

A stylized representation of the Italian flag, consisting of three vertical stripes of green, white, and red. The flag has a hand-drawn, slightly irregular appearance with black outlines and some internal texture. The text "Italian Food" is written in a bold, yellow, sans-serif font across the center of the white stripe.

Italian Food

# Pasta

Most Italians eat pasta at least once a day. But that doesn't mean they eat the same thing every day! There are so many ways to eat pasta, with a variety of different toppings and sauces, that they never get bored.



Each region in Italy has its favourite ways to eat pasta. In Rome, two classics are the carbonara (with eggs and pancetta, which is like bacon) and the cacio e pepe (with cheese and pepper).



Carbonara



Cacio e pepe

# Pizza

Pizza was invented in Naples, Italy. There are two classic types of pizza: one topped with a simple red sauce and is called marinara (or rossa) and the other, topped with tomato sauce and mozzarella, is called the margherita after Queen Margherita. But there are many more toppings in these two.





Italians eat seasonally, which means the food that is on their dinner table is influenced by what vegetables are growing in the fields. For instance, winter is the time for artichokes and summer is the time for green beans and eggplant.



# Ice-Cream

The ice –creams we enjoy today are said to have been invented in Italy. Marco Polo took it to Italy from China.



Most people in Italy shop in several stores and outside markets for their food, not one big supermarket. They buy their bread from the baker, their vegetables from the farmer, their meat from the butcher. It might take a long time to do the grocery shopping, but it ensures that all the food is fresh and extra delicious.



# Antipasti - Starter

## *ANTIPASTI*

*Antipasti - La pasta - La carne*

ZUPPA TOSCANA	Vegetable & bean soup from the Tuscan region.	£3.50
CAPRESE	Fresh Mozzarella cheese and sliced tomato.	£4.80
FUNGHETTI ALL'AGLIO	Italian style garlic mushrooms.	£3.75
COZZE ALL'AGLIO	Greenlip mussels in garlic and wine sauce .	£5.80
MELANZANE	Aubergine slices topped with pesto and melted Gorgonzola cheese.	£4.80
BRUSCHETTA AI FUNGHI	Two pieces of toasted garlic bread topped with mushrooms and porcini .	£4.50
BRUSCHETTA AL POMODORO	Two pieces of toasted garlic bread topped with chopped tomato , basil and red onion.	£4.00



# La Pasta - Pasta

## *LA PASTA*

(All main courses pasta dishes at lunch only are served with a free salad )

PENNE LANTERNA	Pasta in cream, ham, spicy salami and Mozzarella , topped with "Prosciutto Crudo".	£9.25
CONCHIGLIE	Pasta shells in tomato sauce with prawns, garlic and white wine.	£8.95
TAGLIATELLE AL SALMONE	Tagliatelle in a creamy sauce with smoked salmon and white wine.	£8.95
TORTELLONI	Pasta filled with Italian cheeses in creamy garlic mushrooms and red pesto sauce.	£8.50
ARRABBIATA CON BACON	Penne in a hot tomato sauce, chillies and bacon. ( also available without bacon)	£8.20
LA PUTTANESCA	Spaghetti with black olives, garlic, tomato and anchovie sauce.	£8.20
GNOCCHI GORGONZOLA	Potato dumplings in cream , ham and Italian blue cheese sauce.	£8.50
CANNELLONI VERDI	Pasta tubes in tomato sauce , filled with Ricotta and spinach topped with mushrooms and cheese sauce.	£8.20
PENNE AL POLLO	Penne in creamy sauce with chicken and fresh chillies.	£8.95

# Dolci - Dessert

## DESSERT MENU

### *I DOLCI E I GELATI*

"AFFOGATO" Vanilla ice-cream soaked with hot Espresso coffee and Amaretto £4.50

TIRAMISU' Home made Italian sponge cake with Mascarpone, coffee and brandy £4.50

SORBETTO Lemon sorbet £4.00

IL GELATO Choose two scoops of Italian Ice Cream, ask or see blackboard for flavours, topped with chocolate or strawberry sauce. £4.00

I DOLCI Ask for our selection of cakes of the day , served with cream or a scoop of Vanilla Ice Cream. £ 4.50



*To design an Italian menu.*

Antipasti



La Pasta / Pizzeria



Dolci



Bevande

