STARTERS

PANI'S BRUSCHETTA £7.30
Topped with provolone cheese, black olive pâté and sun-dried tomatoes.

BRUSCHETTA CON CRUDO £7.30
Parma ham, tomatoes, fresh rocket and mozzarella. Finished with a balsamic crème.

(V) BRUSCHETTA TRADIZIONALE £7.30
Topped with tomatoes, fresh mozzarella, basil and extra virgin olive oil.

BISQUE £10.45
Pani's classic Bisque. A smooth king prawn, vegetable, fresh herb, garlic, chilli, white wine, anchovies, capers, tomato and cream bisque (soup).
Served with one ravioli filled with scallop, prawn meat, mascarpone and ricotta.

FISH SOUP £8.95
Prawns, tiger prawns, tuna, peas, garlic, spring onion, tomato and a spicy fish stock.

KING PRAWNS (two KPs) £12.95
King prawns pan-fried with garlic, white wine, butter, lemon and parsley. Served with rice. (five KPs) £24.95

CULURGIONES FRITTI (small) £9.50
Fresh handmade pasta parcels, filled with pecorino cheese, mint, garlic and potato. (large) £17.50
Deep-fried. Served with:
Tomato & Basil / Spicy Tomato / Saffron Mayo.

(V) CARCIOFI £8.45
Pan-fried artichokes, baby potatoes, garlic, lemon and white wine.

GAMBERI £9
Tiger prawns cooked with garlic, white wine, lemon butter.
Served on a bed of Sardinian carasau bread and rocket.

CALAMARI (small) £9.50
Deep-fried squid, semola, balsamic crème and iceberg lettuce. (large) £16.95

CAPESANTE REALI £15.95
King scallops with garlic, chilli, butter, white wine and lemon on a bed of fresh rocket and Sardinian carasau bread.

THE SARDINIAN SHEPHERD'S PLATTER (serves 2) £17.80
A classic and spicy board of Sardinian salsiccia secca, Parma ham, Giglio Sardo cheese, pecorino, artichokes, mixed olives and sun-dried tomatoes.
Served on a crispy Sardinian carasau bread.

(V) ANTIPASTO VEGETARIANO £9.95
Tomato and mozzarella, artichokes, grilled aubergines, roasted peppers, sun-dried tomatoes, olives, mixed beans, black olives pâté and Sardinian carasau bread.

BURRATA £10
Served on Sardinian carasau bread, rocket and sun-blushed tomatoes dressed with extra virgin olive oil.

...for the middle of the table

(V) PANI'S RUSTIC GARLIC BREAD £4.10
with cheese £4.35 with tomato £4.35 with cheese and tomato £4.75

FOOD ALLERGIES & INTOLERANCE

PLEASE ASK YOUR SERVER FOR OUR ALLERGEN CHART FOR YOUR FOOD ALLERGEN OR FOOD INTOLERANCE. MANY DISHES MAY BE MADE TO SUIT GLUTEN-FREE / VEGETARIAN / VEGAN / PESCATARIAN UPON REQUEST

HOUSE SPECIALITIES

RAVIOLI SARDI £14.60
Handmade fresh egg pasta parcels filled with ricotta cheese,nutmeg, pecorino and spinach. Served on a tomato and basil sauce.

MALLOREDDUS CUN SARTIZZU £14.20
Malloreddus Sardinian pasta served with an Italian sausage, garlic, chilli and tomato sauce. Sprinkled with pecorino cheese.

PANI'S CASARECCE £13.95
Casarecce pasta served with a garlic, chilli, tomato, diced chicken and parsley sauce.

CAPASANTA PELLEGRINA £17.95
Fresh egg pasta parcels filled with scallop and prawn meat, mascarpone and ricotta cheese cooked with tiger prawns, chilli, garlic, white wine and tomato sauce. Topped with bottarga.

(V) CANCIOFFA £16.45
Char-grilled Roman artichokes served on arborio rice, lentils, garlic, chilli, fresh spinach and tomato sauce.

CULURGIONES ROSSI £16.50
Fresh handmade pasta parcels filled with pecorino, mint garlic & potato. Served with a tomato and basil sauce. Sprinkled with grated pecorino cheese.

SAUSAGE ALLA FORESTIERA £17.45
Char-grilled Sardinian fennel sausage served on a porcini, mixed mushrooms, garlic, spinach, lemon and white wine risotto. Served with fries or salad

SAUSAGE ALLA GRIGLIA £17.45
Char-grilled Sardinian fennel sausage ring served on a round shape of risotto made with a spicy tomato, spinach and lentils sauce. Served with fries.

FREGOLA SPECIALITIES

(Also available as RISOTTO on request)

CON AGNELLO £16.95
With slow roasted pulled lamb shoulder, rosemary, carrots, onion, celery, garlic, white wine, tomato and lamb stock.
Finished with butter and topped with pecorino cheese.

ALLA PESCATORA £18.95
With Queen scallops, clams in shell, tiger prawns, clam meat, garlic, chilli and cherry tomatoes in a sauce of tiger prawns stock & tomato.
Finished with sprinkled bottarga.

(V) ORTU £13.60
With artichokes, sun-dried tomatoes, garlic, vegetable stock, spinach and butter sauce a touch of tomato sauce.

CON MISTO FUNGHI £14.65
With porcini mushrooms and mixed mushrooms, garlic, onions, spinach, lemon and white wine.

What is FREGOLA SARDA

THE LOOK: Giant couscous, the pearls are rougher, more rustic and come in beautiful, multi-toned shades of gold and brown.

THE TASTE: Because it is baked and toasted after being rolled, it has a distinct nutty, earthy flavour, similar to the comforting crust of a freshly baked loaf of sourdough bread.

THE WORD: The name fregola translates beautifully from the local dialect to mean "little crumbs

MEAT and FISH

TAGLIATA DI MANZO £25.45
8oz sirloin steak, char-grilled then sliced and served on a bed of rocket salad with cherry tomatoes and pecorino cheese, drizzled with balsamic crema.
Served with fries or salad.

BISTECCA DI MANZO £23.45
8oz sirloin steak char-grilled, served with rocket and tomato garnish.
Served with fries or salad.
Pepe Verde Sauce extra £3 / Arrabbiata and Tiger Prawn Sauce extra £4

POLLO CON LENTICCHIE £19.45
Pan-fried chicken breast, Sardinian sausage, smoked pancetta, lentils, white wine, cherry tomatoes, chilli, garlic, spinach and fresh herbs.
Served with fries or salad.

POLLO CON GAMBERI E ZAFFERANO £19.45
Pan-fried chicken breast with tiger prawns, cherry tomatoes, spring onion, garlic, chilli, saffron and butter. Served with fries or salad.

POLLO AL PEPE VERDE £19.45
Chicken breast pan-fried with green peppercorn, French mustard, red wine, black pepper and cream sauce. Served with fries or salad.

POLLO AL MARSALA £19.45
Chicken breast pan-fried, with mushrooms, marsala wine and cream.
Served with fries or salad.

GAMBERONI ALL'ARRABBIATA £24.95
Five King prawns pan-fried with garlic, chilli, white wine, butter and tomato sauce.
Served with rice.

SPIGOLA £21.95
Seabass fillets pan-fried, seasoned with polenta and served with a tiger prawns, cherry tomatoes, spring onion, saffron, chilli, garlic and butter sauce.
Served with fries or salad.

CLASSICI

LASAGNE AL FORNO £13.65
Bolognese, bèshamel, nutmeg, garlic, tomato and mozzarella.

MALLOREDDUS BOLOGNESE £13.65
Malloreddus Sardinian pasta served with our version of the classic recipe.

(V) ARRABBIATA £11.95
Casarecce pasta served with garlic, chilli, parsley and tomato sauce.

CARBONARA £14.20
Casarecce pasta served with a smoked pancetta, pecorino, black pepper, parsley and cream sauce.

AMATRICIANA £14.45
Casarecce pasta served with a smoked pancetta, garlic, chilli, parsley and tomato sauce.

SIDES

MIXED SALAD	£3.95	COURGETTES FRIES	£6.45
GREEN SALAD	£3.95	SWEET POTATO FRIES	£6.45
ROCKET SALAD	£3.95	FRIES	£4.65
BREAD & BUTTER	£2.50	MIXED OLIVES & GRISSINI with garlic, oregano, and lemon.	£4.65