

Antipasti /starters and sharing dishes

served with ciabatta, wholemeal or gluten free bread

Antipasto Misto	Salumi board with gourmet Emilia Romagna salami and prosciutto, Asiago DOP, olives and house grilled vegetables	14.00
Prosciutto & Cheese Board (serves 2)	Rare Tuscan prosciutto, 24 months, strong cheese matured under ash and fuity mostarda	18.00
Grand Bruschetta 3 pieces	(v)(vg) Toasted ciabatta brushed with garlic, topped with vine ripened tomatoes, excellent extra virgin olive oil and fresh basil	7.50
Vegetariano	(v) Chargrilled and marinated aubergine, courgettes, mushrooms, and Tuscan dressed beans, Italian olives, soft sun dried tomatoes, garnished with Asiago DOP cheese (Vegans should ask for selection without cheese)	12.00
Ciabatta rustica (2 pieces)	(v) Chargrilled peppers, home made basil, pine nut and almond pesto, goat cheese and rucola	9.50
Crostini (8 pieces)	(v) Olive tapenade, home made basil, pine nut and almond pesto and spicy sun dried tomato pesto (Vegans should ask for selection without basil pesto)	11.00
Delizie di formaggi	(v) Cheese board selection of gourmet Italian regional artisan cheese with Helen Gee's honey	12.00
Caprese prosciutto	Campania creamy buffalo mozzarella, vine ripened tomatoes, Prosciutto di Parma ham 24 months and home made pine nut, almond and basil pesto	13.50
Bufala Caprese	(v) Campania creamy buffalo mozzarella, vine ripened tomatoes and home made pine nut, almond and basil pesto	10.50

Zuppe/Soups

served with ciabatta, wholemeal or gluten free bread

Minestrone	(v)(vg) Home made Tuscan vegetable and bean soup	6.50
Minestrone pasta	(v)(vg) Home made Tuscan vegetable and bean soup with bite size Gagnano pasta	8.50
Lenticchie	(v)(vg) Lentil, carrot and tarragon soup with Bretzel wholemeal bread	6.00

Minestrone is the epitome of comfort food, healthy and nutritious, the heart of the Mediterranean diet.

Treat yourself to a little more

Olives	(v)(vg) Dish of delicious indigenous Italian olives	5.00
Pesto Pot	(v) Wonderful home made basil, pine nut and almond pesto, served with warm ciabatta bread	3.50
Altamura Dip	(v)(vg) Basket of freshly baked Alta Mura bread (Puglia style) Served with extra virgin olive oil and Modena balsamic dips	4.50
Pane Caldo	(v)(vg) Warm L'Officina bread drizzled with DOP extra virgin olive oil	2.50
Aglio e Olio	(v)(vg) Toasted ciabatta brushed with garlic and drizzled with DOP extra virgin olive oil, seasoned with Sicilian salt and cracked black pepper	3.50

We do not have a service charge, except for groups of 6 people or more, when a 10% service charge will be applied.

(V) denotes vegetarian, (VG) denotes vegan, (e) denotes contains egg. A menu containing all allergens is available from staff.

Pasta /Risotto Gluten free pasta upon request All food is made fresh to order (see board for daily specials)

Ravioli tartufati (v)(e)	Ravioli filled with truffle and mushrooms, Grana Padano DOP fonduta and truffled olive oil	16.50
Polpette con pasta	Gilligans Hereford beef meatballs, tomato sauce and strozzapreti pasta (e)	15.50
Fettuccine con salmone	Fettuccine pasta, Quinns' smoked salmon, white wine and cream	15.50
Gamberi	Penne pasta with Doran's prawns, cherry tomatoes, chilli and rocket	15.00

Pizza planks

Margherita	With mozzarella, tomato and basil	15.50
Piccante	With spicy chilli salame	
Cotto	With cooked culatello ham and goat cheese	
Gourmet Burger	Gilligans Hereford beef, pancetta bacon, tomato, lettuce and provolone DOP mature cheese, Served with roast potato bites	15.90

Sides	(v)(vg) Baby roast potatoes perfumed with rosemary	4.50
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Insalate Generous Salads Dressed with excellent extra virgin olive oil and aged balsamic vinegar from Modena,

Insalata Superba	Mixed leaves, lemon marinated chicken, beetroot and super food seeds	14.00
Insalata Salmone	Mixed leaves, Quinns Cahirsiveen smoked salmon, avocado, cucumber and asiago cheese DOP	13.50
Insalata Mediterranea	Mixed leaves with Italian line caught yellow fin tuna preserved in olive oil, pachino tomatoes and mozzarella fior di latte	12.00
Insalata caprino	(v) Mixed leaves, crisp pear, goat cheese, walnuts and Helen Gee's local Irish honey walnuts and Helen Gee's local Irish honey	12.00

Panini /Baps and Soup

Panini and baps are served with cocotte of home made minestrone or lentil, carrot and tarragon soup

Taleggio bap	Wholemeal rolled oats bap, Taleggio dop cheese, roast culatello ham with herbs and Ballymaloe relish	11.00
Campania	(v) Ciabatta with Campania mozzarella, tomatoes home made basil, almond and pine nut pesto	11.00
Emilia	Ciabatta with prosciutto from Emilia, Campania mozzarella and rucola	11.00
Piccantino	Ciabatta with mature provolone cheese, chilli salami and soft sun dried tomatoes	11.00
Vegana	(Vg) Ciabatta grilled aubergine, courgette, tomato, sun dried tomato pesto	11.00

CAFFETTERIA

Our coffee beans are sourced from master blenders and roasters of Salerno .

The beans are freshly ground throughout the day to serve you the very best Italian coffee, soy milk available

Espresso	2.00	Macchiato	2.00
Cappuccino	2.90	Latte	3.10
Double Espresso	2.75	Black Coffee	2.30
Mocha	3.50	White Coffee	2.90
Hot Chocolate	3.50	Large Black Coffee	3.00
Large Coffees	3.80	Seasonal speciality coffee	3.50

IL TE' TEA

We like to serve our tea in a traditional tea pot with a cup and saucer and a jug of fresh Irish milk

Pot of Barry's black label tea	2.60
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Pot of La Via del Te' , silk sachets of loose tea

English Breakfast	Blend of Indian and Ceylonese black tea	3.00
Rosso d'Inverno	Blend of Japanese green and Chinese rose bud black tea	3.50
Rooibos	Blend of Capetown rooibos flower buds and sunflower petals	3.50
Frutta di bosco	Hibiscus, elderberry, marigold, rosehip apple, cranberries, currants	3.50
Marakesh Mint	Moroccan Nanah and Chinese Green leaves	3.50
Camomile	Whole matricaria camomile heads	3.50
Pai Mu Tan White tea	Chinese spring time whole leaves	4.50
Sogno Michelangelo	Chinese oolong, flowers from sunflowers, pines, red berries	3.50
Fennel/liquorice	Blend of fennel seeds and liquorice roots	3.50
Purify me	Yerba, gunpowder, lemongrass, lemon zest, elderberry	3.50

SOFT BEVERAGES

Large still and sparkling water (750ml)	5.50		
San Pellegrino sparkling water (500ml)	3.70	Freshly Squeezed Orange Juice	3.50
Unlimited triple filtered water	1.00	Unlimited filtered sparkling water	1.00
Orange Soda	2.95	Lemon Soda	2.95
Coke	2.95	Diet Coke	2.95
7 up	2.95	7 up zero	2.95
Iced Lemon Tea	3.00	Iced Peach Tea	3.00
Pineapple/Pear/Apple/Peach Juice	3.00		

La Pasticceria / Desserts

Tortina di cioccolato con gelato alla vaniglia Warm chocolate brownie with vanilla ice cream	6.50
Tiramisù al Vinsanto Tiramisu' perfumed with the finest Tuscan Vinsanto	6.50
Panna cotta classica con salsa ai frutti di bosco Classic creamy panna cotta with forest berry compote	6.50
Selezione di piccola pasticceria Selection of biscotti with warm chocolate pot	5.50
Traditional scones Freshly baked scone with Irish butter, cream and Helen Gee's jam	3.50
Cantucci con Vin Santo Tuscan cantuccini biscotti with Vin Santo sweet dessert wine	7.50

La Gelateria

Cassata Siciliana Alkermes sponge, ice cream, pistachio and candied fruits	6.50
Gelato misto with home made biscotto Choose three of your favourite flavours: fragola (strawberry); cioccolato (chocolate); vaniglia (vanilla); pistacchio (pistachio)	6.50
Gelato affogato al limoncello Italian vanilla ice cream drowned in limoncello from Sorrento	7.00
Gelato affogato all'Amaretto di Saronno Italian ice cream drowned in Amaretto di Saronno liqueur	7.50
Gelato alla affogato al caffè Vanilla ice cream drowned in Trucillo Espresso coffee	6.50
Pistacchio cupola Pistachio dome filled with ice cream and pistachio	6.50
Sorbetto di limone al limoncello e biscotto Lemon sorbet ice cream scented with Sorrento limoncello and served with biscotto	6.50
Tartufo Bianco White chocolate ice cream bomb with coffee ice cream heart, topped with A meringue dusting and drowned in a dark chocolate liquor. Paradise in an icecream!	6.50

Our desserts may contain nuts and our ice cream is not suitable for those with nut allergies