Menu01-Oct2022.jpg

LA TAVOLA

ITALIAN EATERY

STARTERS

CHIPS (V) 2.95

BREAD & BUTTER (V) 3.10

OLIVES (V) (VE) 3.45
green olives marinated with herbs, garlic & olive oil

GARLIC BREAD (V) 3.50
warm ciabatta bread with garlic butter

GARLIC BREAD with CHEESE (V) 4.00
warm ciabatta bread with cheese & garlic butter

MIXED SALAD (V) 5.45

GREEN SALAD (V) 5.45

BRUSCHETTA (V) (VE) 5.95
ciabatta bread with tomato, garlic & oregano

CAPRESE SALAD (V) 6.25
mozzarella cheese, sliced tomato, fresh basil & olive oil

FUNGHI AGLIO (V) 6.45
garlic mushrooms in white wine cream & parsley

MOZZARELLA FRITTA (V) 6.50
fried mozzarella cheese in breadcrumbs served with tomato sauce

LA TAVOLA IO & TE (V) 6.95
pizza rolled with garlic butter, cheese

CALAMARI FRITTI 8.95
fried calamari served with tartar sauce

KING PRAWNS 8.95
with lemon, garlic, white wine & parsley

PIATTO MISTO 11.45
mixed dried Italian meats served with bread

STARTER COMBO PLATTER 19.95
A selection of starters ideal for sharing. Veggie and non veggie options available.

PASTA AND RISOTTO

PENNE NAPOLETANE (V) (VE) 8.95
tomato sauce & basil

SPAGHETTI BOLOGNESE 9.95
classic Bolognese beef sauce

SPAGHETTI CARBONARA 10.75
bacon, creamy white wine sauce with egg yolk & parmesan

RAVIOLI PASTA (V) 11.95
pasta parcels filled with mushrooms, spinach & parmesan cheese

PENNE LA CANTINA 11.95
bacon, white wine, garlic &tomato sauce

PENNE POLLO PESTO 13.95
chicken, mushroom, red onion, pesto, white wine, cream & parmesan

PENNE LA TAVOLA 14.95
chopped beef fillet, red wine, parmesan & cream

SPAGHETTI MARINARA 13.95
mussels, calamari, king prawns, garlic, chili, parsley,white wine & cherry tomatoes

VEGETABLE RISOTTO (V) (VE) 12.95
mixed seasonal vegetable risotto in a tomato &white wine sauce

SEAFOOD RISOTTO 14.95
mussels, calamari, king prawns, garlic, parsley & cherry tomatoes, white wine in rice

BAKED DISHES

AUBERGINE (V) 9.95
soft roasted aubergine, garlic, parsley & mozzarella

CANNELLONI (V) 10.95
pasta rolls filled with spinach& topped with mozzarella

CLASSIC LASAGNA 11.95
pasta layers of beef, tomato & white cheese sauce

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LA TAVOLA
ITALIAN EATERY

PIZZA

MARGHERITA (V) 8.95
Tomato sauce, mozzarella & basil

TREVISO 10.95
Tomato sauce, mozzarella, pepperoni, egg & anchovies

SICILIANA 10.95
Tomato sauce, onion, anchovies & mozzarella

BACON & FUNGHI 10.95
Tomato sauce, bacon, mushroom & mozzarella

AMERICAN HOT 10.95
Tomato sauce, pepperoni, jalapenos & mozzarella

BIANCA (V) 10.95
'White' pizza base (no tomato sauce), garlic butter, mozzarella cheese, topped with rocket & parmesan shavings

PIZZA LA TAVOLA (V) 11.95
Tomato sauce, mozzarella, peppers, olives, mushrooms, asparagus & spinach

GIARDINIERA (V) 11.95
Tomato sauce, spinach, onion, pepper, mushroom & mozzarella

SPICY POLLO 11.95
Tomato sauce, chicken, peppers, onion, chilli &mozzarella

MEAT FEAST 12.95
Tomato sauce, ham, chicken, pepperoni, bacon, onion & mozzarella

CALZONE FOLDED PIZZA
Roasted vegetables, ricotta & mozzarella with homemade tomato sauce (V) 10.95

Pepperoni, mushroom, ham & mozzarella with homemade tomato sauce 11.95

EXTRA TOPPINGS +0.95 each
VEGAN MOZZARELLA 0.95 extra

MEAT & FISH

POLLO PARMIGIANO 13.95
Chicken in breadcrumbs served with spaghetti in tomato sauce

POLLO BACCANO 13.95
Chicken breast cooked in white wine & Parma hamserved with vegetables

POLLO AI FUNGHETTI 14.95
Chicken cooked in a creamy mushroom & white wine sauce served with vegetables

FILLETTO ALLA GRIGLIA 24.95
Grilled fillet steak with mushrooms & chips

FILETTO AL PEPE NERO 24.95
Fillet steak cooked in pepper sauce & served with vegetables

MUSSELS LA TAVOLA 12.95
White wine, lemon, parsley & pepper served with bread

SALMONE CORPOSA 14.95
Salmon cooked in brandy artichoke & cream sauce served with vegetables

FRESH SALADS

CAESAR CLASSIC SALAD 9.95
lettuce, parmesan, chicken, croutons & Caesar dressing

LA TAVOLA SALAD 10.95
mixed leaves, olives, bacon & goat's cheese

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 INCLUDE.

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