

LA TAVOLA
ITALIAN EATERY

STARTERS

GARLIC BREAD (V) warm ciabatta bread with garlic butter	3.50
GARLIC BREAD with CHEESE (V) warm ciabatta bread with cheese & garlic butter	4.00
MIXED SALAD (V)	5.45
GREEN SALAD (V)	5.45
BRUSCHETTA (V) (VE) ciabatta bread with tomato, garlic & oregano	5.95
CAPRESE SALAD (V) mozzarella cheese, sliced tomato, fresh basil & olive oil	6.25
FUNGHI AGLIO (V) garlic mushrooms in white wine cream & parsley	6.45
MOZZARELLA FRITTA (V) fried mozzarella cheese in breadcrumbs served with tomato sauce	6.50
LA TAVOLA IO & TE (V) pizza rolled with garlic butter, cheese	6.95
CALAMARI FRITTI fried calamari served with tartar sauce	8.95
KING PRAWNS with lemon, garlic, white wine & parsley	8.95
PIATTO MISTO mixed dried Italian meats served with bread.	11.45

SIDES DISHES

CHIPS (V)	2.95
BREAD & BUTTER (V)	3.10
SAUTEED POTATOES (VE)	3.45
SAUTEED SPINACH (VE)	3.45

GNOCCHI DISHES

GNOCCHI ALLA PIEMONTESE (V) Potatoes dumpling with parmesan butter cream and white wines.	13.95
GNOCCHI WITH RAGU' Mince beef, tomatoes sauce and parmesan.	13.95

PASTA AND RISOTTO

PENNE NAPOLETANE (V) (VE) tomato sauce & basil	9.95
SPAGHETTI BOLOGNESE classic Bolognese beef sauce	10.95
SPAGHETTI CARBONARA bacon, creamy white wine sauce with egg yolk & parmesan	11.75
RAVIOLI PASTA (V) pasta parcels filled with mushrooms, spinach & parmesan cheese	12.95
PENNE LA CANTINA bacon, white wine, garlic & tomato sauce	12.95
PENNE POLLO PESTO chicken, mushroom, red onion, pesto, white wine, cream & parmesan	14.95
PENNE LA TAVOLA chopped beef fillet, red wine, parmesan & cream.	15.95
SPAGHETTI MARINARA mussels, calamari, king prawns, garlic, chili, parsley, white wine & cherry tomatoes	14.95
RISOTTO CON FUNGHI & SPINACH Mushroom, spinach, parmesan and white wine sauce	13.95
VEGETABLE RISOTTO (V) (VE) mixed seasonal vegetable risotto in a tomato & white wine sauce	13.95
SEAFOOD RISOTTO mussels, calamari, king prawns, garlic, parsley & cherry tomatoes, white wine in rice	15.95

BAKED DISHES

AUBERGINE (V) Oven baked aubergine, garlic, parsley & mozzarella.	10.95
CANNELLONI (V) pasta rolls filled with spinach & topped with mozzarella.	11.95
CLASSIC LASAGNA pasta layers of beef, tomato & white cheese sauce	12.95
A selection of starters ideal for sharing. Veggie and non veggie options available.	19.95

LA TAVOLA RESTAURANT

PIZZA

MARGHERITA (V) Tomato sauce, mozzarella & basil	9.95
TREVISO Tomato sauce, mozzarella, pepperoni, egg & anchovies	11.95
SICILIANA Tomato sauce, onion, anchovies & mozzarella	11.95
BACON & FUNGHI Tomato sauce, bacon, mushroom & mozzarella	11.95
AMERICAN HOT Tomato sauce, pepperoni, jalapenos & mozzarella	11.95
BIANCA (V) 'White' pizza base (no tomato sauce), garlic butter, mozzarella cheese, topped with rocket & parmesan shavings.	11.95
PIZZA LA TAVOLA (V) Tomato sauce, mozzarella, peppers, olives, mushrooms, asparagus & spinach	12.95
GIARDINIERA (V) Tomato sauce, spinach, onion, pepper, mushroom & mozzarella	12.95
SPICY POLLO Tomato sauce, chicken, peppers, onion, chilli & mozzarella	12.95
MEAT FEAST Tomato sauce, ham, chicken, pepperoni, bacon, onion & mozzarella	13.95
CALZONE FOLDED PIZZA Roasted vegetables, ricotta & mozzarella with homemade tomato sauce (V)	11.95
Pepperoni, mushroom, ham & mozzarella with homemade tomato sauce	12.95

EXTRA TOPPINGS +0.95 each
VEGAN MOZZARELLA 0.95 extra

MEAT & FISH

POLLO PARMIGIANO Chicken in breadcrumbs served with spaghetti in tomato sauce.	14.95
POLLO BACCANO Chicken breast cooked in white wine & Parma ham served with vegetables.	14.95
POLLO AI FUNGHETTI Chicken cooked in a creamy mushroom & white wine sauce served with vegetables.	15.95
FILLETTO ALLA GRIGLIA Grilled fillet steak with mushrooms & chips	25.95
FILETTO AL PEPE NERO Fillet steak cooked in pepper sauce & served with vegetables.	25.95
MUSSELS LA TAVOLA White wine, lemon, parsley & pepper served with bread.	13.95
SALMONE CORPOSA Salmon cooked in brandy artichoke & cream sauce served with vegetables.	15.95

FRESH SALADS

CAESAR CLASSIC SALAD lettuce, parmesan, chicken, croutons & Caesar dressing	9.95
LA TAVOLA SALAD mixed leaves, olives, bacon & goat's cheese	10.95
LA TAVOLA TRICOLORE Avocado, mozzarella, tomato in basil sauce.	10.95
COPPA GAMBERETTI Prawns cocktail in salsa rosa.	10.95
SMOKED SALMON SALAD Smoked salmon with prawns in cocktail sauce.	10.95
AVOCADO & GAMBERETTI SALAD Avocado and prawns in cocktail sauce.	8.95

ALLERGENS

In addition to the dish ingredient specific allergen information provided, La Tavola handles all 14 allergen prescribed in Health & Hygiene legislation. Whilst we have implemented and maintain safety practices and take all reasonable precautions to prevent cross contamination, we cannot guarantee that our dishes will not contain traces of the following allergens: eggs, fish, peanuts, mustard, sesame, lupin, soy beans, milk, nuts, cereal containing gluten, sulphur dioxide, molluscs, crustaceans, celery & celeriac. Please inform our staff if you have any dietary requirements. SERVICE CHARGE NOT INCLUDED.