



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) 7

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

Fresh Focaccia (gfo/v/vg/dfo) 7

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

Antipasto board to share (gfo/dfo) 22

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, sundried tomatoes, bruschetta, pecorino cheese and breaded mushrooms

PRIMI PIATTI

Pate al fegatini di pollo (gfo) 9

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

Funghi Impanati (gfo/v/vgo) 9.5

Breaded garlic mushrooms with a garlic mayonnaise

Polpette di Carne (gfo) 9.5

Homemade meatballs in a tomato and garlic sauce served with bread

Caprese (gf/v) 8.5

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

Homemade Arancini 10.5

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

Calamari fritti (gfo/df) 11

Crispy fried squid with lemon and garlic mayonnaise

Gamberoni La Grotta (gf/df) 13.5

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	13	Homemade Lasagne	18
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	Parmiggianna di Melenzane	18.5
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	19
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	19.5
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	18	Tagliatelle Ragu Manzo	19.5
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	18	Orecchiette Alla Salsiccia	19.5
Pasta tubes with mincemeat, 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 2 | Chicken 3.5 | Meatballs 5.5 | King prawns 6.5 | Steak 6.5

SECONDI

Medaglioni Al Pepenero	28	Pork Vesuvio	23	Pork Pepenero	23
Medallions of fillet 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	24	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 vegetables and potatoes

Pollo alla Chef	23	Pollo Milanese	21	Pollo Arrabiata	23
Chicken breast strips in a creamy mushroom sauce with arborio rice (gf)		Breaded chicken breast served with spaghetti pomodoro		Chicken breast in a spicy tomato sauce with gnocchi, topped with pesto and parmesan shavings (gfo)	

CONTORNI

Skin on fries	4	Garlic herbed potatoes	4.5	Tomato and red onion salad	5
(gf/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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Please note - Our mincemeat is made up of 60% Beef and 40% Pork