



LA SALUTE

ITALIAN RISTORANTE PIZZERIA

ANTIPASTI

Mozzarella Carrozza (v) £7.45
Deep fried Mozzarella cheese, tomato in bread crumbs served with Napoli sauce.

Burrata Pesto Crostino (v) £7.95
Burrata Mozzarella with pesto sauce on crusty artisan bread

Bruschetta (v) (vo) £6.95
Toasted artisan bread topped with fresh tomatoes in garlic, herbs and extra virgin olive oil

Calamari Fritti £8.95
Crispy golden calamari deep fried served with tartare sauce

Avocado Tricolore £9.45
Smoked Salmon, avocado and baby prawns in a Marie Rose sauce

Zuppa di Gamberi £9.45
King prawns with garlic, chilli flakes, baby spinach in a white wine Napoli sauce with homemade artisan bread

Garlic Mozzarella Pizza bread £6.95
Garlic Tomato Pizza bread £6.95

Focaccia pizza bread (v)(vo) £5.95
Garlic or Rosemary, with oil & balsamico

Arancini (v) £6.95
Homemade Italian fried saffron rice balls with melted Mozzarella heart centres

Caprino e Pomodorini (v) £6.95
Oven baked goat's cheese with cherry tomatoes and olive oil

Funghi Ripieni (v) £6.95
Baked mushrooms filled with Mascarpone, baby spinach, topped with Mozzarella and Napoli sauce

Burrata Caprese (v) £7.95
Burrata Mozzarella, cherry tomatoes, basil, Italian herbs and olive oil

Melanzana Alla Parmigiana (v) £8.45
Seasoned oven baked aubergines with Napoli sauce, Parmesan, Mozzarella

Antipasti Board £15.95
Selection of Italian meats, cheese, olives, cherry tomatoes, and Buffalo Mozzarella served with focaccia

SIDE DISHES

Mixed vegetables (v) (vo) £4.25
Cauliflower and broccoli sautéed in garlic and extra virgin olive oil

Roasted Potatoes (v) (vo) £3.95
Roasted potatoes sautéed with olive oil and herbs

Olives (v) (vo) £4.25
Black and green pitted olives dressed in a garlic, onion, parsley, chilli and extra virgin olive oil

Mixed Salad (v) (vo) £4.45
Lettuce, cucumber, tomato, onion, rocket, carrots and Italian dressing

Caprese (v) £6.95
Sliced Buffalo Mozzarella and tomatoes with olive oil and basil

French Fries (v) (vo) £3.95
Lightly seasoned crisp potato fries

PIZZA

Our dough is made using the traditional Neopolitan method with Italian blended flour, water, salt and fresh yeast. Proved slowly over 24 hours before the magic happens in our oven

Margherita (v) (vo) £9.95
Mozzarella cheese and tomato

Quattro Stagioni £14.45
Mozzarella, tomato, salami, ham, olives mushrooms and artichokes

Vegetariana (v) (vo) £12.95
Mozzarella, tomato and a selection of fresh mixed vegetables

Pizza Burrata £15.95
Mozzarella and tomato with olives, Parma ham and Burrata Mozzarella

Capricciosa £14.95
Mozzarella with ham, salami and chicken

Napoli £12.95
Mozzarella, tomato, anchovies, olives and capers

Quattro Formaggi (v) £12.95
Mozzarella, tomato, Parmesan, Gorgonzola and Italian cheese

Calzone £13.95
Rolled pizza with Mozzarella, tomato, mushrooms with your choice of either ham, Italian sausage, or chicken

Regina £12.95
Mozzarella, tomato, ham and mushrooms

Vulcano Americana £12.95
Mozzarella, salami, and your choice of *spinach* or *peppers* with chilli flakes

Mortadella e Pistacchio £15.45
Mozzarella, Mortadella ham, pistachio crumb and Burrata Mozzarella

Capretta (v) £13.95
Mozzarella, tomato, goat's cheese, olives, cherry tomatoes and rocket

Salami £12.95
Mozzarella, tomato and salami

Parma ham and rocket £14.95
Mozzarella, tomato, parma ham, rocket and flakes of Grana Padano cheese

Bianca Tricolore £14.45
Mozzarella, chicken, spinach, red and green pesto, Grana Padano cheese

Additional Toppings:
Mozzarella / Ham / Salami / Vegetables £1.50
Chicken / Italian Sausage / Parma Ham £3.00
Mozzarella Burrata £4.00

MEAT & FISH DISHES

Veal Alla Valdostana £19.95
Pan fried veal escalope in a white wine sauce with Parma ham and Mozzarella
Served with your choice of one of our side dishes

Pollo Toscano £18.95
Chicken breast topped with Mozzarella, baby spinach served with a Napoli Sauce
Served with your choice of one of our side dishes

Pollo Milanese £17.95
Breaded fried Chicken breast
Served with a small portion of Napoli pasta

Seabass Alla Vesuviana £20.45
With black olives, capers, garlic and onion in a cherry tomato white wine sauce
Served with your choice of one of our side dishes

Buffalo Mixed Salad £11.95
Mixed salad leaves with cherry tomatoes, cucumber, red onion, carrot, olives, Buffalo Mozzarella
Add Chicken £3 / Add Avocado £3 / Add Burrata £4

FRESH PASTA

Spaghetti Carbonara £13.95
Spaghetti with pancetta choose between a *classic Italian sauce* with egg, or a *creamy cheese white sauce*

Penne Al Salmone £14.45
Penne with onion, peas, rocket and smoked salmon in a creamy tomato sauce

Lasagne £13.95
Homemade oven baked beef lasagne topped with Parmesan, Mozzarella cheese and Ragù Alla Bolognese

Tagliatelle Pollo £13.95
Tagliatelle with chicken, thyme and roasted peppers in a creamy Napoli sauce with white wine

Spaghetti Alla Bolognese £12.45
Spaghetti in a classic tomato and mince beef sauce

Spaghetti Alla Puttanesca £14.45
Capers, olives, anchovies, in a garlic Napoli sauce with tuna chunks

Rigatoni Funghi (v) £13.45
Spinach, sun-dried tomatoes in a creamy garlic mushroom sauce
Add Chicken / £3.00
Add King Prawns / £4.00

Penne Arrabbiata (v) (vo) £8.95
Penne in a garlic pomodoro tomato sauce with chilli. *Add Chicken / £3.00*
Add Mozzarella / £1.50

Linguine Pesto Burrata (v) £14.45
Linguine with green pine nut pesto, garlic, Parmesan and Burrata Mozzarella

Ravioli Alla Toscana (v) £13.45
Ravioli filled with Ricotta and spinach in a Toscana creamy tomato sauce with Mozzarella and roasted peppers

Cannelloni £13.95
Rolled fresh pasta filled with mince beef, Ricotta, Parmesan, mushrooms with Napoli sauce and Mozzarella cheese

Tagliatelle Zafferano £13.95
Tagliatelle with saffron, onion, Parmesan and chicken. *Add Italian Sausage / £3.00*

Linguine Mare E Monti £14.95
Linguine with mixed mushroom, prawns and cherry tomatoes cooked in a white wine sauce

GNOCCHI & RISOTTO

Gnocchi Alla Sorrentina £13.95
Potato gnocchi in a Napoli sauce with Buffalo Mozzarella
Add Chicken £3.00

Gnocchi Quattro Formaggi £14.45
Potato gnocchi with four Italian cheese sauce

Risotto Zafferano E Piselli (v) £13.95
Arborio rice with Parmesan and green peas in a white wine saffron sauce
Add Chicken / Parma Ham £3.00

Risotto Alla Marinara £14.95
Arborio rice with mixed seafood in a white wine and tomato sauce

SPIRITS

(25mls) **£3.95** Add Mixer **£2.50**

Rum
Bacardi Bianca / Captain Morgan Dark & Spiced

Gin
Gordon's / Malfy Pink Grapefruit & Blood Orange

Whiskey
Jameson / Jack Daniel's

Martini
Extra dry / Rosso

Vodka
Smirnoff / Vanilla Absolut

Campari	Tequila
Amaretto	Sambuca
Limoncello	Courvoisier
Cinzano	Tia Maria
Grappa	Baileys (50ml) £5.95

BEER BOTTLES

Peroni Heineken Cider (330mls) £3.95

Moretti Budwiser Alcohol Free Beer

SOFT DRINKS

San Pellegrino £2.65
Aranciata / Limonata

Citrus Cooler £5.45
Lemonade with peach purée
over ice

Coke / Coke Zero / Diet Coke £2.95

Orange Juice £2.80

Appletiser £2.95

Fanta £2.95

Lemonade £2.65

Mojito Mocktail £5.45
Fresh mint, lime, and lemonade

Frutta Fizz £5.95
Apple juice, cranberry juice, elderflower
and lemonade

San Pellegrino Sparkling Water £2.95

Still Water £2.65

Apple Juice £2.80

Cranberry Juice £2.80

Tonic /Soda Water £2.65

DRINKS

WINE

	125ml	175ml	250ml	Bottle
<i><u>Vini Bianchi (White Wine)</u></i>				
Sauvignon Blanc, <i>Italy</i>	£4.35	£5.55	£7.85	£19.95
Verdicchio, <i>Marche, Italy</i>	£4.55	£5.95	£8.25	£21.95
Pinot Grigio, <i>Puglia, Italy</i>	£4.55	£5.95	£8.25	£22.95
Gavi di Gavi, <i>Piemonte, Italy</i> , Bottle only				£26.95
<i><u>Vini Rossi (Red Wine)</u></i>				
Merlot, <i>Italy</i>	£5.25	£6.75	£8.95	£24.95
Primitivo, <i>Puglia, Italy</i>	£5.45	£6.95	£9.25	£24.95
Valpolicella, <i>Piemonte, Italy</i> , Bottle only				£25.95
Nero d'Avola, <i>Sicily, Italy</i> , Bottle only				£27.95
<i><u>Vini Rosé</u></i>				
Pinot Grigio Blush, <i>Italy</i>	£4.55	£5.95	£8.25	£22.95
<i>Prosecco, Extra Dry, Italy</i>	£5.25			£21.95

COCKTAILS

Aperol Spritz £7.95
Aperol, prosecco and soda

Espresso Martini £8.95
Vodka, coffee liqueur and Arabica coffee

Capri Martini £8.50
Malfy Blood Orange Gin, elderflower, lime, apple juice

Cosmopolitan £8.50
Vodka, Cointreau, cranberry juice and lime

Pornstar Martini £9.45
Vodka, vanilla, Passoa, passionfruit, lime served with prosecco

Amaretto Sour £7.50
Amaretto with fresh lemon served over crushed ice

Negroni £7.95
Campari, gin and sweet vermouth

Sex on the Beach £8.00
Vodka, Peach Schnapps, orange and cranberry juice

Mojito £8.50
Bacardi Carta Blanca rum, mint, lime, sugar and soda over crushed ice

Pimm's £6.95 Glass £19.95 Jug
Pimm's, lemonade and summer fruits

Bellini £6.50
Prosecco with peach or passionfruit purée

Baby Guinness £4.00 B52 £4.00
Kahlua and Baileys Tia Maria, Baileys, Cointreau

Please speak your server if you have any allergies or dietary requirements, we cannot guarantee all our dishes are allergen free and which cheeses are animal product free. Gluten free alternatives available.

Dishes with fish may contain bones and some olives have stones.



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DISCOVER THE TASTE OF ITALY

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