

Portobello

GLUTEN FREE MENU

ALL OUR DISHES ARE MADE TO ORDER WITH FRESH INGREDIENTS, MEANING THERE IS PLENTY OF CHOICE FOR THOSE WHO AVOID WHEAT AND GLUTEN. THE FOOD ON THIS MENU MAY ALSO BE AVAILABLE ON OUR A LA CARTE MENU SO PLEASE INFORM US WHEN ORDERING THAT YOU REQUIRE GLUTEN FREE. WHILST EVERY EFFORT IS MADE TO PREPARE FOOD SEPARATELY, TRACES OF GLUTEN MAY REMAIN, AS ALL FOOD IS PREPARED IN A KITCHEN WHERE GLUTEN IS PRESENT.

STARTERS

Zuppa Della Casa (v)

Home-made soup of the day served with gluten free bread.

£9.50

Gamberoni Piccanti

Prawns baked in a chorizo, chilli and plum tomato sauce, drizzled with garlic.

£11.50

Fungi con Prosciutto

Portobello mushrooms filled with Parma ham and mozzarella cheese and oven baked.

£10.00

Insalata Rucola

Rocket leaves with fresh mozzarella, cured ham and cherry tomatoes.

£10.00

Affettato Misto For One

£11.50

Affettato Misto For Two

£17.50

Cured Italian meats served with warm buttered spinach, olives, sun blushed tomatoes and toasted gluten free ciabatta bread.

Funghi con Panna (v)

Button mushrooms with white wine, lemon and parmesan in a cream and garlic sauce served with gluten free ciabatta.

£10.50

Lasagne al Forno (v)

Traditional oven baked vegetable lasagne.

£10.00

Melanzane con Mozzarella (v)

Aubergine in a rich Napoli sauce, oven baked with mozzarella cheese and parmesan.

£8.50

Funghi di Carne

A generous mix of fresh oyster mushrooms, button mushrooms and crisp bacon served warm over a bed of mixed leaf salad.

£9.50

Cozze Gratinata

Half shell mussels baked in white wine and garlic, sprinkled with cheese.

£11.00

Capesante

Pan-fried scallops cooked in garlic, served on a bed of leaves with chilli pesto and coriander mayonnaise.

£13.50

Avocado E Gamberetti

Avocado and prawns with mixed peppers and marie rose sauce.

£10.50

Fichi con Prosciutto

Figs and prosciutto, served with basil mascarpone and balsamic reduction.

£11.00

Bread and Olives For One (v)

£7.50

Bread and Olives For Two (v)

£11.00

Mixed gluten free breads with marinated olives and dipping oil.

SPECIALITIES

ALL SERVED WITH YOUR CHOICE OF TRIPLE-COOKED CHIPS, ARBORIO RICE OR MIXED VEGETABLES

CHICKEN

Pollo con Formaggio

A tender breast of chicken in a dolcelatte cheese sauce with pancetta and leeks.

£26.00

Pollo Estragone

A tender breast of chicken cooked with mushrooms, onions and tarragon in a red wine jus.

£25.50

Pollo con Prosciutto al Forno

A tender breast of chicken topped with cured ham, a rich Napoli sauce and mozzarella cheese baked in the oven.

£26.00

FILLET STEAK STRIPS

Beef Stroganoff

Strips of steak, mixed peppers and mushrooms served in a cream and French mustard sauce.

£31.00

Manzo di Portobello

Strips of steak with mushrooms and asparagus served in a creamy green peppercorn sauce.

£30.50

PORK

Pork Stroganoff

Strips of pork loin in a wholegrain mustard stroganoff sauce with mushrooms, peppers and redonions.

£26.00

Pork con Albicocca e Crema

Pork loin in an apricot and cream sauce with fresh coriander and garlic.

£25.50

STEAK

ALL OF OUR STEAKS ARE CHARGRILLED TO YOUR LIKING AND ARE AVAILABLE AS AN 8OZ FILLET OR A 10OZ SIRLOIN.

Griglia

Steak chargrilled to your liking.

£31.50

OR, TRY ONE OF OUR DELICIOUS, FRESHLY MADE STEAK SAUCES

Al Pepe

Steak served with a classic green peppercorn and creamy tomato sauce.

£34.50

Speciale

Steak with onions, garlic, mushrooms and prawns in a creamy white wine sauce.

£36.50

Diavola

Steak served with a red wine, cream and French mustard sauce.

£34.50

Ai Funghi

Steak served with a cream and mushroom sauce.

£34.50

Scappa

Steak with a dolcelatte cream sauce with bacon and asparagus.

£33.00

PLEASE NOTE THAT SIRLOINS NATURALLY HAVE MORE FAT THAN FILLETS, HOWEVER THIS GIVES A BOLDER FLAVOUR

FISH

Tonno con Salsa

Grilled tuna steak with a spiced tomato salsa. (We usually cook our tuna medium, but please let us know if you'd like yours done differently).

£29.50

Branzino con Albicocca

Baked seabass in an apricot and blue cheese sauce.

£30.50

Branzino al Cardinale

Seabass with prawns, asparagus and dill, cooked in a light white wine and cream sauce.

£32.00

Branzino con Capperi

Seabass cooked with capers, olive oil and fresh lemon.

£30.50

Salmone Mascarpone

Salmon in a red pepper and mascarpone sauce.

£28.50

Branzino Portobello

Baked seabass served with a chilli infused Napoli sauce with olives, peppers and red onion

£30.00

Salmone Roma

Fillet of salmon in a cream sauce with mushrooms, onions and prawns

£30.00

MADE ON OUR DELICIOUS GLUTEN FREE BASES

Prosciutto E Funghi	£19.00
Mixed mushroom pizza topped with cured Parma ham.	
Quattro Formaggi (v)	£17.00
Mozzarella, cheddar, parmesan and gorgonzola.	
Prosciutto Crudo	£18.00
Cheese and tomato pizza baked in the oven then covered with cured ham and fresh rocket.	
Festa Di Carne	£18.00
Ham, pepperoni, salami and pancetta.	
Gamberetti e Peperoncino	£19.00
King prawns, chilli pearls and garlic	

Vegetable Toppings	£1.50
Meat Toppings	£2.00
Seafood Toppings	£3.00

Insalata con Avocado (v)	£15.50
Avocado and fresh mozzarella with mixed leaf salad, cherry tomatoes, cucumber, red onion and sweetcorn.	
Insalata di Cesare con Pollo e Pancetta	£16.00
A tender chicken breast with bacon, served over cos lettuce tossed in Caesar salad dressing with fresh tomatoes and parmesan cheese. (Please ask if you'd like anchovies).	
Insalata Mista (v)	£15.00
Pan fried vegetables on a bed of mixed leaf salad with cherry tomatoes, cucumber, red onion, sweetcorn and walnuts.	

Insalata con Gamberetti	£19.00
Prawns and tuna with mixed leaf salad, cherry tomatoes and cucumber with a chilli and lime mayonnaise.	
Insalata Calda	£18.00
Slices of warm tender chicken breast with mushrooms, onions, bacon and peppers, served on a mixed salad with a warm vinaigrette.	
Insalata con Spinaci	£17.00
Warm chicken, spinach and mushroom served on a green leaf salad with a warm vinaigrette.	

Risotto con Portobello	£24.50
Scallop and king prawn risotto cooked in a lightly spiced cream and garlic risotto.	
Risotto con Pollo	£16.00
Chicken, pea and pancetta risotto in a parmesan and cream sauce.	
Risotto Vegetarian (v)	£15.00
Mixed vegetable risotto in a tomato and basil sauce.	
Risotto Cozze Gamberetti	£21.50
Prawn and crayfish risotto cooked in a rich tomato sauce, topped with half-shell mussels	

Rice	£4.00	Mixed Salad	£5.50
Chips	£4.50	Mixed Olives	£4.00
Vegetables	£5.00	with a homemade marinade	
Herby Fried	£6.50	Insalata	£6.50
Potatoes		Caprese	
Creamy	£5.50	(tomatoes, fresh mozzarella, basil)	
Mash		Bruschetta	£6.50
Pesto Mash	£5.50	(tomato, red onion, olives, basil)	
GF Ciabatta	£5.00	Tomato +	£5.00
with dipping oil		Onion Salad	
Olives+ Feta	£5.50		

Garlic Bread	£7.50
• With Tomato	£8.00
• With Mozzarella	£8.50
• With Pesto	£8.50

MADE WITH GLUTEN FREE FUSILLI PASTA

Con Gamberetti	£18.50	Pollo Dolcelatte	£17.00
King prawns and mushrooms in a creamy red pepper and rocket sauce.		Chicken and apricots in a dolcelatte sauce.	
All'Arrabbiata	£16.50	Epomeo (v)	£16.50
Spicy chilli and plum tomato sauce with pepperoni, mixed peppers and olives.		Mushrooms and mixed peppers cooked in a creamy tomato sauce with chilli, lime and fresh coriander.	
Carbonara	£16.50	Al Malfitane	£19.50
Pancetta, onions and parmesan cheese in a cream sauce.		Gluten free fusilli, olive oil, crayfish, king prawns, lemon and rocket.	
Con Capperi e Tonno	£18.00	Per Sorelle	£18.00
Tuna steak, capers, olives in a rich tomato sauce.		Smoked salmon in a cream cheese, lemon and dill sauce.	
Al Salmone	£17.50	Pollo al Pesto	£17.00
Smoked salmon pieces in an orange, tomato and cream sauce.		Basil pesto with chicken, peppers and onions.	
Spaghetti Bolognese	£15.00	Panza	£17.00
Gluten free fusilli with home-made Bolognese sauce.		Chicken breast and mushrooms in a creamy tomato sauce.	
Lasagne Vegetariana (v)	£16.50	Marinara	£20.00
Traditional oven baked vegetable lasagne.		Mixed seafood and olives in a tomato sauce.	
		Al Formaggio	£16.50
		Bacon and leeks in a dolcelatte sauce.	