

# TAVOLA

## Benvenuti da Tavola

*Inspired by the traditions of Italian cucina, our menu brings together simple, carefully selected ingredients with a fresh approach to lunch, from vibrant bowls to classic Italian flavours and freshly prepared focaccia.  
Each dish is crafted to reflect the warmth, generosity, and bold flavours of Italy... a place where food is meant to be shared, enjoyed, and remembered.*

### LUNCH ITALIAN BOWL

#### Grilled Chicken Bowl £11.50

Lemon & rosemary grilled chicken, lemon herb rice, roasted peppers, chickpeas, crispy onion, salsa verde

#### Steak Tagliata Bowl £13.50

8oz rib-eye steak, Tuscan roasted potatoes, rocket, cherry tomatoes, parmesan shavings, balsamic glaze

#### Smoked Salmon Mediterranean Bowl £11.50

Smoked salmon, lemon rice, mixed leaves, olives, capers, red onion, lemon yoghurt dressing

#### Burrata & Grilled Vegetables Bowl £11.50

Burrata, grilled aubergine & courgette, roasted peppers, mixed leaves, basil pesto, balsamic glaze

#### Mediterranean Tuna Bowl £13.50

Seared tuna, lemon herb rice, cherry tomatoes, olives, capers, rocket, salsa verde

#### Italian Antipasto Bowl £12.50

Prosciutto crudo, pecorino shaving, olives, roasted peppers, cherry tomatoes, rocket, lemon herb rice, balsamic glaze

### PASTA ITALIANA

#### Carbonara £17

Traditional Spaghetti Roman style carbonara with guanciale, pecorino, eggs yolk, black pepper and parsley

#### Tagliatelle Porcini e Tartufo Nero £18

Fresh egg tagliatelle with a Porcini mushroom cream and finished with delicate shavings of black truffle

#### Rigatoni Nduja Piccanti £17

Rigatoni dressed in a spicy nduja and San Marzano tomato sauce, topped with stracciatella and herbs

### CONTORNI

#### Zucchine Fritte (VG) £5

Fried courgettes with lemon zest and maldon salt

#### Insalata di Stagione (VG) £5

Seasonal salad with extra virgin olive oil dressing

#### Schiacciata Romana (VG) £5

Crispy Roman style flatbread with garlic and oregano

#### Patatine Croccanti (VG) £5

Crispy Fries with sea salt

### FOCACCIA

#### Pollo E Pesto £11.50

Marinated grilled chicken, fiordilatte mozzarella, pesto and rocket

#### Tartufo E Prosciutto £11.50

Prosciutto crudo, fiordilatte mozzarella, salsa al tartufo and rocket

#### La Mortadella Classica £11.50

Mortadella, fiordilatte mozzarella, tomato and maionese

#### Diavola Piccante £11.50

Spicy italian salami, mascarpone cheese, nduja and rocket

#### Caprese Verde £11.50

Fiordilatte mozzarella, tomato, pesto and mix leaves

### PIZZA

#### Margherita Regina (V) £14

Tomato San Marzano sauce with fiordilatte mozzarella and fresh basil

#### Marinara Tradizionale (V) £14

Tomato San Marzano sauce, garlic, oregano, and a drizzle of extra virgin olive oil

#### Diavola Infuocata £16

Tomato San Marzano sauce, fiordilatte mozzarella, spicy italian salami and nduja

#### Prosciutto Crudo £17

Tomato San Marzano sauce, fiordilatte mozzarella, prosciutto crudo, rocket and parmesan

#### Tavola Speciale £17

Mascarpone and fiordilatte mozzarella with marinated chicken, red onion, cherry tomatoes and pesto

### LA NOSTRA OFFERTA

TUESDAY TO THURSDAY 12-3PM

CHICKEN MILANESE, FRIES OR SALAD, SOFT DRINK £14

SANDWICH BOX - 2 FOCACCIA, FRIES AND SOFT DRINK £15

 Vegetarian

 Vegan

Please inform us of any allergies or dietary requirements.