

Salt

Appetisers

Mixed Tuscan Olives £5.90
Artisan Bread Selection £5.90

Maldon Sea Salt Polenta Chips £6.90
Pizza Garlic Bread / With Cheese £5.90 / £7.90

Chilli, Garlic & Mushroom Bruschetta £7.90
Tomato & Basil Bruschetta £7.90

Starters

Mussels Marinara Reg £11.50 / Large £18.90
Fresh mussels simmered in cherry tomatoes and a garlic white wine sauce with touches of spice. Served with homemade bread.

Burrata al Parma con Gnocchi Fritti £16.90
Creamy burrata with silky slices of aged parma ham accompanied by pillowy gnocchi fritto, finished with a basil infused extra virgin olive oil.

Antipasto Italiano £16.90
A variety of Italy's finest cured meats, complemented by marinated vegetables, olives and sundried tomatoes.

Calamari & Zucchini £14.90
Crispy, light calamari and zucchini fritti with sweet chilli sauce.

King Prawns Reg £14.90 / Large £26.00
King prawns sautéed in fragrant garlic and white wine finished with sweet cherry tomatoes and a touch of chilli.

Arancina £15.90
Golden Sicilian rice ball filled with beef mince meat and sweet peas on a bed of spicy tomato sauce.

Panzerotto Fritto £12.90
Crispy golden parcels of handmade dough filled with creamy mozzarella and fiery Calabrese sausage. Paired with a fragrant tomato and oregano sauce.

Baked Portobello Mushroom £15.90
Oven baked Portobello mushroom topped with roasted mixed peppers and creamy goats cheese.

Frittelle di Merluzzo £12.90
Golden cod and vegetable fritters delicately seasoned with parsley and lemon zest. Served with a tangy herb dip.

Pasta & Risotto

Spaghetti alla Bolognese £17.90
Spaghetti pasta served with our traditional slow-cooked beef ragu topped with aged Parmigiano Reggiano.

Penne al'Arrabbiata £14.90
Penne pasta in a fiery tomato sauce with garlic, extra virgin olive oil, Calabrian chilli and fresh Italian herbs. **Add Chicken or Prawns +£5.00**

Linguine Pescatora £22.90
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.

Spaghetti Carbonara £16.90
Spaghetti pasta tossed with crispy pancetta, free-range egg yolk and aged Pecorino Romano. **Add Chicken or Salmon +£5.00**

Linguine Vongole £21.90
Classic linguine with fresh clams, garlic, white wine, chilli and a touch of parsley.

Risotto alla Zucca & Pancetta £17.90
Creamy Arborio rice delicately infused with white wine and roasted butternut squash, enriched with crispy pancetta and sage.

Risotto Gambero e Zucchini £21.90
Creamy Arborio rice, prawns, zucchini and slow roasted cherry tomatoes with a hint of chilli white wine and fresh herbs.

Penne al Pollo £17.90
Tender chicken breast in penne with creamy sundried and cherry tomatoes and vibrant spring onions.

Tortelloni Ricotta & Spinach £18.90
Fresh ricotta and spinach filled tortelloni served in a creamy tomato and basil sauce.

Meat & Fish

Pistachio Crusted Lamb Cutlets £29.90
Tender lamb cutlets with a pistachio crust with creamy mashed potatoes and fresh pea and mint purée finished with a red wine jus.

Grilled Ribeye (12oz) £52.90
Prime ribeye steak perfectly grilled served with golden hand cut chips, slow roasted tomatoes and smooth peppercorn sauce.

Scotch Fillet of Beef (10oz) £54.90
Prime fillet of beef with sautéed potatoes, wilted spinach and punchy red wine sauce.

Pollo Milanese £19.90
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 with crushed potatoes, broccoli and roasted cherry tomatoes finished with a light garlic, white wine lemon sauce.

Salmone al Forno £25.90
Succulent baked salmon fillet on a bed of vibrant julienne vegetables, drizzled with a fragrant saffron infused sauce.

Confit d'Anatra £24.90
Slow-cooked duck leg with dauphinoise potatoes, green beans and an Amalfi orange sauce.

Perfect for Sharing

Grand Grigliata di Mare £62.90
Vibrant selection of succulent king prawns and perfectly cooked shellfish complemented by a delicate fillet of sea bass and salmon. Served with fragrant rosemary new potatoes and a rich lemon butter and parsley sauce.

Royal Grigliata di Carne £62.90
Selection of premium grilled ribeye steak, lamb chops and chicken breast. Served with hand cut chips, seasonal salad and smooth peppercorn sauce.

Salads

Aromatic Confit Duck Salad £17.90
Crispy confit duck on a bed of mixed greens, sweet orange and pomegranate with a zesty ginger dressing.

Goats Cheese Salad £17.90
Creamy goats cheese with roasted beetroot, poached pears and caramelised walnuts drizzled with a rich balsamic reduction.

Salt Chicken Salad £17.90
Marinated grilled chicken breast on a bed of mixed greens, sundried tomatoes and a free-range egg finished with a blue cheese dressing.

Sides & Sauces

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

Pizze Classiche

Margherita £11.90
San Marzano tomato sauce, creamy fior de latte mozzarella, fresh basil leaves and a drizzle of extra virgin olive oil.

Americana £15.90
San Marzano tomato sauce, creamy fior de latte mozzarella and Italian pepperoni.

Diavola £16.90
San Marzano tomato and spicy nduja base, creamy fior de latte mozzarella, spicy Calabrese salame and fiery jalapeño peppers.

Capricciosa £16.90
San Marzano tomato sauce, creamy fior de latte mozzarella, Italian ham, marinated artichokes, mushrooms and black olives.

Vegetariana £16.90
Hummus base, creamy fior de latte mozzarella, grilled aubergine, sweet roasted peppers and courgettes finished with a touch of extra virgin olive oil.

Prosciutto e Funghi £15.90
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.

Siciliana £16.90
San Mazarno tomato sauce, creamy fior de latte mozzarella, spicy Italian pepperoni, tuna and black olives.

Pollo Grigliato £16.90
Tender grilled chicken breast and roasted sweet peppers on a white base of creamy fior de latte mozzarella finished with a rich BBQ glaze.

Pizze Speciali

Salt £17.90
Italian pepperoni with roasted sweet peppers and caramelised red onions topped with aged parmigiano and bold gorgonzola over a tomato and mozzarella base

Burrata e Nduja £16.90
San Marzano tomato sauce, creamy fior de latte mozzarella and spicy nduja sausage finished with a whole burrata after baking with basil.

Emiliana £18.90
Elegant mascarpone base with smoky scamorza cheese, premium parma ham, sweet cherry tomatoes and fresh rocket with delicate parmigiano shavings.

Essex Pizza £17.90
Crispy confit duck with creamy goats cheese and fior de latte mozzarella accented by caramelised red onions and spicy, sweet Roquito peppers.

Quattro Formaggi con Albicocca £17.90
Indulgent mix of fior de latte mozzarella, creamy dolce latte, aged parmigiano and smoked scamorza topped with a glaze of apricot jam.

Our Calzone £17.90
A warm folded pizza filled with rich beef ragu, crispy pancetta and creamy buffalo mozzarella.

Bufala e Pistacchio £17.90
White base pizza with silky buffalo mozzarella, aromatic pistachio pesto, roasted cherry tomatoes and a touch of parmesan.

Meat Lover £18.90
San Marzano tomato sauce, creamy fior de latte mozzarella, Italian ham, spicy pepperoni, marinated grilled chicken and crispy pancetta.

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 £7.90 £25.90
Light and versatile, this charming wine offers subtle floral aromas and delicate fruit notes.

Ca'Vescovo Pinot Grigio £8.90 £28.90
DOC Superiore | Friuli, Italy
Refined and delicate dry palate offering a bouquet of pear, citrus and white blossom.

Waddling Duck £9.90 £51.90
Sauvignon Blanc | Marlborough, New Zealand
Youthful citrus and passionfruit notes with an elegant undertone of gooseberries that bring a bright character.

Chardonnay Zonin DOC | Friuli, Italy £51.90
Floral characters of elderflower with hints of golden apples lifted by a bright acidity and smooth, refreshing texture.

Les Roches Saintes £53.90
Picpoul de Pinet | Languedoc Roussillon, France
Vibrant palate of melon and peach with a backbone of intense minerality and zippy, clean character.

Buscareto £54.90
Verdicchio dei Castelli di Jesi | Marche, Italy
Fuller in style with well-balanced nutty almonds and citrus flowers with great concentration.

Entreflores Albariño | Rias Baixas, Spain £56.90
Elegant notes of lemon verbena, white flowers and tropical pineapples with fine minerality and a rounded finish.

Calasole Vermentino DOC | Tuscany, Italy £58.90
Expressive notes of peach, lime and pink grapefruit with a long, mineral finish.

Cossetti Gavi di Gavi | Piedmont, Italy £44.90
Harmonious blend of crisp acidity with delicate orchard fruit notes.

La Chateau Sancerre | Loire Valley, France £48.90
Intense nose of apples in abundance with steely acidity and a lingering finish of ripe gooseberries.

Blushing Rosé

Cortevista Pinot Grigio Rosé | Italy £8.90 £28.90
Beautiful pale pink with defined notes of wildflowers, small red berries and touches of honey.

Chateau L'Oasis £58.90
Provence Rosé | Provence, France
Classic Provence rosé showing expressive and aromatic cherries and floral notes alongside more tropical fruits and a rounded palate.

Saget Sancerre Rosé | Loire Valley, France £51.90
A wine of rare finesse and purity exuding aromas of red berry fruits with vibrant freshness and a delicate minerality that lingers.

Sparkling Moments

Prosecco Cuvée 1821 Brut £9.90 £55.90
Zonin DOC | Veneto, Italy
Lively and aromatic sparkling wine with bright notes of green apple, pear and white flowers.

Prosecco Rosé 1821 Brut £9.90 £55.90
Zonin DOC | Veneto, Italy
Pale blush colour with fine and persistent bubbles showing enchanting hints of wild berries and a soft yet elegant dryness.

Charles Joubert £12.90 £52.90
Brut Champagne | Champagne, France
Subtle blend of 3 Champagne grape varieties offering toasty red fruit aromas and a fine mousse.

Bollinger Special Cuvée | Ay, France £132.00
A signature Champagne of depth and complexity showing layers of apple, spice and toasted nuts that unfold alongside velvety bubbles.

Laurent Perrier £145.00
Cuvée Rosé | Tours sur Marne, France
100% Pinot Noir offering a glorious flavour of ripe red cherries and raspberries on an exquisitely fresh and vibrant palate.

The Red Collection

Borgo Sanleo Rosso | Veneto, Italy £7.90 £25.90
Bright and approachable fresh red berries with subtle hints of spice that make for a smooth and easy-drinking experience.

Ca'Vescovo Merlot £8.90 £28.90
Superiore Zonin DOC | Friuli, Italy
Ruby red in colour with generous aromas of sour cherries, redcurrants and a touch of spice that lead to a well-rounded finish.

Origins Malbec | Mendoza, Argentina £10.90 £54.90
Elegantly structured notes of blackberries, plums and vanilla complemented by soft tannins that highlight its organic purity.

Franschhoek Cellar £51.90
Cabernet Sauvignon | Western Cape, South Africa
Deep crimson with intense back fruits and floral violets that lead to a savoury oak spiced finish.

Carlos Serres Rioja Crianza | Rioja, Spain £51.90
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.

Amira Nero D'Avola | Sicily, Italy £55.90
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 £58.90
Gran Reserva | Colchagua Valley, Chile
Perfumed notes of red cherries and oak on a light-bodied palate.

Doppio Primitivo di Manduria £54.90
Riserva | Puglia, Italy
Intense purple colour with a bouquet of jammy fruits and a very solid structure.

Terre del Barolo Riserva | Piedmont, Italy £82.90
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 | Veneto, Italy £82.90
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.

