



## IT'S ALL ABOUT THE BASE

### ANTIPASTI

<b>OLIVES &amp; TARALLI</b> <span>Ⓥ</span> Mediterranean olives and savoury biscuit snacks.....4.95	<b>CAPRESE</b> <span>V</span> <span>GF</span> <span>Ⓝ</span> Buffalo mozzarella with fresh tomatoes, basil pesto and balsamic .....8.95 Add Parma ham £2.50
<b>GARLIC BREAD</b> <span>Ⓥ</span> .....6.5 With cheese add £2 <span>V</span>	<b>ANTIPASTO DOUGH SPECIAL</b> <span>(GF optional)</span> <span>Ⓝ</span> A mix of Italian cheeses and cured meats, with roasted vegetables, sun-dried tomatoes and olives. Served with freshly-baked bread and basil pesto. Great to share .....14.95 Gluten-free option add £3.50.
<b>BRUSCHETTA</b> <span>Ⓥ</span> Homemade toasted bread with cherry tomatoes, garlic, basil, extra virgin olive oil .....6.5	
<b>WARM BURRATA</b> <span>GF</span> <span>Ⓝ</span> Creamy mozzarella wrapped in Parma ham, with mixed leaves, basil pesto and balsamic glaze .....8.95	

### PUCCE A freshly baked sandwich from the south of Italy

Available on your choice of dough,  
See overleaf for our full list of regular and gluten free options.

<b>CAPRI</b> <span>V</span> <span>Ⓝ</span> Tomato, buffalo mozzarella, basil pesto .....10.95
<b>SORRENTO</b> <span>V</span> Fior di latte mozzarella, grilled vegetables (yellow peppers, aubergines, courgettes) and rocket .....10.95
<b>LECCE</b> San Daniele Parma ham, mozzarella, rocket, tomato .....11.95
<b>TROPEA</b> Italian pepperoni ventricina, aubergine, buffalo mozzarella, rocket .....11.95

### MAINS All mains are served with a mixed leaf salad

<b>LASAGNA BOLOGNESE</b> Layered pasta with Bolognese and tomato sauce, mozzarella and grana padano .....14.95
<b>PARMIGIANA</b> <span>GF</span> <span>V</span> Layers of fried aubergine baked with tomato sauce, mozzarella and basil .....12.95
<b>CANNELLONI</b> <span>V</span> Cannelloni pasta with a creamy spinach and ricotta filling, baked in tomato sauce with mozzarella .....13.95

### SIDES

<b>ROAST POTATOES</b> .....3.95
<b>MIXED SALAD</b> .....3.95
<b>BABY SPINACH SALAD</b> <span>Ⓝ</span> with sesame seeds and walnuts .....3.95

### SALAD BOWLS

<b>TUNA SALAD</b> <span>GF</span> Mixed leaves, rocket, cherry tomatoes, Kalamata olives, Callipo yellowfin tuna chunks, balsamic glaze .....10.95
<b>BEETROOT SALAD</b> <span>GF</span> <span>V</span> <span>Ⓝ</span> Baby spinach, heirloom tomatoes, green pitted olives, feta, beetroot, walnuts, basil pesto .....10.95

### KIDS' MENU

<b>PIZZA MARGHERITA / PIZZA WITH HAM</b> with apple or orange juice and ice cream.....8.5
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GF: GLUTEN-FREE, V: VEGETARIAN, Ⓥ: VEGAN, Ⓝ: Nuts

All of our dough is dairy-free. For allergies or intolerances, please ask a member of the team.  
Please note, a discretionary 10% service charge will be added.



IT'S ALL ABOUT THE BASE

PIZZA MENU

CHOOSE  
YOUR BASE:



**SOURDOUGH  
THE CLASSIC**

Our classic sourdough uses only certified grain, incorporates whole grain flour and takes 48-72 hours to make, ensuring it's light and easily digestible.



**KAMUT**  
2

Slightly sweet, nutty and buttery in flavour. With more protein, amino acids, vitamins and minerals than modern wheat. Kamut also contains less gluten and is well-known for its antioxidant qualities.



**TURMERIC**  
2

Gently warming and aromatic in flavour, with notes of ginger and orange. One of the most powerful plants on the planet, turmeric is revered for its anti-inflammatory and detoxifying qualities, with the potential to improve everything from cognitive process to blood sugar balance, kidney function and more.



**MULTIGRAIN**  
2

Nutty in flavour, and made up of seven different flours and seeds, this dough is rich in fibre, vitamins, protein and minerals and comes with extra crunch.



**HEMP**  
2

Nutty in both texture and flavour, eco-friendly hemp is surprisingly good for you. The hemp seed is bursting with Omega-3 and Omega-6, essential fatty acids that have heart health and anti-inflammatory benefits, among others.



**GRANO ARSO**  
2

Smoky, nutty flavour. Associated with the 'cucina povera' of the 18th and 19th century, Grano Arso translates as burnt grain. The earthy, toasty flavour is gently reminiscent of the burnt edges of pizza or bread.



**GLUTEN-FREE**  
3.5



**GLUTEN-FREE  
HEMP**  
3.95



**GLUTEN-FREE  
TURMERIC**  
3.95



**GLUTEN-FREE  
SEAWEED**  
3.95

Savoury and salty in flavour. Seaweed is the superfood that reduces our rate of fat absorption while also being rich in iodine, protein and vitamins A-C.



**GLUTEN-FREE  
PURPLE CORN**  
3.95

Lighter in flavour than yellow corn, purple corn is a vibrant, free-from antioxidant powerhouse, full of vitamins and minerals associated with lowering blood pressure to improving eye and kidney health.

THE TRADITIONALS

<b>MARINARA</b> (no cheese) <span>V</span>	
Tomato sauce, garlic, oregano.....	8.95
<b>MARGHERITA</b> <span>V</span>	
Tomato sauce, mozzarella, basil .....	10.95
<b>NAPOLETANA</b> (no cheese)	
Tomato sauce, anchovies, capers, black olives.....	12.95
<b>HAM &amp; MUSHROOM</b>	
Tomato sauce, mozzarella, Italian ham, mushrooms, parsley, garlic oil .....	13.95
<b>PEPPERONI CALABRESI</b>	
Tomato sauce, mozzarella, Italian pepperoni, peppers, `nduja.....	14.5
<b>VEGETARIANA</b> <span>V</span>	
Tomato sauce, mozzarella, aubergine, courgette, grilled peppers, onion, rocket, cherry tomatoes, sun-dried tomatoes .....	14.5
<b>MEDITERRANEAN</b>	
Tomato sauce, mozzarella, tuna, capers, olives, cherry tomatoes, oregano, basil.....	13.95
<b>LE FREAK</b> (no tomato sauce)	
Mozzarella, Parma ham, rocket, grana cheese, cherry tomatoes .....	13.95
<b>QUATTRO STAGIONI</b>	
Tomato sauce, mozzarella, ham, mushrooms, artichokes, olives .....	14.5
<b>MEATY FEAST</b>	
Tomato sauce, mozzarella, Italian pepperoni, Italian sausage, pancetta, onion .....	15.95
<b>PIZZA PARCEL</b> (no tomato sauce) <span>V</span>	
A square parcel filled with vegan cheese, aubergine, courgette, peppers, olives .....	13.5
<b>CALZONE</b>	
Folded pizza with tomato sauce, mozzarella, ham, mushrooms, egg yolk. Served with a small mixed salad .....	14.5

THE SPECIALS

<b>RICOTTA &amp; SPINACI</b> (no tomato sauce) <span>V</span>	
Mozzarella, spinach, ricotta, sun-dried tomatoes and 'Leccino' black olives	
Based on our <b>Hemp dough</b> .....	15.95
<b>SMOKEY</b>	
Tomato sauce, mozzarella, speck ham, smoked mozzarella and rosemary	
Based on our <b>Grano Arso dough</b> .....	16.5
<b>FRUTTI DI MARE</b>	
Yellow tomato sauce, mozzarella, squid, mussels, prawns	
Based on our <b>Hemp dough</b> .....	16.95
<b>V FOR VEGAN</b> (no tomato sauce) <span>V</span>	
Vegan cheese, beetroot, capers, courgette and rocket	
Based on our <b>Multigrain dough</b> .....	15.95
<b>LA VICINA</b> (no tomato sauce)	
Mozzarella, caramelised onion, courgette, prawns, feta, rocket, cherry tomatoes	
Based on our <b>Grano Arso dough</b> .....	17.5
<b>LA GINA</b> (no tomato sauce) <span>N</span>	
Mozzarella, caramelised onion, crispy speck ham, olive pâté, ricotta, pistachios, parmesan disc	
Based on our <b>Turmeric dough</b> .....	17.5
<b>PARTIGIANA</b>	
Mozzarella, tomato sauce, aubergine, Italian sausage, 'nduja, cherry tomatoes and parmesan cheese	
Based on our <b>Turmeric dough</b> .....	16.95
<b>`A MORTAZZA</b> (no tomato sauce) <span>N</span>	
Yellow tomato sauce, 'Fior di latte' and buffalo mozzarella, mortadella, pistachios, artichokes	
Based on our <b>Multigrain dough</b> .....	16.95

**EXTRA TOPPINGS**  
Any extra toppings between .....1-3

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