

## **NIBBLES**

### ***Homemade garlic bread [v, ve] £4.65***

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

### ***Selection of olives [v, ve, gf] £2.45***

specialty marinated in-house

### ***Homemade breadsticks [v] £1.85***

## **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

### ***Salad "Fshati" [v, ve, gf] £6.75***

Traditional Albanian salad with tomato, cucumber, red onion, pepper, lettuce & balsamic dressing

### ***Mediterranean Salad [v, 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 £8.55***

Succulently baked mushrooms stuffed with Sophia's special crab filling

### ***Mushrooms Mamma Mia [v] £7.05***

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] £7.95***

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

### ***Tortilla De Patatas [v] £6.95***

Classic Spanish "omelette" made with eggs, potatoes & caramelized onions

### ***Traditional Bruschetta [v, ve] £6.75***

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

### ***Bruschetta Carni £7.85***

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] £7.75***

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

***Soup of the day £6.45***

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

***Padron Peppers [v, ve, gf] £6.25***

***Fagottini di Asparagi [gf] £7.65***

Grilled asparagus, mozzarella & prosciutto parcels

***Mussels [gf] £7.65***

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

***Antipasto (for two) £16.85***

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

***Choose a vegetarian option £11.35***

## **MEAT & POULTRY**

### ***Lamb Chops £24.65***

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

### ***Honey Roast Duck Breast [gf] £21.95***

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

### ***Fillet of Beef [gf] £28.95***

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

### ***Steak Diane £27.95***

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

### ***Tornedos Rossini £29.95***

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

### ***T-bone [gf] £35.95***

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

### ***Chicken "Parmigiano" [gf] £19.95***

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

### ***Chicken a la crème [gf] £18.95***

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

### ***Chicken 'Cacciatone' [gf] £18.95***

Chicken thigh sautéed in a red wine sauce with peppers, mushrooms, & olives, served on a bed rice.

## **FISH & SEAFOOD**

### ***Seabass “Branzino” [gf] £20.95***

Fillet of seabass drizzled in a garlic-lemon dressing & served with sautéed potatoes & seasonal vegetables

### ***Tuscan Prawns [gf] £20.95***

Juicy king prawns sautéed in creamy sauce with spinach, sundried tomatoes, onion & garlic, served with rice

### ***Mussels “Marinieres” £19.25***

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

### ***Salmon [gf] £21.65***

Fillet of Salmon paired with a gentle avocado sauce & served with sauteed potatoes & seasonal vegetables

### ***Nona’s Stuffed Calamari £19.65***

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

### ***Lemone Sole £20.95***

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

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

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

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

# **PIZZA**

## ***Margarita [v] £12.85***

Classic tomato base with creamy mozzarella

## ***Parma £14.75***

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

## ***Americano £14.85***

Classic tomato base, pepperoni & creamy mozzarella

## ***Calzone "Sophia" £15.85***

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

## ***Calzone Bolognese £15.45***

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

## ***4 Cheese [v] £14.65***

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

## ***Siciliana £14.95***

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

## ***Napolitana [v] £14.65***

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

## ***Pizza "Fungi Bianca" [v] £13.65***

White base with creamy mozzarella, mushrooms, goats' cheese & spinach

## ***Pizza "Frutti de Mare" £15.95***

Classic tomato base, creamy mozzarella, mixed seafood & rocket

## **PASTA & RISOTTO**

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

Assortment of wild mushrooms drizzled with truffle oil

### ***Chicken Risotto [gf] £17.95***

Chicken breast in mushroom & garlic cream sauce

### ***Seafood Risotto [gf] £17.95***

Mixed seafood in a gentle white wine cream sauce

### ***Pea Risotto [gf, v, ve] £14.95***

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] £17.95***

King prawns & courgetti sautéed in a white wine sauce

### ***Traditional beef spaghetti Bolognese £14.95***

### ***Lasagne £14.95***

### ***Spaghetti Carbonara £15.95***

Crispy pancetta in an egg yolk & parmesan cream

### ***Seafood Linguini £16.95***

Delicious mixed seafood in a refreshing tomato sauce

### ***Penne Arabiata [v, ve] £14.95***

Red peppers, aubergine & olives in a chili tomato sauce

### ***Linguini Salmone £16.95***

Shredded salmon in a creamy white wine sauce

***Venetian Crab Spaghetti £17.95***

White crab meat in rich tomato & garlic sauce

***Penne Chicken Alfredo [v, ve] £16.95***

Chicken breast, onions & garlic in a creamy parmesan  
sauce

***Penne Quattro Formaggi [v] £14.95***

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

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