



# GLUTEN FREE MENU

Please specify to the staff if you are intolerant or coeliac

Please allow extra time for GF dishes, safety is our priority

## BREAD & NIBBLES

- GREEN OLIVES 3.5
- SMOKED ALMONDS 3.5 N
- GLUTEN FREE BREAD 4.5

## STARTERS

- FAVE E CICORIE 8.9 V VG D**  
Broad bean puree, wild chicory
- CARPACCIO DI CARNE 11.90**  
Beef carpaccio served with a fresh tomato, rocket & parmesan salad
- BURRATA 10.90 V N**  
Creamy mozzarella with fresh roasted peppers
- POLPO A PIGNATU 10.9 D**  
braised Mediterranean octopus, potatoes in a black pepper sauce
- TAGLIERE PUGLIA & ROMAGNA 12.9**  
Apulian cured meat & cheeses with fig jam

## SIDES (or starters, please specify)

- INSALATA CAPRESE CON BUFALA 8 V**  
tomato & buffalo mozzarella salad
- INSALATA MISTA 5.5 V VG D**  
Mixed leaf salad, tomatoes and cucumber
- INSALATA CIPOLLA E POMODORO 5.5**  
tomato & onion salad V VG D
- PATATE ARROSTO 5.5 V VG D**  
roasted potatoes, olive oil & rosemary

## PASTA GLUTEN FREE & RISOTTI

- PACCHERI VONGOLE E PISTACCHIO 16.5** Gluten free pasta with clams, pistachio and pecorino cheese pesto
- PACCHERI AL RAGU DI MARE 15.9 D**  
signature Terra Rossa pasta with minced octopus, "a seafood bolognese".
- RAGU CINGHIALE AL NEGROAMARO 15.9**  
Gluten free paccheri with wild boar ragu cooked in a Negroamaro wine and tomato sauce D
- PACCHERI GF & CIME DI RAPA 14.9 V VG D** signature Apulian dish with turnip tops.  
Spicy & bitter.
- PACCHERI DI GRANO ARSO 15.5 V VG D**  
Gluten free pasta with heritage yellow tomatoes, black olives and broccoli puree
- RISOTTO AI FRUTTI DI MARE 16.9**  
seafood risotto (clams, prawns, cuttlefish, mussels)

## MEAT

- TAGLIATA DI MANZO 21**  
sliced sirloin steak served with rocket salad and parmesan shavings

## GF PIZZA

- MARGHERITA 13** mozzarella, tomato sauce and basil V
- DIAVOLA 15** mozzarella, tomato sauce, spicy salami and nduja
- NAPOLI 15** mozzarella, tomato sauce, anchovies, capers and black olives
- CONTADINA 16 V VG** pumpkin puree, roasted peppers, aubergines & courgettes  
(no mozzarella, please ask if you'd like it)
- CICORIELLA 16 V** mozzarella, tomato sauce, heritage yellow tomatoes, wild chicory and celine olives
- TERRA ROSSA 16**  
tomato sauce, mozzarella, bresaola cured meat, sausage, grana cheese & rocket
- EMILIANA 16** mozzarella, tomato sauce, Parma ham, parmesan shavings topped with rocket
- 4 FORMAGGI 16** mozzarella, scamorza, emmenthal, gorgonzola V  
(no tomato sauce, please ask if you'd like it)
- PORCINI & SPECK 16** mozzarella, tomato sauce, porcini mushrooms and Speck (cured ham)

## GF DESSERT MENU

- SORBETTO 5**  
Lemon, zesty, fresh and creamy – perfect to cleanse the palate
- SEMIFREDDO AL PISTACCHIO 6.9**  
homemade pistachio mousse
- ICECREAM 6**  
(Vanilla , Pistachio , Chocolate VG)
- MIXED CHEESE 12**  
selection of Italian cheese
- TARTUFO DI PIZZO 7.5**  
signature Calabria chocolate & hazelnut icecream
- PANNACOTTA 6.9**  
chocolate, caramel, fig, maple syrup

## GLUTEN FREE BEER

**PERONI £4.50**

If you have any allergies or intolerances please speak to a member of staff.

V – Vegetarian VG – Vegan D – Dairy free N - Contains Nuts

