

STARTERS

Freshly Baked Home-made Bread	£2.50
Plain Garlic Bread	£4.50
Garlic Bread with Mozzarella Cheese	£5.50
OLIVES	£3.50
Marinated mixed olives with fresh Italian herbs and extra virgin olive oil	
ZUPPA DEL GIORNO	£5.95
Home-made soup of the day (ask waiter) served with home-made Tuscan bread	
POLPETE DE LA CASSA	£8.50
Home made beef meatballs with parmesan and herbs in tomato sauce, served with Tuscan bread	
BRUSCHETA DI NAPOLI	£5.95
Fresh tomatoes marinated in olive oil, fresh basil and touch of garlic. Served on home-made Tuscan bread.	
BRUSCHETA FUNGHI	£7.95
Flat mushroom filled with garlic & spinach, topped with goat's cheese. Served on home-made Tuscan bread with basil and pine nut pesto	
WHITEBAIT	£6.95
Served with homemade tartar sauce, lemon and fresh salad	
CAPRESE	£6.95
Fresh buffalo mozzarella with olives, sliced tomatoes, served on a bed of salad with a drizzle of olive oil and balsamic reduction	
CRISPY CALAMARI	£6.95
Fried squid dusted with semolina flour, served with tartar sauce, lemon, parsley and garlic	
GAMBERONI	£8.95
Pan fried king prawns with garlic white wine and touch of chilli, served with salad and Tuscan bread	
CAPELANTE	£9.95
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	
ANTIPASTI CRUDO (for 2)	£14.95
A selection of cold meats, cheese, olives and pickles. With homemade bread & salad	
FUNGHI CON AGLIO	£5.95
Pan fried button mushrooms with garlic butter and white wine, fresh herbs and served with salad and homemade Tuscan bread	
COZZE ALLA MARINARA	£8.50
A bowl of fresh mussels fried with garlic & onion in white wine, finished with tomato sauce and herbs. Served with homemade Tuscan bread	

SALADS

Insalata Caprino	£12.95
Grilled goats cheese, caramelised balsamic onions on ciabatta bread served with mixed leaves salad cherry tomatoes and balsamic dressing	
Cesare con Pollo	£13.95
Chargrilled chicken fillets, gem lettuce, parmesan shavings, croutons and Cesare dressing	
Insalata tricolore	£12.95
Buffalo mozzarella, avocado, spinach, cherry tomatoes, red onions, with lemon oil, caramelised onions and balsamic 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

SPAGHETTI BOLOGNESE	£10.95
Spaghetti with rich bolognese sauce & fresh basil	
SPAGHETTI CARBONARA	£10.95
Spaghetti with crispy pancetta in cream & egg yolk, with black pepper and aged Parmesan cheese	
SPAGHETTI POLPETE	£12.95
Spaghetti with meatballs, parmesan and tomato sauce	
CANNELLONI (v)	£12.50
Hand rolled lasagne sheets, filled with spinach, ricotta & mascarpone cheese topped with tomato sauce and mozzarella, baked in the oven.	
LASAGNE	£12.95
Flat pasta layers with minced beef, béchamel sauce, fresh herbs and Mozzarella baked in the oven.	
PENNE AL FORNO DELLA CASA	£12.95
Penne pasta, chicken, mushrooms, roasted peppers & creme fraiche, topped with Parmesan cheese, baked in the oven.	
PENNE ARRABIATA (v)	£10.95
Penne pasta with chilli, garlic & cherry tomatoes in home made tomato and basil sauce.	
LINGUINE PRIMAVERA (v)	£12.95
Pasta with broccoli, peas, courgette shavings and cherry tomatoes finished with white wine, a touch of cream and lemon juice	
RAVIOLI	£12.95
Handmade fresh ravioli served with a gorgonzola cheese sauce, walnut and rocket	
LINGUINE LA ROCCA	£13.95
Linguine with king prawns, pan fried with chilli, butter, garlic, fresh mussels and tomato sauce	
LINGUINE PESCATORE	£14.95
Salmon, mussels and king prawns all fried together with fresh herbs in chilli garlic and white wine cream sauce.	

PESCE & CARNE

POLLO DOLCE LATTE (n)	£16.95
Chargrilled chicken breast in dolce latte cheese sauce with fresh spinach and pine nuts. Served with roasted potatoes and salad	
POLLO CON FUNGHI	£15.95
Chargrilled chicken breast with mushrooms, red onions, chilli, garlic, white wine & tomato sauce. Served with potatoes and salad	
ANATRA ARROSTO	£19.95
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	
SIRLOIN STEAK	£19.95
Sirloin steak served with grilled flat mushroom, fresh salad and roasted potatoes.	
FILLET STEAK	£24.95
Grilled fillet steak served with asparagus in red wine sauce, served with home made chips & salad	
RUMP STEAK	£17.95
Grilled rump steak with hand cut chips, flat mushroom and salad garnish	
BRANZZINO	£17.95
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	
BRANZZINO LA ROCCA	£19.95
Sea bass fillets, pan-fried with chilli and garlic, fresh mussels & king prawns in white wine & tomato sauce, served with roasted new potatoes.	
SALTIMBOCCA ALLA ROMANA	£16.50
Pan fried Pork tenderloin, topped with sage and Parma ham in white and lemon sauce served with fine green beans and roasted new potatoes.	
SALMON CON CREMA	£16.95
Grilled salmon fillet in a creamy white wine & cherry tomato sauce. Served with new potatoes & salad	

PIZZA

PIZZA MARGHARITA (v)	£10.50
Tomato, mozzarella, fresh basil and a drizzle of olive oil	
PIZZA FUNGHI (v)	£10.95
Tomato, mushrooms and mozzarella	
PIZZA FIORENTINA (v)	£11.95
Tomato, mozzarella, spinach, egg, parmesan and olives	
PIZZA TROPICALE	£11.95
Tomato, ham, pineapple and mozzarella	
PIZZA BUFFALO	£13.50
Tomato, buffalo mozzarella, Parma ham, fresh basil, rocket and cherry tomatoes	
PIZZA VEGETARIAN (v)	£12.95
Tomato, mozzarella, roasted mixed vegetables	
PIZZA ETNA	£11.95
Tomato, garlic, chilli, spicy pepperoni and mozzarella cheese	
PIZZA CAPRINO (v)	£13.50
Goat's cheese, caramelized onion, roasted peppers, tomato mozzarella and oregano	
PIZZA PICANTE	£13.50
Tomato, mozzarella, salami Milano, roasted peppers and chilli oil	
PIZZA La ROCCA	£14.95
Tomato, mozzarella, king prawns, anchovies red onion, chilli oil & rocket	
PIZZA SOFIA	£13.95
Tomato, mozzarella, chicken, pepperoni, Chilli & Garlic	
PIZZA TONNO	£12.95
Tuna, olives, tomato, mozzarella, & artichokes	
CALZONE (v)	£14.50
Calzone filled with olives, mushrooms, goats cheese, caramelised onion, mozzarella and spinach, topped with tomato sauce served with salad.	
ITALIAN CALZONE	£15.50
Folded pizza filled with chicken, pepperoni, ham, bolognese sauce, mozzarella served with fresh salad topped with garlic butter	

RISOTTO

La ROCCA RISOTTO	£14.95
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	
RISOTTO AI FUNGHI (v)	£12.50
Roasted mushroom risotto with garlic butter and italian herbs in creamy parmesan and mascarpone cheese	
SALMON RISOTTO	£13.95
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	
RISOTTO DI POLLO	£13.95
Arborio rice with grilled chicken, Spring vegetables, Parmesan and mascarpone cheese	

SIDES

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

ADD SAUCE TO YOUR STEAK

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