



Starters

Homemade seasonal *Soup of the day*. £4.95

Salt and Pepper Calamari on a bed of rocket leaves with a chilli and citrus mayonnaise. £5.95

Slow cooked Pork Ribs in a sticky sweet barbecue sauce. £4.95

Roughly chopped field Mushrooms and Pancetta, fried in Garlic with Spinach and Goats cheese with a wedge of toasted homemade bread. £5.95

Chicken Livers sautéed in a red wine, mushroom and shallot sauce and served with a toasted wedge of homemade bread. £5.95

King Prawns sautéed in a white wine and garlic with a wedge of homemade bread. £6.95

Warm Pheasant and beetroot salad, with mixed Italian leaves, green beans, peas and a sundried tomato dressing £6.95

Deep golden fried potato skins with a spicy tomato salsa dip and la Gabbia Coleslaw. (v) £4.95

Sharing Antipasto style platter of Beef and Tuna Carpaccio, Parma Ham, Smoked Salmon, Marinated Olives, roasted red peppers, Artichoke heart, Tricolour salad, red onion tomato and garlic and homemade rosemary infused bread sticks. * £12.95

Breads (v) £4.95

Selection of Homemade Bread, Rosemary and sea salt pizza bread, Garlic Pizza bread,

Garlic Pizza Bread with Cheese and Caramelised Onion, Garlic Pizza Bread with Pesto and Tomato

Pasta (Gluten free/ Vegan pasta is available, just ask!)

Pescatora. Papadelle pasta with mussels, prawns, calamari in a white wine sauce. £10.95

Polpette. Spaghetti with Homemade veal, lamb and beef meatballs, in a rich and spicy tomato and meat sauce. £10.95

Quadratti (v) Pasta parcels filled with Wild mushrooms (v) and garlic in a tomato and pesto sauce with fresh rocket leaves. £9.95

Lasagne Verdura (v) Roasted Mediterranean vegetables layered between sheets of pasta with a light and herbed tomato sauce. £9.95

Salmone e pesto. Papadelle pasta with Smoked Salmon in a pesto cream sauce. £10.95

(If the menu doesn't have your favourite pasta on it, just ask us for it and, as long as we have the ingredients, we will make it for you! Most of our pasta dishes can be made into a risotto if you would prefer.)

Main Dishes

Chicken Breast, soft poached egg and crisp pancetta with a salad of warm new potatoes, anchovies, mixed Italian leaves and a creamy "Caesar" style sauce on the side. £12.95

Fresh mussels steamed in your choice of sauce with shoestring fries, a wedge of homemade bread and a citrus chilli mayonnaise to dip. We recommend White Wine and Garlic, Spicy tomato Amatriciana or creamy Thai green curry. £14.95

Whole Duck breast, lightly griddled and oven roasted, black pudding mashed potato and a sweet Beetroot sauce. £14.95

Fillet of Red Snapper, lightly grilled and served with chilli sautéed potatoes and a refreshing pineapple and mint salsa £14.95

Butternut Squash stack layered with Spicy tomato, onion and sultana risotto, with a vine tomato and pistachio dressing. (Vg) £13.95

Seared lamb cutlets, minted pea risotto with a sundried tomato and garlic dressing. £14.95

Monkfish and King Prawns skewered with courgette and crispy pancetta pieces accompanied by a fresh chilli and citrus risotto. £14.95

Lightly Oven Baked *Gnocchi* with courgettes, broccoli, barlotti beans, kidney beans and Pesto in a Sundried tomato sauce and finished with crumbled goats cheese. (v) £12.95

Seared Tuna Loin steak with new potatoes and a green bean, spinach, red pepper, cherry tomato, anchovie and caper medley. £ 13.95

Grilled Minute steak, with shoestring fries, rocket leaves and La Gabbia coleslaw. £14.95

Rib eye Steak, cooked to your liking, with homemade hand cut chips, roasted vine tomatoes, red onion and spinach.* £18.95

Fillet steak Rossini, cooked to your liking, with foie gras (or chicken liver pate) zucchini frites, sugar snap peas and green beans. * £22.95

Sides £3.95

Zucchini frites, crisp green vegetables, La Gabbia coleslaw, roasted root vegetables, homemade chips, shoestring French fries, Chilli and Citrus Risotto, Mixed house salad, rocket and parmesan salad, Caesar salad, Tomato and onion salad, Black Pudding Mashed Potato, mixed marinated olives.

(v) = vegetarian, (Vg) = Vegan

Bar Food

Served all day!

Steak Sandwich - Strips of minute steak with caramelised red onion, horseradish mayo and rocket leaves. £6.95

Aubergine Melt - Slice Aubergine with a napoli style tomato sauce and melted mozerella cheese. £6.95

Chicken Club Sandwich - Char grilled chicken and bacon triple Decker with tomato, iceberg lettuce and wholegrain mustard mayonnaise. £6.95

La Gabbia Burger - Sing it with me "an all Beef patty, special sauce, lettuce, cheese, pickles, onion on a sesame seed bun". £6.95

Classic B.L.T. - Bacon, italian Leaf and beef Tomato and mayonnaise. £6.95

Slider platter - Individual mini homemade burger, hot dog and a Cajun chicken burger. £7.95

Classic Nachos, with jalapeños, cheese, sour cream and a spicy tomato salsa (v) £4.95, with chilli £5.95.

Fresh steamed mussels In your choice of White Wine and Garlic, Spicy tomato Amatriciana or creamy Thai green sauce. £6.95

Pizza

(All our Pizza can be folded into a Calzone if you would prefer!)

La Gabbia Carnival. Garlic sausage, pepperoni, ham, oregano, red onion, tomato and mozzarella. £10.95

Pollo Cajuni. Grilled Cajun spiced chicken, roasted yellow peppers, red onion, tomato and mozzarella. £9.95

Rustica (v) Roasted red peppers, aubergines, kidney beans and Mediterranean vegetables, goats cheese, tomato, mozzarella and rocket leaves. £9.95

Marinara. Crab meat, Prawns and Squid with capers, chilli or garlic oil, tomato, mozzarella, mascarpone and rocket leaves. £10.95

Florentina (v) Dolce Latte, root vegetables, garlic oil, nutmeg, tomato, egg and spinach leaves. £9.95

(If the menu doesn't have your favourite pizza on it, just ask us for it and, as long as we have the ingredients, we will make it for you!)

Little Plates (4080 combinations!)

Choose any combination of 3 plates for £7.95

(All come with a selection of dips and tortilla chips)

Cajun Spiced Chicken wings.

Sticky BBQ Ribs.

Veal, lamb and beef meatballs with spicy tomato sauce and mozzarella.

Salt and Pepper breadcrumbed Calamari.

Plaice goujons.

Classic Prawn Cocktail

Bread crumbed Mozzarella and mushrooms. (v).

Mini Vegetable spring rolls (v).

Zucchini frites (v).

Tomato, onion, basil and garlic bruschetta (v).

Roasted root vegetable skewer (vg).

Tri-colour Salad (v).

Rocket and Parmesan Salad (v).

Caesar Salad

Citrus and Chilli Risotto (v).

Homemade chips with La Gabbia coleslaw (v).

Marinated Olives (vg).





"2 Dine"

2 people, (Starters and Main's) for £35.00

" 2 Dine with Wine"

2 people, (Starters and Mains) and a bottle of house wine or 2 cocktails for £45.00.

Available Sunday - Wednesday (12:00-14:00 / 17:00-22:00)

Thursday, Friday and Saturday (12:00-14:00 / 17:00-19:00)

Choose from the whole menu.

*Supplement added for this Item

Children are always welcome at La Gabbia. If you don't want a full meal then we can happily make half portions of all our pasta or risotto, but even better why not... **"Make your own Pizza"**

We'll bring you the pizza base, tomato sauce and cheese and you can add any two toppings from our availability that day!

All children's meals - £5.95

(Mum and Dad, make your own pizza is available to the big kid inside you as well, if you really want to!)