

## STARTERS

<b>Freshly Baked Home-made Bread</b>	<b>£2.50</b>
<b>Plain Garlic Bread</b>	<b>£3.95</b>
<b>Garlic Bread with Mozzarella Cheese</b>	<b>£4.95</b>
<b>OLIVES</b>	<b>£3.50</b>
Marinated mixed olives with fresh Italian herbs and extra virgin olive oil	
<b>ZUPPA DEL GIORNO</b>	<b>£5.50</b>
Home-made soup of the day (ask waiter) served with home-made Tuscan bread	
<b>POLPETE DE LA CASSA</b>	<b>£7.95</b>
Home made beef meatballs with parmesan and herbs in tomato sauce, served with Tuscan bread	
<b>BRUSCHETA DI NAPOLI</b>	<b>£5.95</b>
Fresh tomatoes marinated in olive oil, fresh basil and touch of garlic. Served on home-made Tuscan bread.	
<b>BRUSCHETA FUNGHI</b>	<b>£6.95</b>
Flat mushroom filled with garlic & spinach, topped with goat's cheese. Served on home-made Tuscan bread with basil and pine nut pesto	
<b>WHITEBAIT</b>	<b>£6.50</b>
Served with homemade tartar sauce, lemon and fresh salad	
<b>CAPRESE</b>	<b>£6.45</b>
Fresh buffalo mozzarella with olives, sliced tomatoes, served on a bed of salad with a drizzle of olive oil and balsamic reduction	
<b>CRISPY CALAMARI</b>	<b>£6.95</b>
Fried squid dusted with semolina flour, served with tartar sauce, lemon, parsley and garlic	
<b>GAMBERONI</b>	<b>£8.50</b>
Pan fried king prawns with garlic white wine and touch of chilli, served with salad and Tuscan bread	
<b>CAPELANTE</b>	<b>£9.50</b>
Fresh scallops, pan fried with garlic, white wine, & lemon juice, served on a bed of pea puree, blended with aged Parmesan and a touch of cream	
<b>ANTIPASTI CRUDO (for 2)</b>	<b>£13.95</b>
A selection of cold meats, cheese, olives and pickles. With homemade bread & salad	
<b>FUNGHI TARTARA</b>	<b>£5.95</b>
Thick slices of breaded mushrooms, deep fried served with tartar sauce and fresh salad	
<b>FUNGHI CON AGLIO</b>	<b>£5.95</b>
Pan fried button mushrooms with garlic butter and white wine, fresh herbs and served with salad and homemade Tuscan bread	
<b>COZZE ALLA MARINARA</b>	<b>£7.50</b>
A bowl of fresh mussels fried with garlic & onion in white wine, finished with tomato sauce and herbs. Served with homemade Tuscan bread	

## SALADS

<b>Insalata Caprino</b>	<b>£11.95</b>
Grilled goats cheese, caramelised balsamic onions on ciabatta bread served with mixed leaves salad cherry tomatoes and balsamic dressing	
<b>Cesare con Pollo</b>	<b>£12.95</b>
Chargrilled chicken fillets, gem lettuce, parmesan shavings, croutons and Cesare dressing	
<b>Insalata tricolore</b>	<b>£11.95</b>
Buffalo mozzarella, avocado, spinach, cherry tomatoes, red onions with lemon oil and balsamic and dressing.	

All our meat is locally sourced  
weights denoted are pre-cooked.  
(n) denotes dishes which contain nuts  
(v) denotes dishes which are suitable for vegetarians.  
Due to the presence of nuts in our restaurant, there is a small possibility that traces of nuts may be found in any of our items.  
All prices are inclusive of VAT.

There is a discretionary 10 % service charge for parties of 8 or more people  
For details of allergens please speak to a member of our team

# LA ROCCA

## BAR & RESTAURANT

## PASTA

<b>SPAGHETTI BOLOGNESE</b>	<b>£9.95</b>
Spaghetti with rich bolognese sauce & fresh basil	
<b>SPAGHETTI CARBONARA</b>	<b>£9.95</b>
Spaghetti with crispy pancetta in cream & egg yolk, with black pepper and aged Parmesan cheese	
<b>SPAGHETTI POLPETE</b>	<b>£12.95</b>
Spaghetti with meatballs, parmesan and tomato sauce	
<b>CANNELLONI (v)</b>	<b>£11.55</b>
Hand rolled lasagne sheets, filled with spinach, ricotta & mascarpone cheese topped with tomato sauce and mozzarella, baked in the oven.	
<b>LASAGNE</b>	<b>£11.95</b>
Flat pasta layers with minced beef, béchamel sauce, fresh herbs and Mozzarella baked in the oven.	
<b>PENNE AL FORNO DELLA CASA</b>	<b>£12.95</b>
Penne pasta, chicken, mushrooms, roasted peppers & creme fraiche, topped with Parmesan cheese, baked in the oven.	
<b>PENNE ARRABIATA (v)</b>	<b>£9.95</b>
Penne pasta with chilli, garlic & cherry tomatoes in home made tomato and basil sauce.	
<b>LINGUINE PRIMAVERA (v)</b>	<b>£12.95</b>
Pasta with broccoli, peas, courgette shavings and cherry tomatoes finished with white wine, a touch of cream and lemon juice	
<b>RAVIOLI GORGONZOLA &amp; WALNUT (v)</b>	<b>£12.95</b>
Handmade fresh ravioli served with a gorgonzola cheese sauce, walnut and rocket	
<b>LINGUINE LA ROCCA</b>	<b>£13.95</b>
Linguine with king prawns, pan fried with chilli, butter, garlic, fresh mussels and tomato sauce	
<b>LINGUINE PESCATORE</b>	<b>£14.95</b>
Salmon, mussels and king prawns all fried together with fresh herbs in chilli garlic and white wine cream sauce.	

## PESCE & CARNE

<b>POLLO DOLCE LATTE (n)</b>	<b>£16.95</b>
Free range chicken breast, chargrilled in dolce latte cheese sauce with fresh spinach and pine nuts. Served with roasted potatoes and salad	
<b>POLLO CON FUNGHI</b>	<b>£15.95</b>
Chargrilled chicken breast with mushrooms, red onions, chilli, garlic, white wine & tomato sauce. Served with potatoes and salad	
<b>ANATRA ARROSTO</b>	<b>£17.50</b>
Pan fried duck breast served with saffron infused mash potato, mixed vegetables, pancetta, sun dried prunes, cherry tomatoes, thinly sliced leeks in red wine sauce	
<b>FRACOSTA DI BUE</b>	<b>£17.95</b>
Sirloin steak served with grilled flat mushroom, fresh salad and roasted potatoes.	
<b>FILETTO CON ASPARAGI</b>	<b>£23.95</b>
Grilled fillet steak served with asparagus in red wine sauce, served with home made chips & salad	
<b>Bistecca Di Manzo</b>	<b>£16.95</b>
Grilled rump steak with hand cut chips, flat mushroom and salad garnish	
<b>BRANZZINO</b>	<b>£16.95</b>
Sea bass fillets, dusted in semolina flour, pan fried, served with agro dolce vegetables, carrots, peppers, courgettes, celery, & red onions, finished with our aged balsamic vinegar & salad garnish	
<b>BRANZZINO LA ROCCA</b>	<b>£17.95</b>
Sea bass fillets, pan-fried with chilli and garlic, fresh mussels & king prawns in white wine & tomato sauce, served with roasted new potatoes.	
<b>SALTIMBOCCA ALLA ROMANA</b>	<b>£15.95</b>
Pan fried Pork tenderloin, topped with sage and Parma ham in white and lemon sauce served with fine green beans and roasted new potatoes.	
<b>SALMON CON CREMA</b>	<b>£16.55</b>
Grilled salmon fillet in a creamy white wine & cherry tomato sauce. Served with new potatoes & salad	

## PIZZA

<b>PIZZA MARGHARITA (v)</b>	<b>£8.95</b>
Tomato, mozzarella, fresh basil and a drizzle of olive oil	
<b>PIZZA FUNGHI (v)</b>	<b>£9.95</b>
Tomato, mushrooms and mozzarella	
<b>PIZZA FIORENTINA (v)</b>	<b>£11.95</b>
Tomato, mozzarella, spinach, egg, parmesan and olives	
<b>PIZZA TROPICALE</b>	<b>£11.95</b>
Tomato, ham, pineapple and mozzarella	
<b>PIZZA BUFFALO</b>	<b>£12.95</b>
Tomato, buffalo mozzarella, Parma ham, fresh basil, rocket and cherry tomatoes	
<b>PIZZA VEGETARIAN (v)</b>	<b>£11.95</b>
Tomato, mozzarella, roasted mixed vegetables	
<b>PIZZA ETNA</b>	<b>£11.55</b>
Tomato, garlic, chilli, spicy pepperoni and mozzarella cheese	
<b>PIZZA CAPRINO (v)</b>	<b>£12.50</b>
Goat's cheese, caramelized onion, roasted peppers, tomato mozzarella and oregano	
<b>PIZZA PICANTE</b>	<b>£12.95</b>
Tomato, mozzarella, salami Milano, roasted peppers and chilli oil	
<b>PIZZA La ROCCA</b>	<b>£13.95</b>
Tomato, mozzarella, king prawns, anchovies red onion, chilli oil & rocket	
<b>PIZZA SOFIA</b>	<b>£12.95</b>
Tomato, mozzarella, chicken, pepperoni, Chilli & Garlic	
<b>PIZZA TONNO</b>	<b>£11.95</b>
Tuna, olives, tomato, mozzarella, & artichokes	
<b>CALZONE (v)</b>	<b>£12.95</b>
Calzone filled with olives, mushrooms, goats cheese, caramelised onion, mozzarella and spinach, topped with tomato sauce served with salad.	
<b>ITALIAN CALZONE</b>	<b>£14.55</b>
Folded pizza filled with chicken, pepperoni, ham, bolognese sauce, mozzarella served with fresh salad topped with garlic butter	

## RISOTTO

<b>La ROCCA RISOTTO</b>	<b>£14.95</b>
Arborio rice cooked in saffron and vegetable stock, with king prawns, sea bass and mussels, all pan fried in garlic and chilli, finished with olive oil and parsley	
<b>RISOTTO AI FUNGHI (v)</b>	<b>£11.95</b>
Roasted mushroom risotto with garlic butter and Italian herbs in creamy parmesan and mascarpone cheese	
<b>SALMON RISOTTO</b>	<b>£13.95</b>
Arborio rice cooked with fish and vegetable stock, fresh herbs, salmon, finely sliced leeks, parmesan and mascarpone with a drizzle of lemon juice, finished with a touch of Pernod	
<b>RISOTTO DI POLLO</b>	<b>£13.95</b>
Arborio rice with grilled chicken, Spring vegetables, Parmesan and mascarpone cheese	

## SIDES

<b>HAND CUT CHIPS</b>	<b>£3.50</b>
<b>SAUTEED POTATOES</b>	<b>£3.50</b>
<b>SMOOTH MASH POTATO (with saffron)</b>	<b>£3.50</b>
<b>AGRO DOLCE VEGETABLES</b>	<b>£3.50</b>
<b>MIXED SALAD</b>	<b>£3.50</b>
<b>TOMATO &amp; ONION SALAD</b>	<b>£2.95</b>
<b>ROCKET &amp; PARMASAN SALAD</b>	<b>£3.50</b>
<b>GREEN BEANS</b>	<b>£3.95</b>
<b>GARLIC MUSHROOMS</b>	<b>£3.95</b>

## ADD SAUCE TO YOUR STEAK

DOLCELATE CHEESE SAUCE, RED WINE SAUCE or PEPPERCORN SAUCE £2.95