

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

ORECCHIETTE GF & CIME DI RAPA 14.9 V VG D
signature Apulian dish with turnip tops.
Spicy & bitter.

ORECCHIETTE GF "TERRA ROSSA" 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)

OTHER MAINS

FILETTO DI ORATA 16.9 N GF
Pistachio gratin seabream fillet served on layered potatoes

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 tomato sauce, 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 celline 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

SEMIFREDDO ALLA NOCCIOLA 7.5 V D N
hazelnut mousse

PANNACOTTA 6.9
chocolate, caramel, fig, maple syrup

TIRAMISU 7.50 V D
gluten free & dairy free tiramisù mousse

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