



Salt

Appetisers

Mixed Tuscan Olives	£4.50	Maldon Sea Salt Polenta Chips	£6.50	La Nostra Marinara	£7.50
Artisan Bread Selection	£5.50	Pizza Garlic Bread / With Cheese	£5.50 / £7.50	Tomato & Basil Bruschetta	£7.50

Starters

Mussels Marinara	Reg £11.50 / Large £16.50	Tagliatelle alla Bolognese	£16.90
Fresh mussels simmered in cherry tomatoes and a garlic white wine sauce with touches of spice. Served with homemade bread.		Fresh egg tagliatelle served with our traditional slow cooked beef ragu. Topped with aged Parmigiano Reggiano.	
Burrata al Parma con Gnocchi Fritti	£14.90	Penne al'Arrabbiata	£14.50
Creamy burrata with silky slices of aged parma ham accompanied by pillowy gnocchi fritto, finished with a basil infused extra virgin olive oil.		Penne pasta in a fiery tomato sauce with garlic, extra virgin olive oil, Calabrian chilli and fresh Italian herbs. Add Chicken or Prawns +£4.00	
Antipasto Italiano	£15.90	Linguine Pescatora	£18.90
A variety of Italy's finest cured meats, complemented by marinated vegetables, olives and sundried tomatoes.		Linguine pasta served with a luxurious selection of prawns, calamari, mussels and clams gently sautéed in white wine, garlic and cherry tomato with a touch of chilli.	
Calamari & Zucchini	£13.90	Spaghetti Carbonara	£15.50
Crispy, light calamari and zucchini fritti accompanied with sweet chilli sauce.		Spaghetti pasta tossed with crispy pancetta, free-range egg yolk and aged Pecorino Romano. Add Chicken or Salmon +£4.00	
King Prawns	Reg £14.50 / Large £26.00	Lasagna Vegetariana	£16.50
King prawns sautéed in fragrant garlic and white wine finished with sweet cherry tomatoes and a touch of chilli.		Layers of fresh pasta, grilled vegetables, slow cooked tomato sauce and velvety béchamel baked to perfection.	
Tropical Prawns & Avocado	£13.90	Risotto Asparagus & Pancetta	£17.50
Fresh prawns tossed in a zesty rose sauce layered with smashed avocado and baby gem lettuce.		Creamy Arborio rice infused with white wine and finished with crispy pancetta, fresh asparagus, aged parmesan and mascarpone.	
Panzerotto Fritto	£11.50	Risotto Gambero e Zucchini	£18.50
Crispy golden parcels of handmade dough filled with creamy mozzarella and fiery Calabrese sausage. Paired with a fragrant tomato and oregano sauce.		Creamy Arborio rice, succulent prawns, tender zucchini and slow roasted cherry tomatoes with a hint of chilli white wine and fresh herbs.	
Garden Greens with a Poached Egg	£13.90	Penne al Pollo	£17.50
Blanched asparagus and a soft poached egg with mustard dressing and toasted almond flakes.		Tender chicken breast in penne with creamy sundried and cherry tomatoes and vibrant spring onions.	
Frittelle di Merluzzo	£12.50	Tortelloni Ricotta & Spinach	£16.90
Golden cod and vegetable fritters delicately seasoned with parsley and lemon zest. Served with a tangy herb dip.		Fresh ricotta and spinach filled tortelloni served in a creamy tomato and basil sauce.	

Pizze Classiche

Margherita	£10.90	Salt	£16.50
San Marzano tomato sauce, creamy fior de latte mozzarella, fresh basil leaves and a drizzle of extra virgin olive oil.		Italian pepperoni with roasted sweet peppers and caramelised red onions topped with aged parmigiano and bold gorgonzola over a tomato and mozzarella base	
Americana	£13.50	Burrata e Nduja	£16.50
San Marzano tomato sauce, creamy fior de latte mozzarella and Italian pepperoni.		San Marzano tomato sauce, creamy fior de latte mozzarella and spicy nduja sausage finished with a whole burrata after baking with fresh basil.	
Diavola	£15.90	Emiliana	£18.50
San Marzano tomato and spicy nduja base, creamy fior de latte mozzarella, spicy Calabrese salame and fiery jalapeño peppers.		Elegant mascarpone base with smoky scamorza cheese, premium parma ham, sweet cherry tomatoes and fresh rocket with delicate parmigiano shavings.	
Capricciosa	£16.50	Essex Pizza	£17.50
San Marzano tomato sauce, creamy fior de latte mozzarella, Italian ham marinated artichokes, mushrooms and black olives.		Crispy confit duck with creamy goats cheese and fior de latte mozzarella accented by caramelised red onions and spicy, sweet Roiquito peppers.	
Vegetariana	£16.50	Quattro Formaggi con Albicocca	£17.50
Hummus base, creamy fior de latte mozzarella, grilled aubergine, sweet roasted peppers and courgettes finished with a drizzle of extra virgin olive oil.		Indulgent mix of fior de latte mozzarella, creamy dolce latte, aged parmigiano and smoked scamorza topped with a light glaze of apricot jam.	
Prosciutto e Funghi	£15.90	Our Calzone	£17.50
San Marzano tomato sauce, creamy fior de latte mozzarella, Italian ham and a mix of mushrooms finished with a drizzle of extra virgin olive oil.		A warm folded pizza filled with rich beef ragu, crispy pancetta and creamy buffalo mozzarella.	
Siciliana	£16.50	Bufala e Pistacchio	£16.90
San Mazarno tomato sauce, creamy fior de latte mozzarella, spicy Italian pepperoni, tuna and black olives.		White base pizza with silky buffalo mozzarella, aromatic pistachio pesto, roasted cherry tomatoes and a touch of parmesan.	
Pollo Grigliato	£16.50	Meat Lover	£18.50
Tender grilled chicken breast and roasted sweet peppers on a white base		San Marzano tomato sauce, creamy fior de latte mozzarella, Italian ham, spicy pepperoni, marinated grilled chicken and crispy pancetta.	

Pizze Speciali

Meat & Fish

Pistachio Crusted Lamb Cutlets	£26.90
Tender lamb cutlets with a pistachio crust served with creamy mashed potatoes and fresh pea and mint purée finished with a luxurious red wine jus.	
Grilled Ribeye (12oz)	£29.90
Prime ribeye steak perfectly grilled served with golden hand cut chips, slow roasted tomatoes and smooth peppercorn sauce.	£34.90
Scotch Fillet of Beef (10oz)	£19.50
Prime fillet of beef with golden potato gratin, wilted spinach and punchy pepper sauce.	
Pollo Milanese	£21.50
Lightly breaded chicken breast pan fried until golden crispy served with either zesty tomato linguine pasta or a fresh rocket salad.	
Roasted Baby Chicken	£21.90
Oven roasted herb marinated baby chicken with garlic and rosemary roast potatoes and a rich thyme infused chicken jus.	
Sea Bass Fillet	£22.90
Pan-seared sea bass fillet paired with tender broccoli and sweet roasted cherry tomatoes finished with a light garlic, white wine lemon sauce.	
Salmone al Forno	
Succulent baked salmon fillet on a bef of vibrant julienne vegetables, drizzled with a fragrant saffron infused sauce.	
Catch of the Day	
Please ask staff.	

Perfect for Sharing

Grand Grigliata di Mare £59.50

Vibrant selection of king prawns and shellfish complemented by a delicate fillet of sea bass and salmon. Served with fragrant garlic and rosemary new potatoes and a rich lemon butter and parsley sauce.

Royal Grigliata di Carne £59.90

Selection of premium grilled ribeye steak, lamb chops and chicken breast. Served with hand cut chips and smooth peppercorn sauce.

Salads

Aromatic Confit Duck Salad	£17.50
Crispy confit duck on a bed of mixed greens, sweet orange and pomegranate with a zesty ginger dressing.	
Goats Cheese Salad	£16.90
Crispy confit duck on a bed of mixed beetroot, poached pears and caramelised walnuts drizzled with a rich balsamic reduction.	
Salt Chicken Salad	£17.50
Marinated grilled chicken breast on a bed of mixed greans, sundried tomatoes and a free-range egg finished with a creamy blue cheese dressing.	

Sides & Sauces

Seasoned Vegetables	£6.90	New Potatoes	£5.90
Mixed Salad	£6.90	Hand Cut Chips	£5.90
Rocket & Parmigiana	£6.90	Peppercorn Sauce	£4.50
Zucchini Fritti	£6.90	Red Wine Jus	£4.50
Tomato & Red Onion	£6.90	Dolce Latte Cheese Sauce	£4.50

Wine List

Still wines displayed as 175ml and 75cl bottle Sparkling wines displayed as 125ml and 75cl bottle

The White Collection

Borgo Sanleo Bianco Italy	£7.50	£24.50	Cortevista Pinot Grigio Rosé Italy	£7.90	£28.60
Light and versatile, this charming wine offers subtle floral aromas and delicate fruit notes.			Beautiful pale pink with defined notes of wildflowers, small red berries and touches of honey.		
Ca'Vescovo Pinot Grigio DOC Superiore Italy	£8.50	£28.50	Château L'Oasis Provence Rosé France		£38.50
Refined and delicate dry palate offering a bouquet of pear, citrus and white blossom.			Classic Provence Rosé showing expressive and aromatic fresh cherries and floral notes alongside more tropical fruits and finishing with a soft, round palate.		
Tor del Colle Trevenezie Sauvignon Blanc Italy	£9.50	£31.50	Saget Sancerre Rosé France		£51.70
Aromatic notes of lively citrus and passionfruit notes with elegant undertones of gooseberries and fresh herbs that bring a bright character.			A wine of rare finesse and purity exuding aromas of red berry fruits with vibrant freshness and a delicate minerality that lingers with poise and grace.		
Chardonnay Friuli Zonin DOC Italy		£31.50			
Floral characters of elderflower with hints of golden apples lifted by a bright acidity and smooth, refreshing texture.					
Les Roches Saintes Picpoul de Pinet France		£32.50			
Vibrant palate of melon and peach with a backbone of intense minerality and zippy, clean acidity.					
Buscareto Verdicchio dei Castelli di Jesi Italy		£34.50			
Fuller in style with well-balanced nutty almonds and citrus flowers with great concentration.					
Entreflores Albariño Spain		£36.50			
Elegant notes of lemon verbena, white flowers and tropical pineapples with fine minerality and a rounded finish.					
Calasole Vermentino DOC Italy		£38.50			
Expressive notes of peach, lime and pink grapefruit with a long, mineral finish.					
Cossetti Gavi di Gavi Italy		£44.50			
Fresh and harmonious blend of crisp acidity with delicate orchard fruit notes.					
La Chateau Sancerre France		£48.50			
Intense nose of apples in abundance with steely acidity and a lingering finish of gooseberries.					

Blushing Rosé

The Red Collection

Borgo Sanleo Rosso Italy	£7.50	£24.50	Franschhoek Cellar Cabernet Sauvignon South Africa		£31.50
Bright and approachable fresh red berries with subtle hints of spice that make for a smooth and easy-drinking experience.			Deep crimson with black fruits and floral violets that lead to a savoury oak spiced finish.		
Merlot Friuli Superiore Zonin DOC Italy	£7.90	£28.50	Carlos Serres Rioja Crianza Spain		£31.50
Ruby red in colour with generous aromas of sour cherries, redcurrants and a touch of spice that lead to a well-rounded finish.			14 months of ageing in both American and French oak barrels give this wine great complexity and structure, brimming with ripe fruits and liquorice flavours.		
Origins Malbec Mendoza, Argentina	£9.50	£32.50	Amira Nero D'Avola Italy		£35.50
Elegantly structured notes of blackberries, plums and vanilla complemented by soft tannins that highlight its organic purity.			Lovely floral and balsamic hints on a silky, refined palate that finishes with a pleasant trace of almonds and a subtle mineral tension.		
			Dos Almas Pinot Noir Gran Reserva Chile		£38.50
			Delicately perfumed notes of red cherries and subtle oak on a light-bodied palate.		
			Doppio Primitivo di Manduria Riserva Italy		£34.50
			Intense purple colour, tending towards amber with ageing. The bouquet has notes of jammy fruits with a very solid structure and soft tannins and acidity.		
			Terre del Barolo Riserva Italy		£82.50
			As a Riserva this Barolo spends more time ageing, giving more time for the typical firm tannins to soften and become more gentle.		
			Amarone della Valpolicella DOCG Italy		£82.50
			Majestic, complex palate of dried plums, ripe black cherries, herbs and dark chocolate. A wine of great depth, length and distinction.		

“Una cena senza vino e come un giorno senza sole.”
A dinner without wine is like a day without sunshine.

