

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

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 & ZUCCA 10.90 **V N**

Fresh and stretched-curd cheese with a very soft and creamy texture served with pumpkin puree, amaretto biscuit, toasted almonds

POLPO A PIGNATU 10.9 **D**

braised Mediterranean octopus, potatoes in a black pepper sauce

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 16.5 **D** signature Terra Rossa pasta with minced octopus, "a seafood bolognese".

RAGU CINGHIALE AL NEGROAMARO 16.5 Gluten free paccheri with wild boar ragu cooked in a Negroamaro wine and tomato sauce **D**

ORECCHIETTE GF & CIME DI RAPA 15.5 **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 17.5 Pistachio gratin seafood risotto (clams, prawns, cuttlefish, mussels)

OTHER MAINS

FILETTO DI ORATA & CAPONATA 16.9 seabream fillet served on a mashed potatoes base with steamed aubergines & peppers

POLLO RIPIENO 16.5 Terra Rossa stuffed chicken, filled with bacon, Apulian olives, porcini & chestnuts in a Negroamaro sauce served with a side of roasted 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)

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)

SIDES (or starters, please specify)

PECORINO & PERA SALAD 7 **V GF** Pecorino cheese from Puglia, pear and green leaves 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

GF DESSERT MENU

SORBETTO 5

Lemon & strawberry sorbet

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

TIRAMISU 7.50 **V**

gluten free & dairy free tiramisu mousse

GLUTEN FREE BEER

**PERONI £4.50 – IGEA
(CRAFT) £5.90**

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

V – Vegetarian VG – Vegan

D – Dairy free N - Contains Nuts

