



# Il Girasole

## MAIN MENU

### ANTIPASTI

<b>MISTO DI OLIVE</b> <i>Mixed olives in our own seasoned extra virgin olive oil and herbs</i>	<b>5.95</b>
<b>CESTO DI PANE</b> <i>Selection of homemade breads, served with a black olive and sun-dried tomato tapenade, extra virgin olive oil and balsamic vinegar</i>	<b>7.05</b>
<b>DOUGH BALLS</b> <i>Homemade dough balls served with garlic butter</i>	<b>5.50</b>
<b>GARLIC BREAD</b> <i>Pizza bread baked and brushed with garlic oil</i>	<b>6.95</b> topped with mozzarella <b>7.65</b>

### PIATTI DA DIVIDERE

*Starters to share*

<b>FRITTO MISTO</b> <i>Selection of seafood, deep fried and served with homemade aioli and a wedge of lemon</i>	<b>24.85</b>
<b>AFETATTO MISTO</b> <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>	<b>24.85</b>
<b>ANTIPASTI VEGETARIANO</b> <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>	<b>22.25</b>
<b>SELEZIONE DI BRUSCHETTE</b> <i>Four slices of toasted homemade bread topped with mozzarella &amp; pesto / tomato &amp; basil / whipped goat's cheese with rocket, walnuts and chilli honey / garlic chestnut mushrooms</i>	<b>19.95</b>
<b>COZZE MARINARA</b> <i>Mussels, cooked in tomato sauce, garlic and herbs, served with toasted homemade bread</i>	<b>20.95</b>
<b>COZZE CON PANCETTA</b> <i>Mussels, pancetta, chillies and green olives, cooked in cream with garlic. Served with toasted homemade bread</i>	<b>23.15</b>

### PRIMI PIATTI

*Starters*

<b>ARANCINI</b> <i>Deep fried balls of.....see our specials sheet for our current homemade arancini</i>	<b>9.55</b>
<b>CALAMARI FRITTI</b> <i>Deep fried squid, served on mixed leaves, with homemade aioli and a lemon wedge</i>	<b>9.55</b>
<b>GAMBERI PICCANTI</b> <i>Shelled prawns, cooked in a tomato and garlic sauce with fresh chillies. Topped with rocket and served with toasted homemade bread</i>	<b>10.55</b>
<b>FICHI FRESCHA</b> <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>	<b>9.55</b>
<b>GNOCCHI GORGONZOLA</b> <i>Homemade gnocchi dumplings cooked in gorgonzola sauce, topped with rocket and grated parmesan. Served with toasted homemade bread</i>	<b>11.05</b>
<b>SELEZIONE DI BRUSCHETTE</b> <i>Choose one or a selection</i>	<b>ONE....6.15 TWO....11.15 THREE....15.75 FOUR....19.95</b>
<i>Slice of toasted homemade bread topped with either.... mozzarella &amp; pesto / tomato &amp; basil / Whipped goat's cheese with rocket, walnuts and chilli honey / Garlic chestnut mushrooms</i>	
<b>GAMBERONI ALLA GRIGLIA</b> <i>Grilled tiger prawns, marinated in chilli &amp; garlic, served on mixed leaves and a lemon wedge</i>	<b>8.85</b>
<b>PARMIGIANA DI MELANZANE</b> <i>Layers of aubergine with basil &amp; mozzarella, baked in tomato sauce, topped with Parmesan</i>	<b>9.55</b>
<b>MOZZARELLA FRITTI</b> <i>Deep fried slices of mozzarella in breadcrumbs, served on mixed leaves and with tomato and chilli jam</i>	<b>9.55</b>
<b>GRANDE PALLE</b> <i>Two spicy beef meatballs, baked in tomato sauce, topped with mozzarella and rocket. Served with our toasted homemade bread</i>	<b>8.65</b>
<b>INSALATA CAPRESE</b> <i>Slices of buffalo mozzarella, fresh tomatoes and basil drizzled with pesto</i>	<b>10.55</b>
<b>COZZE MARINARA</b> <i>Mussels, cooked in tomato sauce, garlic and herbs, served with toasted homemade bread</i>	<b>11.75</b>
<b>COZZE CON PANCETTA</b> <i>Mussels, pancetta, chillies and green olives, cooked in cream with garlic. Served with toasted homemade bread</i>	<b>14.45</b>

### INSALATA

<b>MILANO</b> <i>Fresh figs, walnuts, gorgonzola, pancetta and red onion served on a mixed leaf salad with honey vinaigrette dressing</i>	<b>14.45</b>
<b>ROMAGNA</b> <i>Parma ham, mozzarella, cherry tomatoes, mixed olives, herb and Parmesan croutons in a mixed leaf salad. With extra virgin and balsamic dressing.</i>	<b>14.45</b>
<b>VERDURA</b> <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>	<b>14.45</b>
<b>Add.....</b>	
<b>Shelled prawns</b>	<b>9.65</b>
<b>Grilled sirloin steak strips</b>	<b>11.05</b>
<b>Grilled chicken breast strips</b>	<b>7.65</b>
<b>Grilled salmon fillet</b>	<b>11.05</b>

### INSALATA DI CONTORNO

*Side salads*

<b>RUCOLA E PARMIGIANO</b> <i>Rocket leaves and Parmesan with a wedge of lemon</i>	<b>5.55</b>
<b>INSALATA MISTA</b> <i>Mixed leaves, cherry tomatoes, cucumber, shallots and mixed olives</i>	<b>6.15</b>
<b>INSALATA CAPRESE</b> <i>Slices of buffalo mozzarella, fresh tomatoes and basil with pesto</i>	<b>8.65</b>

### PASTA

<b>RAVIOLI</b> <i>See our specials sheet for our current homemade ravioli</i>	<b>21.15</b>
<b>LINGUINE MARINARA</b> <i>Linguine with mussels, calamari, prawns and clams, cooked with chillies, garlic, white wine and cherry tomatoes in a tomato sauce</i>	<b>16.25</b>
<b>SPAGHETTI BOLOGNESE</b> <i>Spaghetti with homemade beef ragu</i>	<b>19.45</b>
<b>SPAGHETTI CON POLPETTE</b> <i>Spaghetti with spicy beef meatballs in tomato sauce</i>	<b>17.35</b>
<b>SPAGHETTI CARBONARA</b> <i>Spaghetti with pancetta, Parmesan, egg and fresh cream</i>	<b>14.50</b>
<b>PENNE ARRABIATA</b> <i>Penne with chillies, red onions and olives in a spicy tomato sauce</i>	<b>18.05</b>
<b>As above with chicken breast pieces</b>	<b>21.35</b>
<b>TAGLIATELLE GORGONZOLA</b> <i>Tagliatelle with chicken, mushrooms and gorgonzola cheese cooked in a creamy garlic sauce</i>	<b>21.65</b>
<b>PENNE SALMONE</b> <i>Penne with salmon flakes, broccoli and spinach, cooked in a creamy white wine sauce</i>	<b>29.65</b>
<b>LINGUINE CON ARAGOSTA E GAMBERETTI</b> <i>Linguine with shelled prawns and lobster meat in a garlic, chilli and cherry tomato sauce</i>	<b>24.85</b>
<b>TAGLIATELLE FILLETO</b> <i>Tagliatelle with sliced steak, red peppers, spring onions, garlic and spinach in a cream and red wine sauce</i>	

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

### AL FORNO

<b>LASAGNE</b> <i>Sheets of baked pasta layered with home-made Bolognese sauce, mozzarella cheese, sprinkled with grated Parmesan cheese</i>	<b>16.65</b>
<b>PARMIGIANA DI MELANZANE</b> <i>Layers of aubergine with basil &amp; mozzarella, baked in tomato sauce, topped with Parmesan</i>	<b>15.95</b>

### GNOCCHI

<b>GNOCCHI QUATTRO FORMAGGI</b> <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>	<b>19.95</b>
<b>GNOCCHI GORGONZOLA</b> <i>Homemade gnocchi dumplings, cooked in gorgonzola sauce, topped with rocket and grated Parmesan. Served with toasted homemade bread</i>	<b>19.45</b>
<b>GNOCCHI CON PANCETTA</b> <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>	<b>19.45</b>

### RISOTTO

<b>RISOTTO AL FRUTTI DI MARE</b> <i>Arborio rice infused in saffron with prawns, calamari, mussels and clams and cooked in white wine and vegetable stock</i>	<b>21.65</b>
<b>RISOTTO POLLO E FUNGHI</b> <i>Arborio rice, chicken breast pieces, chestnut mushrooms, red chillies and peas, cooked in a tomato and white wine sauce. Topped with rocket</i>	<b>20.25</b>
<b>RISOTTO PRIMAVERA</b> <i>Arborio rice, peas, mushrooms, courgettes, red onions, red pepper, spring onions and parsley. Cooked in white wine and vegetable stock</i>	<b>19.25</b>

### PIATTI PRINCIPALI - CARNE

<b>MAIALE AL PROSCIUTTO</b> <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>	<b>24.35</b>
<b>POLLO GORGONZOLA</b> <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>	<b>23.95</b>
<b>ANATRA IN PADELLA</b> <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>	<b>26.95</b>
<b>COSTINE D'AGNELLO</b> <i>Grilled marinated lamb chops served with hand-cut chips and chestnut mushrooms pan-fried in garlic butter</i>	<b>26.15</b>
<b>LOMBATA</b> <i>Lean and juicy 9oz Sirloin Steak, served with hand-cut chips and chestnut mushrooms pan-fried in garlic butter</i>	<b>30.75</b>
<b>FILLETTO</b> <i>Very lean and tender 10oz Fillet Steak, served with hand-cut chips and chestnut mushrooms pan-fried in garlic butter</i>	<b>39.35</b>
<b>Add Peppercorn or Blue Cheese Sauce</b>	<b>3.75</b>

### PIATTI PRINCIPALI – PESCE

<b>BRANZINO</b> <i>Baked Sea Bass fillets, with salsa verde, served on a bed of sautéed new potatoes, tenderstem broccoli and peas</i>	<b>24.75</b>
<b>SALMONE</b> <i>Herb crusted salmon fillet, served on a bed of Mediterranean vegetables and sautéed new potatoes</i>	<b>22.75</b>
<b>STUFATO DI FRUTTI DI MARE</b> <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>	<b>26.15</b>

### CONTORNI

*Sides*

<b>CAVOLO CROCCANTE</b> <i>Crispy Kale</i>	<b>5.50</b>
<b>BROCCOLI TENDERSTEM</b> <i>Tenderstem broccoli cooked in olive oil and garlic</i>	<b>5.50</b>
<b>ZUCCHINE FRITTE</b> <i>Courgettes, deep fried in a light batter</i>	<b>5.50</b>
<b>VERDURE GRIGLIATE</b> <i>Grilled Mediterranean vegetables with a balsamic glaze</i>	<b>6.35</b>
<b>RUCOLA E PARMIGIANO</b> <i>Rocket leaves and Parmesan with a wedge of lemon</i>	<b>5.50</b>
<b>PATATINE FRITTE</b> <i>Homemade hand-cut chips</i>	<b>5.50</b>
<b>INSALATA MISTA</b> <i>Mixed leaves, cherry tomatoes, cucumber, shallots and olives</i>	<b>6.15</b>
<b>PATATE SALTATA</b> <i>Sautéed potatoes</i>	<b>5.50</b>
<b>FUNGHI ALL'AGLIO</b> <i>Chestnut mushrooms pan-fried in garlic butter</i>	<b>6.35</b>

### PIZZA

<b>MARGHERITA</b> <i>Tomato sauce and mozzarella</i>	<b>13.65</b>
<b>LEONE</b> <i>Tomato sauce, mozzarella, chicken, pepperoni, ham and spicy beef</i>	<b>19.75</b>
<b>TROPICALE</b> <i>Tomato sauce, mozzarella, ham and pineapple</i>	<b>16.85</b>
<b>PARMA</b> <i>Tomato sauce, mozzarella, rocket and Parma ham</i>	<b>17.95</b>
<b>SPEZIATO</b> <i>Tomato sauce, mozzarella, pepperoni, chicken, pancetta and chillies</i>	<b>19.15</b>
<b>TERROSO</b> <i>Tomato sauce, mozzarella, spinach, olives, cherry tomatoes, chestnut mushrooms and pesto</i>	<b>17.95</b>
<b>PICCANTE</b> <i>Tomato sauce, mozzarella, spicy beef, pepperoni, red onion and jalapenos</i>	<b>19.15</b>
<b>BISTECCA</b> <i>Tomato sauce, mozzarella, slices of sirloin steak, caramelised red onion and rocket</i>	<b>21.15</b>
<b>FORMAGGI</b> <i>Tomato sauce, mozzarella, goat's cheese, gorgonzola and buffalo mozzarella</i>	<b>18.55</b>
<b>SELVAGGIO</b> <i>Tomato sauce, mozzarella, pancetta and chestnut mushrooms</i>	<b>17.65</b>
<b>MARINARA</b> <i>Tomato sauce, mozzarella, prawns, calamari, tuna, anchovies and cherry tomatoes</i>	<b>21.35</b>
<b>PECHINO</b> <i>Tomato sauce, mozzarella, duck breast, hoisin sauce and spring onions</i>	<b>22.65</b>

### CALZONE

<b>ORTOLANO</b> <i>Tomato, mozzarella, aubergine, courgettes, peppers, spinach, artichokes and chestnut mushrooms. Topped with tomato sauce, rocket and grated Parmesan</i>	<b>20.15</b>
<b>CARNE</b> <i>Tomato sauce, mozzarella, pepperoni, spicy beef, ham and chicken. Topped with tomato sauce, rocket and grated Parmesan</i>	<b>21.95</b>
<b>IL CANE PAZZO</b> <i>Tomato sauce, mozzarella, pepperoni, spicy beef, red onion, chicken, jalapenos and chillies. Topped with tomato sauce, rocket and grated Parmesan</i>	<b>21.95</b>

**All additional Pizza / Calzone toppings** **2.35**