

LA TAVOLA

ITALIAN EATERY

STARTERS

CHIPS (V)	2.45
BREAD & BUTTER (V)	2.60
OLIVES (V) (VE) green olives marinated with herbs, garlic & olive oil	2.95
GARLIC BREAD (V) warm ciabatta bread with garlic butter	3.50
MIXED SALAD (V)	3.95
GREEN SALAD (V)	3.95
BRUSCHETTA (V) (VE) ciabatta bread with tomato, garlic & oregano	4.45
CAPRESE SALAD (V) mozzarella cheese, sliced tomato, fresh basil & olive oil	4.75
FUNGHI AGLIO (V) garlic mushrooms in white wine cream & parsley	4.95
MOZZARELLA FRITTA (V) fried mozzarella cheese in breadcrumbs served with tomato sauce	5.75
LA TAVOLA IO & TE (V) pizza rolled with garlic butter, cheese	5.95
CALAMARI FRITTI fried calamari served with tartar sauce	6.95
KING PRAWNS with lemon, garlic, white wine & parsley	6.95
PIATTO MISTO mixed dried Italian meats served with bread	9.95

STARTER COMBO PLATTER 17.00
A selection of starters ideal for sharing. Veggie and non veggie options available.

PASTA MAINS

PENNE NAPOLETANE (V) (VE) tomato sauce & basil	6.95
SPAGHETTI BOLOGNESE classic Bolognese beef sauce	7.95
SPAGHETTI CARBONARA bacon, creamy white wine sauce with egg yolk & parmesan	8.75
RAVIOLI PASTA (V) pasta parcels filled with mushrooms, spinach & parmesan cheese	9.95
PENNE LA CANTINA bacon, white wine, garlic & tomato sauce	9.95
PENNE POLLO PESTO chicken, mushroom, red onion, pesto, white wine, cream & parmesan	10.95
PENNE LA TAVOLA chopped beef fillet, red wine, parmesan & cream	11.95
SPAGHETTI MARINARA mussels, calamari, king prawns, garlic, chilli, parsley, white wine & cherry tomatoes	11.95

BAKED PASTA AND RISOTTO

AUBERGINE (V) soft roasted aubergine, garlic, parsley & mozzarella	7.95
CANNELLONI (V) pasta rolls filled with spinach & topped with mozzarella	8.95
CLASSIC LASAGNA pasta layers of beef, tomato & white cheese sauce	9.95
VEGETABLE RISOTTO (V) (VE) mixed seasonal vegetable risotto in a tomato & white wine sauce	10.95
SEAFOOD RISOTTO mussels, calamari, king prawns, garlic, parsley & white wine in rice	11.95

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

LA TAVOLA

ITALIAN EATERY

PIZZA

MARGHERITA (V) tomato sauce, mozzarella & basil	6.95
TREVISO tomato sauce, mozzarella, pepperoni, egg & anchovies	8.95
SICILIANA tomato sauce, onion, anchovies & mozzarella	8.95
BACON & FUNGHI tomato sauce, bacon, mushroom & mozzarella	8.95
AMERICAN HOT tomato sauce, pepperoni, jalapenos & mozzarella	8.95
BIANCA (V) 'White' pizza base (no tomato sauce), garlic butter, mozzarella cheese, topped with rocket & parmesan shavings	8.95
PIZZA LA TAVOLA (V) tomato sauce, mozzarella, peppers, olives, mushrooms, asparagus & spinach	9.95
GIARDINIERA (V) tomato sauce, spinach, onion, pepper, mushroom & mozzarella	9.95
SPICY POLLO tomato sauce, chicken, peppers, onion, chilli & mozzarella	9.95
MEAT FEAST tomato sauce, ham, chicken, pepperoni, bacon, onion & mozzarella	10.95
CALZONE FOLDED PIZZA Roasted vegetables, ricotta & mozzarella with homemade tomato sauce (V)	8.95
Pepperoni, mushroom, ham & mozzarella with homemade tomato sauce	9.95

EXTRA TOPPINGS +0.95 each
VEGAN MOZZARELLA 0.95 extra

MEAT & FISH

POLLO PARMIGIANO chicken in breadcrumbs served with spaghetti in tomato sauce	11.95
POLLO BACCANO chicken breast cooked in white wine & Parma ham served with vegetables	11.95
POLLO AI FUNGHETTI chicken cooked in a creamy mushroom & white wine sauce served with vegetables	12.95
FILLETTO ALLA GRIGLIA grilled fillet steak with mushrooms & chips	18.95
FILLETTO AL PEPE NERO fillet steak cooked in pepper sauce & served with vegetables	20.95
MUSSELS LA TAVOLA white wine, lemon, parsley & pepper served with bread	9.95
SALMONE CORPOSA salmon cooked in brandy, artichoke & cream sauce served with vegetables	13.95

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

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