mushrooms in white wine and topped with mozzarella and Parmesan. Served with homemade bread</i>	18.65
GNOCCHI GORGONZOLA <i>Homemade gnocchi dumplings, cooked in gorgonzola sauce, topped with rocket and grated Parmesan. Served with toasted homemade bread</i>	18.15
GNOCCHI CON PANCETTA <i>Homemade gnocchi dumplings, baked with pancetta, broccoli and mushrooms, in a white sauce. Served with our toasted homemade bread and a mixed leaf garnish</i>	18.15

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>	20.25
RISOTTO POLLO E FUNGHI <i>Arborio rice, chicken breast pieces, chestnut mushrooms, red chillies and peas, cooked in a tomato and white wine sauce. Topped with rocket</i>	18.95
RISOTTO PRIMAVERA <i>Arborio rice, peas, mushrooms, courgettes, red onions, red pepper, spring onions and parsley. Cooked in white wine and vegetable stock</i>	17.95

PIATTI PRINCIPALI - CARNE

MAIALE AL PROSCIUTTO <i>Pork medallions, wrapped in Parma ham and pan fried. Served on a bed of sautéed new potatoes and caramelised carrots. Topped with crispy kale and a demi-glace sauce</i>	22.75
POLLO GORGONZOLA <i>Succulent chicken breast filled with Gorgonzola cheese, basil and red peppers, wrapped in Parma ham. Served with sautéed potatoes and caramelised carrots and a gorgonzola sauce</i>	22.35
ANATRA IN PADELLA <i>Pan fried duck breast, topped with a light orange and red wine sauce. Served on a bed of sautéed potatoes, spinach and mushrooms</i>	25.15
COSTINE D'AGNELLO <i>Grilled marinated lamb chops served with hand-cut chips and chestnut mushrooms pan-fried in garlic butter</i>	24.35
LOMBATA <i>Lean and juicy 9oz Sirloin Steak, served with hand-cut chips and chestnut mushrooms pan-fried in garlic butter</i>	28.75
FILETTO <i>Very lean and tender 10oz Fillet Steak, served with hand-cut chips and chestnut mushrooms pan-fried in garlic butter</i>	36.75
Add Peppercorn or Blue Cheese Sauce	3.50

PIATTI PRINCIPALI – PESCE

BRANZINO <i>Baked Sea Bass fillets, with salsa verde, served on a bed of sautéed new potatoes, tenderstem broccoli and peas</i>	23.15
SALMONE <i>Herb crusted salmon fillet, served on a bed of Mediterranean vegetables and sautéed new potatoes</i>	21.25
STUFATO DI FRUTTI DI MARE <i>A stew of mussels, clams, whole tiger prawns, shelled prawns and lobster meat, cooked in tomatoes, garlic and parsley. Served with toasted homemade bread</i>	24.35

CONTORNI

Sides

CAVOLO CROCCANTE <i>Crispy Kale</i>	5.15
BROCCOLI TENDERSTEM <i>Tenderstem broccoli cooked in olive oil and garlic</i>	5.15
ZUCCHINE FRITTE <i>Courgettes, deep fried in a light batter</i>	5.15
VERDURE GRIGLIATE <i>Grilled Mediterranean vegetables with a balsamic glaze</i>	5.95
RUCOLA E PARMIGIANO <i>Rocket leaves and Parmesan with a wedge of lemon</i>	5.15
PATATINE FRITTE <i>Homemade hand-cut chips</i>	5.15
INSALATA MISTA <i>Mixed leaves, cherry tomatoes, cucumber, shallots and olives</i>	5.65
PATATE SALTATA <i>Sautéed potatoes</i>	5.15
FUNGHI ALL'AGLIO <i>Chestnut mushrooms pan-fried in garlic butter</i>	5.95

PIZZA

MARGHERITA <i>Tomato sauce, mozzarella and basil</i>	12.75
LEONE <i>Tomato sauce, mozzarella, chicken, pepperoni, ham and spicy beef</i>	18.45
TROPICALE <i>Tomato sauce, mozzarella, ham and pineapple</i>	15.75
PARMA <i>Tomato sauce, mozzarella, rocket and Parma ham</i>	16.75
SPEZIATO <i>Tomato sauce, mozzarella, pepperoni, chicken, pancetta and chillies</i>	17.85
TERROSO <i>Tomato sauce, mozzarella, spinach, olives, cherry tomatoes, chestnut mushrooms and pesto</i>	16.75
PICCANTE <i>Tomato sauce, mozzarella, spicy beef, pepperoni, red onion and jalapenos</i>	17.85
BISTECCA <i>Tomato sauce, mozzarella, slices of sirloin steak, caramelised red onion and rocket</i>	19.75
FORMAGGI <i>Tomato sauce, mozzarella, goat's cheese, gorgonzola and buffalo mozzarella</i>	17.35
SELVAGGIO <i>Tomato sauce, mozzarella, pancetta and chestnut mushrooms</i>	16.50
MARINARA <i>Tomato sauce, mozzarella, prawns, calamari, tuna, anchovies and cherry tomatoes</i>	19.95
PECHINO <i>Tomato sauce, mozzarella, duck breast, hoisin sauce and spring onions</i>	21.15

CALZONE

ORTOLANO <i>Tomato, mozzarella, aubergine, courgettes, peppers, spinach, artichokes and chestnut mushrooms. Topped with tomato sauce, rocket and grated Parmesan</i>	18.85
CARNE <i>Tomato sauce, mozzarella, pepperoni, spicy beef, ham and chicken. Topped with tomato sauce, rocket and grated Parmesan</i>	20.50
IL CANE PAZZO <i>Tomato sauce, mozzarella, pepperoni, spicy beef, red onion, chicken, jalapenos and chillies. Topped with tomato sauce, rocket and grated Parmesan</i>	20.50
All additional Pizza / Calzone toppings	2.20