

Al Forno

TRADITIONAL ITALIAN CUISINE



Starters

OLIVE VERDI V	£4.20
<i>Bright green and brown olives sourced from Trapani, Sicily, served naked. V VE ND GF 113 cal</i>	
GARLIC PIZZA BREAD WITH CHEESE	£6.50
<i>(10") Home made fresh pizza dough with fior di latte mozzarella cheese V 269cal</i>	
GARLIC PIZZA BREAD WITH CARAMELISED ONIONS.....	£6.95
<i>(10") Home made fresh pizza dough with caramelised balsamic red onion melted 100% mozzarella cheese V 287cal</i>	
BRUSCHETTA CAMPANA V	£7.95
<i>Daily baked Panini garlic bread, topped with wild rocket, chopped tomatoes, pesto Genovese V VE ND 153 cal</i>	
FUNGHI RIPIENI.....	£7.95
<i>Stuffed mushrooms with fior di latte mozzarella served on rocket and extra green pesto Genovese V 353 cal</i>	
SOUP ON THE SPOT	£7.95
<i>(Made on the order served with garlic bread) Chicken mushroom soups 521 cal, tomato soups 434 cal, mix fish soups 586 cal</i>	
COZZE	£8.95
<i>Mussels Provencale with slow cooked on lemon juice and Italian seasoning V 243 cal</i>	
AGLIO GAMBERONI.....	£8.95
<i>King prawns, extra virgin olive oil, fresh crunched red chilli, garlic, fresh basil in plum tomato sauce served with panini garlic bread H 466cal</i>	
ANTIPASTO ITALIANO	£9.95
<i>Parma ham or prosciutto crudo, Italian salami, Sicilian marinated of pitted green & purple olives in a garlic, cheery vine tomato light buffalo mozzarella, 2Pc daily baked panini garlic butter, extra virgin olive oil and pesto genovese. 984 cal</i>	

Insalata

CAESAR SALAD.....	£8.95
<i>Mixed leaves lettuce, Rocket, Chicken breast, this is creamy salad is loaded with flavour, croutons dressed with ceasar dressing and parmigiano chesse V 487 cal</i>	
INSALATA FRESCA (Gluten Free Tuna Salad).....	£9.20
<i>Tuna our season mixed leaves lettuce, rocket, vine tomatoes, onion, cucumbers, olives, capers, dressing with balsamic vinegar, and extra green pesto souse. This is one healthy, low calorie, delicious fall salad that is hearty enough to eat as a meal. V VE ND GF 372 cal</i>	
INSALATA GRECA.....	£9.50
<i>Greek Salad served with, seasonal mixed fresh leaves lettuce, vine tomatoes, olives, cucumbers, onion, feta cheese dressing with vinegar, and extra virgin olive oil, lemon vinaigrette and this is one healthy, low calorie, delicious fall salad that is hearty enough to eat as a meal. Served 2Pc daily baked panini garlic bread 444 Cal</i>	
INSALATA CALDA.....	£9.90
<i>Served 2pcs daily baked panini garlic bread. Rocket mix leaves, lettuce, grilled bacon and chicken, vine tomatoes, topped with parmigiano & Italian dressing 554 cal</i>	
INSALATA TRICOLORE (Leggera Salad Vegan and Vegetarian).....	£9.90
<i>Rocket, Avocado cheery vine tomato, light buffalo mozzarella dressed with pesto Genovese and extra virgin olive oil. Served 2pcs daily baked panini garlic bread V VE 244 cal</i>	





Al Forno Dishes

All dishes topped with fior di latte mozzarella cheese cooked in slow fire oven

PASTICCIO CALABRESE	£10.90
<i>Layers of penne pasta,minced beef meat,tomato and feta cheese,baked in the oven with mozzarella cheese 750 cal</i>	
MEAT LASAGNA	£10.90
<i>Layers of pasta,ground beef,onions, garlic, carrots,celery,tomato sauce,baked in the oven with cheese cream 890 cal</i>	
PENNE ALLA VENEZIANA	£11.50
<i>Salami, mix peppers, pesto Genova, mozzarella cheese beaked in oven 600 cal</i>	
PENNE DI PALERMO	£11.50
<i>With ham,mushroom gorgonzola baked in oven with mozzarella cheese and white sauce 595 cal</i>	
PENNE PER PIACERE.....	£11.50
<i>With bacon, mushroom,white wine cream sauce,parmigiano cheese baked in oven with mozzarella and basil 595 cal</i>	
PENNE DELLA CASA	£12.90
<i>Fresh chicken, mushrooms,and mix roasted peppers white sauce,all baked in the oven with melted cheese 631 cal</i>	
PENNE DI MARE.....	£13.50
<i>Prawns, mussels, calamari, tuna, tomato sauce, garlic and mozzarella cheese oven baked 600 cal</i>	

Main Courses

Chef's notice: all our main dishes are cooked in fire stone oven and served in their own juice, covered with a rich sauce to achieve the maximum of authentic delicious taste.

POLLO E FUNGHI.....	£12.50
<i>Grilled chicken breast with mushroom and white sauce,served with side italian spaghetti 639 cal</i>	
POLLO ALLA DIAVOLA	£12.50
<i>Breast of chicken grilled with fresh Jalapeno chilli,peppers,mushrooms and tomato sauce,served with spaghetti al dente 666 cal</i>	
POLLO CON PANCETTA-MOZZARELLA.....	£13.95
<i>Lightly grilled chicken breast covered with bacon, tomato sauce melted cheese side italian spaghetti 765 cal</i>	
POLLO MILANESE.....	£14.95
<i>Breast of country chicken escalope fried, topped parmigiano cheese, tomato lemon sauce, side spaghetti and basil 695 cal</i>	
AGNELLO BRASATO.....	£15.95
<i>Braised lamb shank served with new potato, broccoli, cauliflower, carrot and rich balsamic gravy sauce 1143 cal</i>	
BISTECCA AL BAROLO	£16.95
<i>Sirloin steak grilled to perfection, served with new potatoes, broccoli, cauliflower, rich rich creamy sauce 1135 cal</i>	
SALMONE FRESCO	£16.95
<i>Roasted fillet of Scottish salmon steak served with new potato, broccoli, cauliflower, extra virgin olive oil garlic and lemon sauce 580 cal</i>	
BRANZINO MEDITERRANEAN/SEABASS.....	£16.95
<i>Whole roasted seabass fish, served with new potato, broccoli, cauliflower, extra virgin olive oil garlic and lemon sauce 659 cal</i>	





Risotti

RISOTTO VEGETARIANO	£9.50
<i>Mushroom, mixed peppers, onion, white sauce, super green pesto sauce V 339 cal</i>	
RISOTTO APOLLO.....	£9.80
<i>Chicken, fresh mushrooms, white sauce & parmigiano 462 cal</i>	
RISOTTO APOLLO DELUXE	£10.95
<i>Chicken, bacon, mix peppers, white sauce parmigiano 524 cal</i>	
RISOTTO FRUTTI DI MARE	£12.95
<i>Prawns, mussel, calamari, garlic, dash of white sauce 771 cal</i>	

Pasta

SPAGHETTI AL POMODORO	£8.95
<i>With tomato sauce, parmigiano and basil olive oil V VE ND 239 cal</i>	
PENNE ALL'ARRABBIATA	£9.20
<i>With tomato mix peppers, chili flakes & parmigiano V VE ND H 244 cal</i>	
PENNE ALL'ARRABBIATA CON POLLO.....	£9.80
<i>Fresh chicken, chili flakes, mix peppers with cream red sauce H 371 cal</i>	
PENNE VERDI.....	£9.80
<i>Fresh chicken with pesto & white sauce, parmigiano 311 cal</i>	
SPAGHETTI AL TONNO	£9.95
<i>With tuna, tomato sauce, garlic, black olives & basil V VE ND 493 cal</i>	
SPAGHETTI BOLOGNESE.....	£9.95
<i>With minced beef, tomato, bolognese sauce, & parmigiano 352 cal</i>	
PENNE ALL'AMATRICIANA	£9.95
<i>With bacon, tomato sauce chili flakes, onions & parmigiano H 449 cal</i>	
PENNE CARBONARA or SPAGHETTI.....	£9.95
<i>With bacon, creamy free range eggs, parmigiano and basil 421 cal</i>	
PENNE PUTTANESCA	£10.95
<i>perfect cut of pasta flavourful bits of anchovies, olives, capers and tomato sauce (salty pasta) 577 cal</i>	
SPAGHETTI CON PANCETTA	£11.95
<i>Chicken, bacon, pesto, chilli flakes, mix peppers, onion, cream and tomato sauce, parmigiano H 487 cal</i>	
SPAGHETTI DEL PESCATORE.....	£12.95
<i>Prawns, mussel, calamari, tuna, tomato, garlic, white fish sauce and parsley 954 cal</i>	





Pizza

All our pizzas are 12" thin crust, daily prepared fresh normal or sourdough and has a 24-hour long proofing process that makes our pizza light, full of flavour & easy to digest. Pizzas are topped with 100% mozzarella and sauce blended with olive oil, plum tomatoes & basil.

PIZZA MARGHERITA£8.95

Plum tomato sauce, with fior di latte mozzarella, basil **V 604 cal**

CLASSIC PIZZA£10.50

Mushroom, ham, and pecorino D.O.P, tomato sauce blended with extra virgin olive oil and basil, topped with mozzarella (fior di latte) **715 cal**

VEGETARIAN PIZZA (Can be Vegan)£10.95

Plum tomato sauce, olives, mushrooms, mix peppers, onions, sweetcorn, basil **V 704 cal**

PIZZA FUNGHI£10.95

Plum tomato sauce, gorgonzola cheese, mozzarella cheese (fior di latte) mushroom, capers, pecorino D.O.P and basil **734 cal**

PIZZA 4 STAGIONI£10.95

Mushrooms, ham, pepperoni, olives, plum tomato sauce with extra virgin olive oil and basil, topped with 100% mozzarella **861 cal**

PIZZA 4 FORMAGGI£11.95

Gorgonzola, feta cheese, parmigiano garlic sauce blended with extra virgin olive oil and basil, topped with 100% mozzarella **1254 cal**

PEPPERONI PIZZA (For pepperoni lovers) ...£11.95

Double pepperoni, double cheese, plum tomato sauce with olive oil and basil topped with 100% mozzarella. **953 cal**

POLLO PIZZA (Chicken lovers).....£11.95

Chicken, onions, mix peppers, olives, oregano, sweetcorn, tomato sauce blended with extra virgin olive oil topped with 100% mozzarella **784 cal**

DON GIUSEPPE PIZZA (Beef lovers)£11.95

Minced beef, onions, mix peppers, capers, oregano topped with mozzarella and tomato sauce blended with olive oil and basil. **979 cal**

PIZZA AL TONNO£11.95

Plum tomato sauce, mozzarella, tuna, olives, onions, and basil topped with mozzarella (fior di latte) and stone mill thyme **675 cal**

PIZZA NAPOLETANA£11.95

Plum tomato sauce, mozzarella, anchovies, capers, black olives, topped with mozzarella, garlic, extra virgin olive oil and oregano (salty pizza) **782 cal**

PIZZA DIAVOLA£12.50

Pepperoni, bacon, onion, jalapeno, mix peppers and basil **H 971 cal**

PIZZA CAPRICCIOSA£13.50

Roasted ham, mushroom, capers, olives, anchovies. Tomato sauce blended with olive oil and basil, mozzarella (fior di latte) **H 763 cal**

CARNE PIZZA (Mega mixed Meat).....£13.50

Chicken, salami, pepperoni, bacon, oregano, plum tomatoes topped with mozzarella cheese (fior di Latte) **1433 cal**

PIZZA FRUTTI DI MARE.....£15.50

Salmon, prawns, tuna, garlic, plum tomato sauce blended with olive oil, capers, basil, mozzarella (fior di Latte), oregano **1127 cal**

Leggera Pizza

PIZZA MARINARA£8.95

Plum tomato sauce, extra virgin olive oil, crunched garlic fresh basil **V VE ND 378 cal**

PIZZA HAWAII£10.90

Plum tomato sauce blended with extra virgin olive oil and basil, mozzarella, ham, pineapple, sweetcorn **521 cal**

LEGGERA BUFALINA (Sourdough)£10.95

Garlic sauce, buffalo mozzarella D.O.P, oregano, black pepper, finished with fresh tomatoes, basil, extra virgin garlic olive oil **772 cal**

PIZZA 3 GUSTI (Sourdough)£11.95

Mushroom, pepperoni, black olives, gorgonzola, oregano **687 cal**

RUCOLA PIZZA (Sourdough)£12.95

Plum tomato sauce blended with extra virgin olive oil and basil, parmaham, rocket, chopped vine tomato, pecorino D.O.P **687 cal**

PIZZA FIORENTINA (Sourdough).....£12.95

Plum tomato sauce, parma ham, spinach, free range egg & parmigiano, mozzarella, mozzarella (fior di latte), extra virgin olive oil and oregano

LEGGERA AMERICANA£12.95

Salami, mix peppers, jalapenos, tomato sauce and basil **H 855 cal**

Calzone

CALZONE CARNE PICCANTE.....£16.95

Roasted chicken, bolognese, minced beef, gorgonzola and mozzarella cheese, mushroom, chilli flakes, jalapeño, topped with tomato sauce served with mixed leaf salad **1652 cal**

CALZONE SALAMI.....£16.95

Salami, gorgonzola and mozzarella cheese, mixed peppers, tomato sauce topped with parma ham served with mixed leaf salad **1248 cal**

Side Plates

SIDE SALAD.....£4.50

Lettuce, tomatoes, cucumbers, olives, red onions, lemon balsamic vinegar **V VE ND GF 182 cal**

ROCKET TOMATO SALAD£5.20

Rocket, lemon, chopped vine tomato pecorino D.O.P **V VE ND 298 cal**

MIXED VEGETABLES£5.50

Broccoli, cauliflower, new potatoes **V VE ND 382 cal**

CHICKEN NUGGET AND CHIPS (8Pcs).....£5.95

JALAPENO PEPPERS (6Pcs)£5.50

Stuffed cream cheese on bread crumbs **V VE ND 381 cal**

PORTION OF CHIPS.....£4.20



House Wines

	Glass 175 ml	Bottle 750ml
HOUSE WHITE.....	£5.95	£16.95
HOUSE RED	£5.95	£16.95
ROSE WINE.....	£7.95	£22.95

White Wines

PINOT GRIGIO (12.5%) Medium Dry.....	£20.95
CHARDONNAY BELLINI (12.5%) Dry	£21.95
SAUVIGNON BLANC	£22.95

Red Wine

MERLOT (12%)	£20.95
CABERNET SAUVIGNON (12%)	£21.95
MONTEPULCIANO (12%).....	£22.95

Rose Wine

PINOT GRIGIO BLUSH (12.5%)	£22.95
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Sparkling Wine

FRATTINA PROSECCO D.O.C.....	£9.95	£39.95
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Cocktails

ABRACADABRA	£8.95
<i>Vodka, orange dash of grenadine, and cranberry juice</i>	
TEQUILA LOCO	£8.95
<i>Shot of tequila, apple juice and a dash of grenadine</i>	
A NIGHT IN VENEZIA	£8.95
<i>Baileys & vanilla ice cream and milk</i>	
MARGARITA.....	£9.95
<i>Shot of Tequila, lemon juice, cointreau, slice of lemon</i>	
PINA COLADA.....	£9.95
<i>Coconut rum mixed with fine pineapple juice, coconut milk with cream</i>	
ESPRESSO MARTINI.....	£9.95
<i>Shot of espresso, liquid coffee vodka and vanilla flavour</i>	
APEROL SPRITZ.....	£9.95
<i>Sparkling wine, shot of Aperol</i>	

Beers & Cider

PERONI NASTRO AZZURO (5.10% 330ML)	£4.50
PERONI Bottle No alcohol 0.0% (330 ml)	£4.50
MORETTI Bottle (4.6% 330 ml).....	£4.50
CIDER Bottle (Kopparbergcider Mix Fruit 4% 500ml)	£5.95
PERONI Pint (4.6% 500 ml).....	£5.95
FOSTER Pint (5% 500 ml)	£5.95

Spirits (35ml)

WHISKY, VODKA, TEQUILA, MARTINI....	£5.20
BRANDY, GRAPPA.....	£5.20
WHISKY & COLA, BRANDY & COLA.....	£6.50
GIN & TONIC, VODKA & TONIC	£6.50

Liqueurs (35 ml)

AMARO DISARONNO, LIMONCELLO	£5.20
BAILEYS, AMARETTO, SAMBUCA	£5.20
BACARDI, TIA MARIA	£5.20

Coffee Cocktails

IRISH COFFEE espresso whisky cream	£6.95
BAILEYS COFFEE espresso Baileys cream.....	£6.95

Hot Drinks

CAPPUCCINO.....	£3.95
LATTE.....	£3.95
HOT CHOCOLATE.....	£3.95
BLACK COFFEE	£3.95
DOUBLE ESPRESSO MACCHIATO.....	£3.95
DOUBLE ESPRESSO	£3.95
SINGLE ESPRESSO MACCHIATO	£3.40
SINGLE ESPRESSO	£3.40
HERBAL TEA	£3.40
<i>(Green Tea, Camomille, Peppermint, Veryberry, Lemon and Ginger)</i>	
TEA WITH MILK.....	£3.40

Cold Drinks

ORANGE JUICE (Freshly squeezed).....	£4.50
APPLE JUICE	£3.50
CRANBERRY OR PINEAPPLE JUICE	£3.50
LIMONATA, ARANCIATA (San Pellegrino fruit drink)	£3.70
BOTTLE OF WATER (Still/Sparkling mineral water 500ml)	£3.30
COLA, DIET COLA, SPRITE, FANTA.....	£3.30
<i>(Served with ice and lemon)</i>	



Breakfast

Breakfast served 7 days up to 4pm.

ITALIAN BREAKFAST£9.95

2 free range fried eggs, salami, marinade green olives, fresh tomato, 4 cheese garlic bread and cappuccino 788 cal

TRADITIONAL ENGLISH BREAKFAST£10.95

Free range fried egg, bacon, sausages, beans, fresh tomato, mushrooms, chips, 2 toast, tea or coffee 971 cal

VEGETARIAN AND VEGAN BREAKFAST£9.95

2 eggs fried, beans, fresh tomato, mushrooms and chips, 2 toast tea or coffee 874 cal

SALMON BREAKFAST£9.95

Scrambled free range eggs, smoked salmon and fresh seasoned mixed leaves lettuce, black peppers, sea salt, and parsley served on wholemeal brown bread garlic toast, tea or coffee 677 cal

GLUTEN-FREE BREAKFAST£8.95

Two fried eggs, bacon, baked beans, mushroom, tomato. 496 cal

SET BREAKFAST£7.95

1 fried egg, 1 bacon, beans and 2 toast 971 cal

Burgers

BEEF BURGER£8.95

Beef burger, fresh mix leave and tomato BBQ burger sauce. Served with chips 597 cal

CHEESEBURGER£9.20

Beef burger, grilled onions, melted mozzarella cheese, lettuce sliced vine tomato, and burger sauce, served with thin cut chips 737 cal

CHICKEN FILLET BURGER£9.20

Grilled fresh chicken thigh with fresh salad fresh tomato and pickles, burger sauce on sesame seed topped bun 597 Cal

DIAVOLA BURGER£9.95

Beef burger, bacon, grilled onions, lettuce, tomato, and chilli sauce. Served with thin cut McCain chips 795 cal

HOUSE DOUBLE BURGER£13.50

Double beef burger, bacon, gorgonzola, mozzarella, grilled onions, dill pickle, mixed leaf salad, fresh tomato & smoked BBQ sauce 1724 cal



Omelettes

3 free range eggs omelette, all served with salad or chips.

7 days up to 4pm. Price is £6.95 after 4pm

SIMPLE CHEESE 495 cal£8.50

CHEESE AND HAM 535 cal£9.50

AVOCADO TOMATO FETA 645 cal£9.95

SPINACH & FETA CHEESE 659 cal£9.95

MUSHROOMS AVOCADO AND ONIONS 395 cal ...£10.50

BACON AVOCADO MOZZARELLA 981 cal..£11.50

Toasted Sandwiches

All served on wholemeal brown bread

7 days up to 4pm

SMOKED SALMON AND AVOCADO£6.95

Smoked salmon avocado and red onions on brown bread, dressed with extra green pesto and lemon juice black peppers, sea salt. V ND 443 cal

CHICKEN AND AVOCADO£6.95

Chicken breast mixed with Caesar dressing and complemented with avocado slices, black peppers, sea salt basil and lettuce ND 465 cal

TUNA SALAD SANDWICH£6.95

Tuna is mixed with lettuce red onion, mayonnaise, black peppers, sea salt, coriander. Served on healthy wholemeal brown bread ND 366 cal

VEGETARIAN EXTRA GREEN SANDWICH£6.95

Rocked, avocado, cucumber, black peppers, sea salt, extra green pesto Genovese, on healthy wholemeal brown bread V VE ND 313 cal

VEGAN TOMATO AND AVOCADO£6.80

Tomato and avocado mixed leaves are layered on wholemeal bread, black peppers, sea salt, olive oil. V VE ND 345 cal

BIG BLT£5.80

Farm assured bacon, mixed lettuce, tomatoes, extra thick mayo and seasoning on malted wholegrain bread ND 493 cal

EGG & BACON SANDWICH£6.50

Free range oven cooked Egg, a dash of mayo and Beachwood slow cooked bacon, seasonal mixed fresh leaves lettuce. ND 321 cal

HAM & CHEESE SANDWICH£5.50

Roasted ham, fior di latte mozzarella cheese melded on healthy toast wholemeal brown bread 443 cal

FREE WIFI IS AVAILABLE

LOOK FOR **AL FORNO GUEST**

Dessert Menu

Home Made Tiramisu

£4.95

Layers of sponge fingers soaked in espresso coffee and liquors and filled with zabaglione cream and mascarpone cheese, dusted with chocolate powder and caramel syrup. Enjoy it !!!



Ice Cream , 3 scoops

£4.95

Vanilla,Chocolate,Strawberry



Cake & Ice Cream

£5.20

Lemon, Chocolate or Carrot cake



Tartufo Bianco

£5.95

*(Sabayon gelato with a coffee semifreddo core sprinkled with crushed meringue)
Add a shot of espresso for £1.00*



Crema Catalana

£5.95

Cinnamon flavoured ice cream with a traditional Catalan topping.



Coppa Zaibaione and Amarena

£5.95

Cream and Zabaione gelato with black cherry sauce decorated with blackcherries.



Coppa Hazelnut

£5.95

Hazelnut icecream with chocolate sauce, decorated with chopped hazelnut pieces.



Glass Coppa Cioccolato

£5.95

Vanilla and chocolate ice cream topped with chocolate flakes.



Coppa Pistachio

£5.95

Pistacchio Ice cream with chocolate sauce and chopped pistachio pieces.

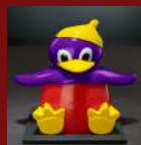


Kids Ice Cream

Kwakka - Pookie Panda - Funkey Munkey

£3.95

Vanilla ice cream in a novelty 'Kwakka' character toy.



Treat Your Self

TEA

Tea (with milk) £3.40

Herbal Tea £3.40

Green Tea, Chamomile, Peppermint,
Superberry Tea, Lemon & Ginger

COFFEE

Cappuccino, Café Latte, White Café £3.95

Double Espresso £3.95

Café Americano, Black Café £3.95

Espresso £3.40

SPECIAL COFFEE

Irish Coffee *(Espresso, Whiskey and whipped cream)* £6.95

Baileys Coffee *(Espresso, Baileys and whipped cream)* £6.95

LIQUOUR (35ml)

Baileys, Tia Maria, Amaretto, £5.20

Sambuca & Limoncello £5.20

SPIRIT (35ml) £5.20

Whiskey, Vodka, Tequila, £5.20

Martini, Brandy, Grappa £5.20

COCKTAILS

Brandy Cola £6.20

Vodka Orange £6.20

Whiskey, Cola £6.20

Abracadabra £8.95

Vodka, orange, Cranberry, Grenadine

Tequila Loco £8.95

Tequila, Apple juice, Grenadine

Margarita £9.95

Shot of tequila, lemon juice, cointreau,
and a slice of lemon

A Night in Venezia £8.95

Baileys, Vanilla

Pina Colada £9.95

Coconut rum mixed with fine pineapple juice,
coconut milk with cream

Espresso Martini £9.95

Shot of espresso, liquid coffee vodka and
vanilla flavour

Aperol Spritz £9.95

Sparkling wine, shot of Aperol



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LEAVE US A REVIEW