

APPETIZERS

- GARLIC BREAD** £2.95 £3.45 £3.65
+ PLAIN CHEESE
CHEESE AND TOMATO
- OLIVE NOCELLARA** £3.95
LARGE ITALIAN GREEN OLIVES MARINATED WITH GARLIC & LEMON SERVED WITH ROSEMARY GRISSINI
- OLIAS NIEDDAS** £3.95
ITALIAN BLACK OLIVES, MARINATED WITH CHILLI & PARSLEY SERVED WITH ROSEMARY GRISSINI
- OLIVE MISTE** £3.45
MOUTH-WATERING MIXTURE OF BLACK AND GREEN OLIVES MARINATED WITH GARLIC, OLIVE OIL AND A TOUCH OF CHILLI SERVED WITH ROSEMARY GRISSINI
- PANIS BRUSCHETTA** £4.10
TOPPED WITH PROVOLONE CHEESE, BLACK OLIVE-PÂTÉ & SUN-DRIED TOMATOES
- BRUSCHETTA AHIOO'** £4.10
SUNDRIED TOMATOES PESTO, ROMAN ARTICHOKE, CRISPY ROCKET, RIPPED MOZZARELLA CHEESE
- BRUSCHETTA CON CRUDO** £4.50
TOPPED WITH PARMA-HAM, TOMATOES, FRESH ROCKET, FRESH MOZZARELLA & BALSAMIC CREME

STARTERS

- ☞ **MINISTRONE SOUP** £3.95
PANI'S DELICIOUS VEGETABLE MINISTRONE SOUP
- FISH SOUP** £4.75
WITH PRAWNS, TIGER PRAWNS, TUNA, PEAS, SPRING ONION, TOMATO & SPICY FISH STOCK
- INVOLTINI DI MELANZANE E CRUDO** £5.25
GRILLED AUBERGINES ROLLS WITH PARMA-HAM, GRATED PECORINO CHEESE, TOMATO SAUCE, MOZZARELLA CHEESE - OVEN BAKED
- INSALATA AI FRUTTI DI MARE** £7.95
PANI'S HOMEMADE MEDITERRANEAN SEAFOOD SALAD
- ANTIPASTO SARDO** £9.95
THE REAL TASTE OF SARDINIA FEATURING SALSICCIA SECCA, MARINATED OLIVES, SUN-DRIED-TOMATOES, CIPOLLINE ONIONS, SARDINIAN CHEESES, PANCETTA, ALICI BIANCHE, CARTA DA MUSICA BREAD WITH OLIVE OIL AND ROSEMARY & SARDINIAN PICCANTE CHEESE CROSTINO
- PANIS ANTIPASTO** £10.95
SELECTION OF APPETISERS INCLUDING MARINATED VEGETABLES, COLD MEATS, HOMEMADE SEAFOOD, TOMATOES, AND FRESH MOZZARELLA. ENOUGH FOR 2/3 PEOPLE

PIATTI CLASSICI

- LASAGNE AL FORNO** £6.95
LAYERED PASTA WITH BOLOGNESE, BÉCHAMEL, NUTMEG, TOMATO SAUCE & MOZZARELLA CHEESE
- ☞ **LASAGNE ALLA VEGETARIANA** £6.95
LAYERED PASTA WITH A VARIETY OF FRESH VEGETABLES, TOMATO SAUCE & MOZZARELLA CHEESE
- PANI'S PENNE** £6.95
GARLIC, CHILLI, TOMATO, DICED CHICKEN & PARSLEY
- MELANZANE ALLA PARMIGIANA** £8.45
LAYERED SLICES OF TENDER AUBERGINE OVEN-BAKED IN A JUICY TOMATO SAUCE TOPPED WITH PROVOLONE CHEESE

SARDINIAN TAPAS TAGLIERINI

CHOOSE YOUR FAVOURITE FOR YOUR STARTER or INDULGE and SHARE

CREATE YOUR VERY OWN PLATTER - CHOOSE 1, 2, 3 £5.25 £9.95 £13.95

SPIEDINO di SALSICCIA
SARDINIAN SAUSAGE, COURGETTE, BALSAMIC ONION, ROAST PEPPERS SKEWER

GAMBERI
TIGER PRAWNS, GARLIC, CHILLI, WHITE WINE, BUTTER. SERVED ON A BED OF ROCKET

☞ **PERDINGIANU**
MARIANED CHARGRILLED AUBERGINE, GARLIC, PARSLEY, EXTRA VERGIN OLIVE OIL

SALSICCIA ROSSA
SARDINIAN SAUSAGE, AROMATIC RUSTIC PLUM TOMATO. SERVED WITH TOASTED BREAD

CALAMARI
BABY SQUID TOSSED WITH SEASONED SEMOLA FLOUR DEEP-FRIED. SERVED ON LETTUCE DRIZZLED WITH BALSAMIC CREME

CARCIOFI
ROMAN ARTICHOKE, GARLIC, LEMON, ROCKET, PECORINO CHEESE. SERVED ON CARASAO CRISPY BREAD

MOZZARELLA WRAP
BABY MOZZARELLA WRAPPED WITH PARMA HAM WARMED. SERVED ON CRISP ROCKET & PINENUTS, DRIZZLED WITH BALSAMIC CREME

MALLOREDDUS PASTA

PANI'S BOLOGNESE £6.95
MALLOREDDUS WITH OUR VERSION OF THE CLASSIC RECIPE

CUN SARTIZZU £7.50
MALLOREDDUS, ITALIAN SAUSAGE, GARLIC, CHILLI, TOMATO & PECORINO CHEESE

☞ **AL PESTO** £7.50
PANI'S HOMEMADE PESTO WITH, SUN-DRIED TOMATOES, PARSLEY, GARLIC, PINENUTS, BASIL & PARMESAN

PASTA FRESCA

RAVIOLI SARDI £8.95
FRESH EGG PASTA PARCELS FILLED WITH RICOTTA, PECORINO, SPINACH SERVED IN TOMATO & BASIL SAUCE

☞ **PANCIOTTI VEGETARIANI** £9.45
FILLED WITH ASPARAGUS TIPS & MASCARPONE. TOSSED WITH ROASTED PINENUTS AND WALNUTS, ROCKET, BLACK PEPPER & BUTTER

CAPELANTE £11.95
FRESH EGG PASTA PARCELS FILLED WITH SCALLOP & PRAWN MEAT, RICOTTA & MASCARPONE CHEESE. SERVED WITH CHILLI, GARLIC, EXTRA VERGIN OLIVE OIL, PARSLEY AND SPRINKLED WITH BOTTARGA

AL NERO DI SEPIA £11.45
FRESH EGG TAGLIOLINI PASTA WITH SQUID INK SERVED IN A CRAB MEAT, GARLIC, WHITE WINE, PARSLEY, CREAM SAUCE AND SPRINKLED WITH BOTTARGA



FREGOLA SARDA

ROBERTO'S FREGOLA £8.95
FREGOLA, SARDINIAN SAUSAGE MEAT, RED ONIONS, COURGETTES, GARLIC, CHILLI, WHITE WINE & CHERRY TOMATOES

CON PESCE £9.95
FREGOLA, TIGER PRAWNS,, WHITE CRAB MEAT, PEAS, ONIONS, SPICY SAFFRON STOCK, SPRINKLED BOTTARGA

THESE SAUCES ARE ALSO AVAILABLE WITH RISOTTO

CARNE - PESCE

ARROR'E SARTIZZU £10.95
CHAR-GRILLED SARDINIAN SAUSAGE RING, SERVED ON ROAST POTATOES, CRISP SPINACH LEAVES, NOCELLARA OLIVES, SPICY NJUDA SALAMI, WHITE WINE, CHERRY TOMATOES & GREEN BEANS

POLLO CON LENTICCHIE £12.45
CHICKEN FILLETS, SARDINIAN SAUSAGE, SMOKED PANCETTA, LENTILS, WHITE WINE, CHERRY TOMATOES, CHILLI, GARLIC, SPINACH & FRESH HERBS. SERVED WITH CHIPS

PUDDA CUN SPARAU £12.45
PANFRIED CHICKEN BREAST WITH GONGORZOLA DOLCE CHEESE, CHAR-GRILLED ASPARAGUS, WHITE WINE & CREAM. SERVED WITH CHIPS

ORATA £14.25
SEA BREAM FILLETS, PANFRIED, DUSTED WITH SEASONED POLENTA, CHERRY PLUM TOMATOES, LEMON, BUTTER & WHITE WINE SAUCE. SERVED WITH CHIPS

☞ **SPEZZATINO di CARCIOFI** £9.95
SARDINIAN RUSTIC STEW OF ROMAN ARTICHOKE, GREEN BEANS, POTATOES, ONION, CANNELLINI BEANS, CELERY, CARROTS, GARLIC, WHITE WINE & HERBS

TAGLIATA DI MANZO £16.95
8oz CHARGRILLED RIB-EYE, SERVED SLICED ON A BED OF ROCKET, CHERRY TOMATOES, FRESH PECORINO SHAVINGS, EXTRA VIRGIN OLIVE OIL, BALSAMIC CREME. SERVED WITH CHIPS

INSALATONE

☞ **PRIMAVERA** £8.95
CHARGRILLED DICED SPICY VEGETABLES, CIABATTA CROUTONS, PITTED BLACK OLIVES, BALSAMIC CREME, EXTRA VERGIN OLIVE OIL, MIXED HERB LEAF

☞ **CARCIOFI** £8.95
ROMAN ARTICHOKE, NOCELLARA OLIVES, FAVA BEANS, ICEBERG LETTUCE, GREEN BEANS & CIABATTA CROUTONS

PANIS CAESAR £8.95
THINLY SLICED SMOKED CHICKEN BREAST, BABY GEM LETTUCE, CIABATTA CROUTONS, MARINATED WHITE ANCHOVIES, PARMESAN MAYO

SIDE ORDERS

- ☞ MIX SALAD £2.95
- ☞ TOMATO & ONION SALAD £2.95
- ☞ GREEN SALAD £2.95
- ☞ ROCKET SALAD £2.95
- CHIPS £2.95
- SWEET POTATOES £3.95
- COURGETTES CHIPS £3.95
- FRESH BREAD & BUTTER £1.10

FOOD ALLERGIES & INTOLERANCE

PLEASE ASK YOUR SERVER FOR OUR FOOD ALLERGEN CHART IF YOU HAVE A FOOD ALLERGEN OR FOOD INTOLERANCE TO ANY OF THE FOLLOWING: CEREALS CONTAINING GLUTEN, CRUSTACEANS, EGGS, FISH, PEANUTS, SOYBEANS, MILK, NUTS, CELERY, MUSTARD, SESAME SEEDS, SULPHUR DIOXIDE & SULPHITES, LUPIN OR MOLLUSCS. MANY DISHES MAY BE MADE GLUTEN-FREE IF REQUESTED.