

quay west

pane e olives

kalamata and manzanilla olives	£2.95
tear and share garlic bread	£2.95
fougasse bread sticks with olive oil and balsamic reduction	£2.95

primi

pasta e ceci

a thick soup of pasta with chickpeas, vegetable stock and basil with focaccia
£4.50

calamari fritti

deep fried calamari with caper mayonnaise
£4.95

insalata caprese

torn fresh mozzarella, tomato, spring onion and pesto
£5.50

antipasto (to share)

prosciutto, milano salami, Serrano ham, fresh mozzarella, mixed olives, roasted red pepper dip and fougasse bread sticks
£9.95

bruschetta

toasted focaccia topped with tomato and basil or mushrooms and mozzarella
£4.95

panini and tasca filled italian breads

served until 5pm

toasted panini

fresh mozzarella tomato and pesto	£4.95
serrano ham with provolone cheese	£5.50
spicy meatballs with ragu and provolone	£5.50

filled tasca

mozzarella tomato pesto and rocket	£4.95
pancetta tomato lettuce and dressing	£5.50
chicken with avocado salsa and leaves	£5.95

contorni (side orders)

patate

chipped potatoes or new potatoes
£2.50

fagiolini

sautéed green beans
£2.50

zucchini

courgette pan fried in butter
£2.50

insalata verde

rocket parmesan and olive oil
£3.95

insalate mista

mixed salad with roasted red peppers
£3.95

pasta

penne neapolitan

penne pasta with a rich tomato and herb sauce
£7.50

spaghetti alla bolognese

spaghetti with a classic beef ragu with tomato and herbs
£7.50

tortellini quattro formaggio

four cheese tortellini in a tomato, cream and pesto sauce
£7.50

penne arriabata

penne pasta with olives, garlic and chilli oil in neapolitan sauce
£7.50

spaghetti con polpette

spaghetti with spicy beef and pork meatballs in tomato sauce
£7.95

penne alla carbonara

penne pasta tossed with smoked pancetta, fresh cream and mushrooms
£8.15

pizza

margherita

12" traditional pizza topped with tomato sauce, mozzarella and provolone cheese
£7.50

all below as margherita

funghi

with fresh sliced mushroom
£7.95

pepperoni

with smoked Italian pepperoni
£8.75

carne

with spicy pork and beef meatballs
£8.95

giardiniera

with mixed fresh peppers, olives spring onion and mushrooms
£8.95

diavola

with milano salami and hot jalapeno peppers
£8.75

insalata

insalata di bosco

italian salad leaves with torn mozzarella, fresh tomato, warm sliced mushrooms and balsamic dressing
£7.25

insalata caprino

soft goats cheese, roasted red peppers and pine nuts on dressed mixed leaves
£7.25

insalata cesare con pollo

mixed Italian leaves with caesar dressing warm chicken breast and croutons
£8.95

insalata nicoise

traditional salad of tuna, green beans, tomatoes, new potatoes, anchovy fillets, boiled egg with vinaigrette
£7.95

secondi

pesce

pesce con parma

cod fillet roasted with parma ham served with zucchini, garlic potatoes and salsa verde
£9.95

salmon di limone

grilled salmon fillet on canellini mash with caramelised lemons cucumber crème fraiche and mixed Italian leaves
£12.95

cozze di fowey

bowl of fresh fowey river mussels steamed with garlic cream and parsley served with focaccia bread
£5.95 Or £8.95

piatto di pesce fritti

platter of deep fried calamari, blanchbait and lemon crumb sardine fillets with caper mayonnaise and mixed dressed salad
£10.95

carne

maiale alla arrosto

roast pork fillet with rosemary and fennel cream, new potatoes and fagiolini
£10.95

pollo cacciatore

chicken braised with red wine, tomatoes, pancetta, olives and mushrooms served with focaccia bread
£9.95

bistecca alla pizzaiola

sirloin steak with onion rings, crushed garlic potatoes, zucchini and aioli
£15.95

dolci

£4.50

torta della nonna

lemon tarte with pine nuts

torta macao

cocoa biscuit topped with chocolate cream

frutti di bosco

short pastry filled with patisserie cream and topped with forest fruits

profiteroles

choux pastry filled with vanilla and chocolate cream topped with vanilla and chocolate sauces

soufflé al cioccolato

warm chocolate fondant pudding with vanilla icecream

gelati

£3.95

dairy ice cream (3 scoops)

vanilla bean, double chocolate, strawberry, toffee honeycombe or coffee mocha

dessert coffees

£3.80

caffè fichi

baby figs and mascarpone served with espresso

caffè semifreddo

nougat and praline icecream with espresso