



Welcome to La Grotta, Angelo's family run Italian Trattoria.

ANTIPASTI

Mixed Olives (gf/v/vg/df) 4

Mixed pitted Olives marinated in olive oil, garlic and herbs

Nocellara Olives (gf/v/vg/df) 5

Whole large green olives with a mild, buttery flavour

Bruschetta (gfo/v/vg/df) 6

Toasted bread topped with freshly chopped tomatoes, garlic and fresh basil

Fresh Focaccia (gfo/v/vg/dfo) 6

Freshly baked rosemary foccacia served with olive oil, balsamic vinegar and homemade pesto dips

Antipasto board to share (gfo/dfo) 20

A selection of cured meat and salami, pecorino cheese, mixed olives, sundried tomatoes and bruschetta

Vegetariano board to share (gfo/v/dfo) 20

Mixed olives, Bruschetta, Pecorino cheese, fried courgettes and breaded mushrooms

PRIMI PIATTI

Pate al fegatini di pollo (gfo) 8

Homemade smooth chicken liver pate with red onion chutney and toasted bread

Funghi Impanati (gfo/v/vgo) 8

Breaded garlic mushrooms with a garlic mayonnaise

Polpette di Carne (gfo) 9

Homemade meatballs in a tomato and garlic sauce served with bread

Caprese (gf/v) 8

Freshly sliced mozzarella cheese and tomatoes with fresh basil, olive oil and balsamic vinegar

Homemade Arancini 9

Deep fried rice ball filled with mincemeat, mozzarella and peas served with 'Nduja tomato sauce

Calamari fritti (gfo/df) 9.5

Crispy fried squid with lemon and garlic mayonnaise

Gamberoni La Grotta (gf/df) 12.5

King prawns with white wine, chilli, fresh tomatoes and garlic sauce

Please let us know about any dietary requirements when ordering
gf - Gluten free / gfo - Gluten free option / df - Dairy Free / dfo - Dairy free option
V - Vegetarian / vg - Vegan / vgo - Vegan option

PASTA DISHES

Spaghetti Arrabiata	12.5	Homemade Lasagne	17
Spaghetti with tomato, chilli and garlic sauce (gfo/v/vg/df)		Layered pasta sheets with mincemeat, tomato sauce and mozzarella cheese (gfo/vo/vgo/dfo)	
Aglio Olio Peperoncino	13.5	Parmiggianna di Melenzane	17.5
Spaghetti with olive oil, garlic and fresh chilli (gfo/v/vg/df)		Layers of egg battered aubergine with Italian tomato sauce and mozzarella cheese (gfo/v)	
Spaghetti Bolognese	14.5	Farfalle Salmone	18
Spaghetti with mincemeat in a rich tomato sauce (gfo)		Pasta bows in a creamy vodka sauce with smoked salmon (gfo)	
Spaghetti Carbonara	15	Ziti Ragu Di Agnello	19
Spaghetti with eggs, pancetta and cream sauce (let us know if you prefer the italian way without cream) (gfo)		Pasta tubes in a rich tomato sauce with tender slow cooked lamb (gfo)	
Tagliatelle Angelo	17	Tagliatelle Ragu Manzo	19
Tagliatelle pasta with chicken, pancetta and mushrooms in a creamy sauce with a touch of tomato (gfo)		Tagliatelle in a rich tomato sauce with fresh chillies and tender beef fillet (gfo)	
Ziti Al Forno	17	Orecchiette Alla Salsiccia	19
Pasta tubes with bolognese, chicken and mozzarella baked in the oven with a creamy tomato sauce (gfo)		'Little ears' pasta with a rich tomato and garlic sauce with fresh chilli and spicy Italian sausage (gfo)	

Add on to your dish - ‘Nduja 1.5 | Chicken 3.5 | Meatballs 5.5 | King prawns 6.5 | Steak 6.5

SECONDI

Medaglioni Al Pepenero	28	Pork Vesuvio	20	Pork Pepenero	19
Medallions of steak in a creamy blackpepper sauce (gfo)		Pork Medallions topped with Parma ham, mozzarella cheese and tomato basil sauce (gfo)		Pork medallions in a creamy blackpepper sauce (gfo)	
Merluzzo Pizzaiola	21	Fresh fish of the day			
Fresh cod loin in a tomato sauce with garlic, olives and capers (gfo)		See our specials board (gfo)			

All of the above served with seasonal roasted vegetables and potatoes

Pollo alla Chef	20	Pollo Milanese	19	Pollo Arrabiata	20
Chicken breast in a creamy mushroom sauce with arborio rice (gf)		Breaded chicken breast served with spaghetti pomodoro		Chicken breast in a spicy tomato sauce served with gnocchi and fresh parmesan shavings (gfo)	

CONTORNI

Skin on fries	4	Fried Courgettes	5.5	Herbed potatoes	4.5	Tomato and red onion salad	5
(gf/v/vg/df)		(gfo/v/vg/df)		(gf/v/vg/df)		(gfo/v/vg/df)	
Garlic bread	4	Garlic bread with cheese	5	Rocket and parmesan salad	4.5		
(gfo/v/vg/df)		(gfo/v)		(gf/v/vg)			

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