



FOOD ALLERGY NOTICE

If you have a food allergy or a special dietary requirement please inform a member of our staff before you place your order

TOASTED CIABATTA

[GLUTEN FREE sliced bread available ~ add £1.50]

BARBAGIA 6.00
Parma ham, sardinian pecorino cheese and rocket leaves

SHARDANA 6.50
Parma ham, melted blue gorgonzola dolce cheese and rocket leaves

PECORO 7.70
Pecorino cheese, parma ham, grilled peppers, aubergine and rocket leaves

CALABRESE 7.50
Calabrese spicy salami, provola cheese sundried tomato and grilled artichokes

N'DUJA 7.50
Soft calabrese sausage, provola cheese, sauteed mushrooms and rocket

PORCHETTA 7.50
Pork Roast (sliced porchetta), cheddar cheese, artichokes, green sauce, rocket

APOLLO 9.80
Crumbed chicken cotoletta, fresh ripe tomato, crispy lettuce and mayonnaise

PINTADERA (F) 9.90
Smoked salmon, sauteed spinach leaves, grilled aubergine and avocado

TUNA CAPO COMINO (F) 7.00
Tuna fish, salad, mayo and crispy onion

NEW SALCICCIA 10.70
Fresh italian fennel sausage, n'duja, sauteed kale, grilled onions and mustard

EXTRA FILLING 2.00
Cheese - Avocado - Grilled Veg - Nduja - Ham
Salami - Mozzarella

TOASTIES 4.50
Cheddar cheese & Cotto ham
Fresh tomato & Cheddar Cheese

KIDS PASTA

POMODORO 5.00
Tomato sauce and cheese

PESTO 5.50
Green pesto sauce

BOLOGNESE 6.00

AMNESIA (V) (SOFT FOCACCIA BREAD) 7.30
Avocado, fresh tomato, mozzarella and pesto spread

SUN BLUSH (V) 7.50
Taleggio cheese, sundried tomato artichokes and grilled peppers

MAGIC MUSHROOMS (V) VEGAN 7.00
Sauteed mushrooms, roasted peppers sundried tomatoes and artichokes

VEGUS (V) VEGAN 7.00
Fresh spinach leaves, beetroots, grilled peppers, grilled artichokes, sundried tomato and avocado

ALICE (V) (SOFT FOCACCIA BREAD) 7.00
Grilled aubergine, fresh spinach, olive spread, sundried tomato and fresh mozzarella

MEDITERRANEO (V) 6.80
Goat cheese, grilled aubergine, fresh spinach and beetroots

SQUASH (V) (N) 7.50
Butternut squash, goat cheese, sauteed spinach, mixed seeds, balsamic glaze

SALADS

Served with thin crispy Carasau bread

POMEGRANATE SALAD 12.50
Pomegranate, fresh spinach leaves avocado, blueberries, roasted seeds and shaved Parmigiano

TONNO E FAGIOLI SALAD 11.70
Tuna fish, red beans, boiled egg, crispy onions and mixed leaves

GOAT CHEESE SALAD 12.50
Goat cheese, roasted butternut squash cherry tomato, roasted seeds, rocket fresh spinach and balsamic glaze

NIÇOISE SALAD 14.00
Mixed leaves, tuna fish, marinated olives, capers, boiled egg, anchovies and beetroots

WARM CHICKEN SALAD 14.00
Crumbed cotoletta chicken, cherry tomato, mixed salad, shaved carrot and avocado

BREAKFAST

CHEESY MUSHROOM SUNRISE 11.50
Wholemeal toasts topped with melted cheese, grilled ham, sautéed mushrooms and two eggs

BREAK-SIT (V) 12.50
Two eggs on toasts adorned with sautéed spinach, avocado, sundried tomatoes and roasted seeds.

SMOKED SALMON 13.00
Two eggs and smoked salmon on toasts, crowned with sautéed spinach

SPICY NDUJA 13.50
Two eggs on toasts, nduja spread topped by sautéed kale, grilled onions and gorgonzola cheese

GRANOLA AND YOGHURT

Bowl of organic yoghurt with granola honey berries
Natural Organic 4.95
Coconut or Soya Yoghurt 6.00

CROISSHAM 3.50
Croissant with cheddar cheese and cotto ham

JAM AND BUTTER TOASTS 3.80
Two toast slices with marmelade or jam and butter

PINTADERA

(SALAMI, HAM, CHEESE & VEGETABLES BOARD)

Assorted cheeses, salami and cured ham served with a variety of grilled vegetables and toasted thin crispy carasau bread **25.00**

SALMON SALAD 14.00
Smoked salmon, avocado, beetroots shaved carrot, roasted seeds and mixed leaves

AVOCADO SALAD 13.50
Avocado, fresh buffalo mozzarella cherry tomatoes shaved carrot and mixed leaves

BUFFALO SALAD 13.50
Buffalo mozzarella, parma ham, mixed leaves, olives and sundried tomato

MIXED LEAF SALAD 4.50
Mixed leaf salad, shaved carrot and fresh tomato
Extra Bread [Ciabatta £2.00 ~ Carasau £1.50]

BEERS

ICHNUSA Hoppy taste sardinian lager	33cl 4.20
ICHNUSA Unfiltered Craft sardinian unfiltered beer	33cl 4.50 50cl 5.90
MESSINA Cristal salt sicilian lager	33cl 5.00
PERONI	33cl 4.00
MORETTI	33cl 4.00

APÉRITIF

CRODINO Non-alcoholic bitter apertif	3.50
CAMPARI SODA Campari soda over ice and orange	5.50
APEROL SPRITZ Prosecco, aperol, splash of soda water	8.00
CAMPARI SPRITZ Prosecco, campari, splash of soda water	8.00
GIN & TONIC Gin and tonic water poured over ice	Sgl 7.00 Dbl 9.00
BLOODY MARY Tomato juice, lemon, spices and vodka	8.00

SOFT BEVERAGES

SAN PELLEGRINO Limonata - Aranciata Rossa - Aranciata Pomegranate & Orange - Lemon & Mint Chinotto	2.50
FENTIMANS <small>BOTANICALLY BREWED 275ml</small> Curiosity Cola - Elderflower - Ginger Beer Rose Lemonade	3.00
FRUIT JUICES Apple - Pear - Peach - Pineapple - Orange ACE (carrot, orange & lemon)	2.50
FRESHLY SQUEEZED ORANGES Glass 150ml Glass 250ml	3.50 5.00
COLD TEA Lemon or Peach - bottle	50cl 2.70
MINERAL WATER Sparkling or still mineral water	33cl 1.50

WINE

RED

PRIMITIVO DEL SALENTO 75cl	22.90	Glass 175ml	7.20
CANNONAU DI SARDEGNA 75cl	27.50	Glass 175ml	7.50

PROSECCO SAN LEO

75cl	23.80
Glass 150ml	6.00

WHITE

PINOT GRIGIO SAN LEO 75cl	18.95	Glass 175ml	6.50
SAUVIGNON BLANC 75cl	26.95	Glass 175ml	7.30
ARAGOSTA VERMENTINO DI SARDEGNA DOC 75cl	27.50	Glass 175ml	7.50

ROSÉ

SAN LEO 75cl	18.95	Glass 175ml	6.50
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COFFEE & TEA

ESPRESSO	S 1.60 D 2.20
CAPPUCCINO	S 2.70 D 3.20
CAFFE LATTE	S 2.70 D 3.20
FLAT WHITE	D 2.90
CORTADO	D 2.40
MACCHIATO	S 1.70 D 2.40
AMERICANO	S 2.40 D 2.90
MOCHA	S 3.00 D 3.50
HOT CHOCOLATE	3.00
ICED COFFEE or CHOCOLATE	3.50
PUKKA HERBAL TEA	POT 3.20 t/a 2.20
BREAKFAST TEA	POT 2.80 t/a 1.50
EARL GREY TEA	POT 3.00 t/a 1.50
FRESH MINT TEA	2.50

DECAFFEINATED COFFEE - SOYA MILK additional	0.30
ALMOND, OAT, COCO MILK AND SYRUP additional	0.50

DESSERT

TIRAMISÚ Freshly home made	5.50
COPPA GELATO Pistachio & Crema - Hazelnut & Chocolate - Yogurt & Berries - Coffee gelato	6.00
SORBETTO Lemon or Coconut	5.00
CAKE OF THE DAY from	4.50
AFFOGATO Vanilla ice cream topped with a shot of hot espresso	4.50
ICE CREAM SCOOP Chocolate or vanilla flavors	1.80
BREAD AND BUTTER PUDDING Homemade croissants based pudding served warm with cream	4.50
SFOGLIATELLE Hezelnut, lemon or pistacchio	1.60
CANNOLI Gluten free Pistacchio or Salted caramel	2.20

SMOOTHIES

AVO GO-GO Avocado, ginger, lime, spinach broccoli, mango, coconut	5.00
BLUEBERRY THRILL Raspberry, blueberry, banana flax seeds	
STRAWBERRY SPLIT Strawberry and banana	
COCO LOCO Mango, pineapple, coconut lime, mint	

PINTADERA

WI-FI PINTADERA: purpuzza

