

NIBBLES

Homemade garlic bread [v, ve] £6.65

- add mozzarella cheese £0.75
- add olive oil & vinegar dip £0.65

Selection of olives [v, ve, gf] £4.45

specialty marinated in-house

Homemade breadsticks [v] £2.05

SALAD

Classic Greek salad [v, gf] £8.65

Salad leaves, cherry tomatoes, cucumber, pepper, olives, red onions, feta cheese & olive oil dressing

House salad [v, ve, gf] £6.45

Salad leaves, cherry tomatoes, cucumber & an olive oil dressing

Caprese Salad [v, gf] £7.15

Fresh mozzarella, tomatoes and basil leaves in an olive oil & balsamic vinegar dressing.

Mediterranean Salad [gf] £7.35

Rocket, cherry tomatoes, pomegranate seeds, walnuts, shaved parmesan & a balsamic & olive oil dressing

Avocado salad [v] £7.95

Avocado, sundried tomatoes, couscous, feta cheese, mixed leaves & avocado sauce

STARTERS

Mushrooms Sophia £8.75

Succulently baked mushrooms stuffed with Sophia's special crab filling

Mushrooms Mamma Mia [v] £7.55

Sophia's famous mushrooms loaded with creamy mozzarella cheese & lathered in homemade Napolitana sauce

Italian Meatballs £8.95

Traditional homemade meatballs- just like Nona makes them!

Calamari Rings £8.85

Crispy calamari rings, served with lemon & alioli

Gambas [gf] £8.85

Sizzling king prawns doused in a rosemary, chili & garlic butter

Traditional Bruschetta [v, ve] £6.95

Crispy bruschetta bread, topped with a mouth-watering tomato, red onion & basil marinade

Bruschetta Carni £7.95

Crispy bruschetta breads topped with tomato, red onion, basil & a duck liver pâté

Spanish Chorizo [gf] £7.95

Sauteed baby potatoes & chorizo, cooked in brandy

Grilled Goat's Cheese [v] £7.95

Velvety goat's cheese atop a crispy crouton base, paired with a tempting poached pear & honey

Soup of the day £6.65

Please ask a member of staff for today's soup of the day

Whitebait £8.25

Buttered whitebait, served on a bed of greens with
lemon & alloli

Fagottini di Asparagi [gf] £8.15

Grilled asparagus, mozzarella & prosciutto parcels

Mussels [gf] £7.85

Black & green mussels with tomatoes & parsley, steamed
in lemon & white wine

Antipasto (for two) £18.85

Assortment of cured meats, cheeses, pickled &
caramelised vegetables, olives & bread

Choose a vegetarian option £12.45

MEAT & POULTRY

Lamb Chops £26.65

Lamb chops served on a bed of rice with seasonal vegetables & red wine jus

Honey Roast Duck Breast [gf] £24.95

Succulent duck breast coupled with honey glazed pear & raspberry served on a bed of rice

Fillet of Beef [gf] £31.95

Fillet of beef, served with sautéed potatoes, sauce of your choice & seasonal vegetables

Steak Diane £29.95

Flattened fillet of beef cooked in Diane sauce & served with seasonal vegetables & sautéed potatoes

Tornedos Rossini £32.95

Fillet of beef assembled below a slice of pâté & crouton served with a red wine jus, sautéed potatoes, & seasonal vegetables

T-bone [gf] £37.95

21 days old aged T-bone steak, served with sautéed potatoes, seasonal vegetables & a sauce of your choice

Chicken "Parmigiano" [gf] £21.95

Chicken breast with pepperoni, under a mozzarella & parmesan crust, served with sautéed potatoes & seasonal vegetables

Chicken a la crème [gf] £20.95

Chicken breast sautéed in a rich creamy white wine sauce & served with sautéed potatoes & seasonal vegetables

FISH & SEAFOOD

Seabass “Branzino” [gf] £22.95

Fillet of seabass sauteed in a white wine with tomato, olives & parsley & served with sautéed potatoes & seasonal vegetables

Gamberoni Picanti [gf] £23.95

Juicy king prawns sautéed in tomato sauce with white wine peppers, onion & garlic, served with rice

Mussels “Marinieres” £19.25

Pan-steamed mussels in a delicate creamy white wine sauce & served with bread

Tuscan Salmon [gf] £24.65

Fillet of Salmon paired with a creamy spinach, tomato, onion & garlic sauce & served with rice

Nona’s Stuffed Calamari £20.65

Whole calamari, stuffed with mixed seafood, rice & mozzarella cheese cooked in white wine & tomato sauce

Lemone Sole £21.95

Fillet of Lemone Sole served with sauteed potatoes, seasonal vegetables & caper-lemon sauce

Seasonal vegetables will vary please ask a member of staff for today’s seasonal vegetables

Available sauces: gravy, peppercorn, blue cheese, wild mushroom

Available sides that can be substituted upon request: sautéed potatoes, rice, chips, side salad, sweet potato chips

PIZZA

Margarita [v] £13.95

Classic tomato base with creamy mozzarella

Parma £15.95

Classic tomato base with parma ham, fresh tomatoes, rocket, creamy mozzarella & shaved parmesan

Americano £15.85

Classic tomato base, pepperoni & creamy mozzarella

Calzone "Sophia" £16.95

Traditional Italian folded pizza with a classic tomato sauce, mozzarella, chicken breast, mushrooms & egg

Calzone Bolognese £15.95

Folded pizza with classic tomato sauce, creamy mozzarella, onions, mushrooms & bolognese mince

4 Cheese £14.95

Classic tomato base, creamy mozzarella, feta cheese, parmesan & blue cheese

Siciliana £15.95

Classic tomato base, creamy mozzarella, chicken breast, pepperoni, onions, peppers & jalapeños

Napolitana £14.95

Classic tomato base, creamy mozzarella, shaved parmesan, olives, onions & peppers

Pizza "Capriciosa" £15.95

Classic tomato base, creamy mozzarella, artichokes, mushrooms, olives, salami

Tuna Pizza £14.95

Classic tomato base, creamy mozzarella, canned tuna, onions, olives & capres

PASTA & RISOTTO

Wild Mushroom Risotto [v, ve*, gf] £15.95

Assortment of wild mushrooms drizzled with truffle oil

Chicken Risotto [gf] £18.95

Chicken breast in mushroom & garlic cream sauce

Seafood Risotto [gf] £19.95

Mixed seafood in a gentle white wine cream sauce

Pea Risotto [gf, v, ve] £15.95

Peas, onions & garlic sauteed in a lemon & white wine sauce

Asparagus Risotto [gf, v, ve] £15.95

Asparagus, onion & garlic sauteed in a white wine sauce

Risotto Gamberi [gf] £18.95

King prawns & courgetti sautéed in a white wine sauce

Traditional beef spaghetti Bolognese £15.95

Lasagne £15.95

Spaghetti Carbonara £16.95

Crispy pancetta in an egg yolk & parmesan cream

Seafood Linguini £17.95

Delicious mixed seafood in a refreshing tomato sauce

Penne Arabiata [v, ve] £15.95

Red peppers, aubergine & olives in a chili tomato sauce

Linguini Salmone £17.95

Shredded salmon in a creamy white wine sauce

Venetian Crab Spaghetti £18.95

White crab meat in rich tomato & garlic sauce

Penne Chicken Alfredo £17.95

Chicken breast, onions & garlic in a creamy parmesan sauce

Penne Quattro Formaggi £15.95

Mozzarella, feta cheese, parmesan, blue cheese, onions & cream, cooked with brandy

Risotto alla Milanese £15.95

Onions, parmesan & saffron in a white wine sauce.

Tortellini al forno [v]£14.95

Spinach tortellini sauteed in a cream sauce with mushrooms & onions.

(All pasta dishes can be made gluten free, but this will take slightly longer, as pasta will be cooked to order)