

# NON-GLUTEN MENU

Mains marked with a © contain fewer than 600kcal. V is for Vegetarian. Ve is for Vegan. All of our dishes are made to order, so unfortunately calorie counts can only be approximate. Keep an eye out for any pesky stray olive stones.

**DISHES MARKED WITH AN ASTERISK (\*) INCLUDE A COMPONENT WHICH IS COOKED IN A FRYER/BOILER WITH OTHER GLUTEN CONTAINING INGREDIENTS.**

Our dish descriptions don't always mention every single ingredient, so just ask if you're unsure. Please inform one of our team of your specific allergy or dietary requirement when ordering, even if you have eaten the dish previously. Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free. Please note that allergens contained within our condiments & extra toppings are not included in this information. **Any changes to ingredients of these dishes will alter the allergen or dietary information which may render them unsuitable.**

WHEN PLACING YOUR ORDER, PLEASE SPECIFY THAT YOU'D LIKE THE NON-GLUTEN OPTION OF THIS DISH TO YOUR WAITER TO AVOID CONFUSION.

## STARTERS

**ZIZZI MIXED OLIVES 3.40 V Ve**

**NOCELLARA GIGANTI OLIVES 4.25 V Ve**

**NEW ZIZZI SPICY NUTS** A roasted mix of spiced cashews, giant corn, chickpeas & almonds. **3.40 V Ve**

**NON-GLUTEN MINI 'LITTLE SOUL' BREADS**

Freshly baked with garlic & smoked sea salt. **5.05 V**  
**Get dipping!** Add garlic butter / red pepper tapenade / white bean & basil pesto. **Choose 2 for 1.00 or 3 for 1.50 V**

**BUFALA CAPRESE** Speciality tomato salad, Bufala mozzarella, bursting balsamic pearls & fresh basil. **6.75 V**

**NON-GLUTEN FONDUTA FORMAGGI** A melting pot of three Italian cheeses: Gorgonzola, Alpine & Pecorino. Served with our non-gluten mini 'little soul' breads for dipping. **6.50**

**NON-GLUTEN BUTTERFLIED KING PRAWNS**

Pan-fried in garlic butter, smoky pepper pesto & white wine. Served with pea shoots & our non-gluten mini 'little soul' breads. **7.95**

**WILD BOAR POLPETTE** Oven-baked herby wild boar & pork meatballs in a pomodoro sauce with melted smoked mozzarella, grated riserva cheese & chilli threads. **6.95**

**NEW VEGAN 'BEETBALL' POLPETTE** Pink beetroot 'beetballs', oven-baked in a pomodoro sauce with melted Mozzarisella (made with coconut oil), chilli threads & fresh oregano. **5.95 V Ve**

**NON-GLUTEN TOSCANA SOUP\*** A hearty blend of tomatoes, leeks, grilled peppers, curly kale & quinoa. Served with our non-gluten mini 'little soul' breads. **6.25 V**

## PASTA

**The below sauces do not contain gluten, please ask for the dish with our non-gluten containing fusilli pasta.**

**NON-GLUTEN POMODORO** Bufala mozzarella, speciality tomatoes & basil. **8.95 V ©**

**NON-GLUTEN CARBONARA** With pancetta, wild mushrooms, thyme & parsley. **11.45**

**NON-GLUTEN PULLED BEEF & VENISON** A rich beef brisket & venison ragu with mushrooms, red wine, garlic, tomatoes & riserva cheese. **12.25**

**NON-GLUTEN PESTO ROSSO** Spicy chicken, red pesto, mascarpone & spring onions. **11.50**

**NON-GLUTEN BOLOGNESE** With fresh basil. **10.75**

**NON-GLUTEN KING PRAWN** King prawns & courgette ribbons in a hot roquito chilli, tomato, white wine & lobster sauce. **13.25**

**NON-GLUTEN POLLO PICCANTE** Spicy chicken in a creamy sauce with fresh tomatoes & baby spinach. **11.75**

**NON-GLUTEN VEGAN LENTIL RAGU** Rich Italian lentil ragu with fresh oregano. **8.95 V Ve**

### Extra pizza toppings

Pepperoni | Nduja sausage | Torn roasted chicken | Spicy roasted chicken | Free-range British egg | Cotto ham | Fior di Latte mozzarella. **1.50 each**

Balsamic onions | Mushrooms | Black olives | Fire-roasted peppers | Pine nuts. **1.00 each V Ve**

**Chilli it up:** Red chillies | Hot roquito chillies | Smoked chilli jelly. **1.00 each V Ve**

## CLASSIC PIZZA

**Please ask for the below with our non-gluten containing pizza base.**

**NON-GLUTEN MARGHERITA** Tomato, mozzarella & basil. **8.95 V**

**NON-GLUTEN PEPPERONI CAMPAGNA** Pepperoni, ham, mushrooms, mozzarella & rosemary. **11.25**

**NON-GLUTEN PINOLI** Goat's cheese, mozzarella, caramelised balsamic onions, sunblush tomatoes, pine nuts, riserva cheese & basil. **9.95 V**

**NEW NON-GLUTEN COPPA FUNGHI** A free-range British egg, coppa ham, mushrooms, fire-roasted peppers & pea shoots. **11.50**

**NON-GLUTEN ITALIAN HOT** Pepperoni, spicy Nduja sausage, red chillies, Fior di Latte mozzarella, riserva cheese & basil. **11.25**

**NON-GLUTEN VEGAN MARGHERITA** Tomato, vegan Mozzarisella (made with coconut oil) & basil. **8.95 V Ve**

**NON-GLUTEN VEGAN ZUCCA** Tomato, Mozzarisella (made with coconut oil), roasted butternut squash, caramelised balsamic onions & spinach. **10.35 V Ve**

**NON-GLUTEN VEGAN PEPPERONATA** Tomato, Mozzarisella (made with coconut oil), fire-roasted peppers, sunblush tomatoes, hot roquito chillies & pea shoots. **10.35 V Ve**

## MEAT + FISH .....

All dishes served with your choice of

Fried herby potatoes\* & green beans

OR

Make it under 600 kcals with our summer slaw & speciality tomato salad. ☺

### CHIANTI LAMB SHANK

Slow-roasted, with garlic & rosemary. Served with a Chianti & rosemary sauce. **15.95**

**SIDES:** Tenderstem broccoli\* **3.50 V Ve** | Mixed leaf, tomato & spring onion salad **3.50 V Ve** | Green beans **3.00 V Ve** | Summer slaw with a light citrus harissa dressing **3.95 V Ve** | Fried herby potatoes\* **3.95 V Ve** | Lentil ragu **3.75 V Ve**

## RISOTTO & SALAD .....

**RISOTTO PESCE** King prawns, mussels & squid rings, tomato, chilli & white wine. **13.75** ☺

**RISOTTO POLLO FUNGHI\*** Roasted chicken, mushrooms, rosemary, sage & riserva cheese. **12.95** ☺  
**Vegetarian? Ask for it without chicken.\* 11.75 V** ☺

### NEW ARCOBALENO 'RAINBOW' SALAD

Pink beetroot 'beetballs', roasted rainbow carrots, pea shoots & a cannellini bean, quinoa & soybean mix, in a light citrus harissa dressing with purple basil & chilli threads. **11.95 V Ve** Choose either: chicken skewers **1.95** ☺ OR creamy goat's cheese **1.95 V** ☺

**NON-GLUTEN SUPER ZUCCA SALAD** Roasted butternut squash, goat's cheese, mint, courgettes, lentils, green beans & mixed salad leaves tossed in a white balsamic dressing. Served with our non-gluten mini 'little soul' breads. **11.75 V** ☺

Add chicken skewers for **1.95**

## DESSERTS & GELATO

### STICKY CHOCOLATE & PRALINE TORTE

A dairy-free chocolate torte with a date, hazelnut, almond & walnut base. Served with coconut & chocolate ripple gelato. **6.25 V Ve**

**CHOCOLATE MELT** Hot, gooey chocolate pudding served with vanilla gelato. **5.95 V**

### CHOCOLATE & SALTED CARAMEL SUNDAE

Chocolate, black sea salt & caramel gelato with whipped mascarpone cream, salted caramel sauce, crushed salted caramel crunch & giant white chocolate curls. **6.50 V**

## GELATO BY THE SCOOP

### 3 SCOOPS FOR 5.50

Vanilla **V** | Chocolate **V** | Chocolate, black sea salt & caramel swirl **V** | Coconut & chocolate ripple **V Ve** | Honey, sea salt & mascarpone **V** | Mascarpone & raspberry ripple **V** | Lemon sorbet **V Ve** | Strawberry sorbet **V Ve**

### Extra toppings 1.00 each **V**

Add melted chocolate, strawberry & raspberry coulis, popping candy, lemon curd or salted caramel sauce.

The dishes listed here may contain other allergens, please refer to the Allergen tables in this booklet for more information.

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