



Al Dente

A LA CARTE GLUTEN FREE MENU

ANTIPASTI

ZUPPA DI MINISTRONE (V) £7.35

Veggie soup with a creamy tomato sauce.

BURRATA CON POMODORINI & PESTO (V) £10.44

A whole creamy burrata with sun-blushed tomatoes, roquito peppers and house pesto.

ANTIPASTO MISTO £13.95

Selection of Italian cured meats; prosciutto and spicy pepperoni with a fresh mozzarella, sun-blushed tomatoes, artichoke, mixed olives.

COZZE ALLA MARINARA £9.95

A bowl of pan fried fresh mussels with white wine, garlic and fresh herbs in marinara sauce.

CAPELANTE £11.90

Fresh scallops cooked with olive oil, garlic, chilli, leeks and cherry tomatoes in a rich cream and sambuca sauce.

RISOTTO

RISOTTO BRANZINO £18.90

Creamy risotto with prawns, sea bass, asparagus, spinach cooked with mascarpone and garlic.

RISOTTO SALMONE £18.50

Arborio rice cooked with saffron, salmon, mussels, prawns chilli and garlic in a white wine sauce.

RISOTTO VERDURE (V) £17.80

Creamy risotto with courgettes, asparagus, spinach, peas cooked in mascarpone, lemon juice, fresh mint finished with rocket and hard cheese.

Add extra chicken for £2.60

RISOTTO DI POLLO £17.50

Creamy risotto with chicken, mushrooms and a touch of mascarpone finished with hard cheese.

RISOTTO CAPELANTE £19.90

Arborio rice cooked with scallops, leeks, crispy pancetta, pan fried garlic, chilli and butter finished with parsley.

PASTA

PENNE ALL'ARRABBIATA(V) £14.90

Gluten free Penne pasta with chilli butter, fresh chillies, white onions and cherry tomatoes in a spicy tomato sauce finish with garlic oil and fresh basil.

Add extra chicken for £2.60

PENNE ALLA RUSTICANA £16.95

Gluten free Penne pasta with chicken, pancetta, roasted peppers and mascarpone in a creamy tomato sauce, finished with crispy Parma ham.

PENNE AL FORNO £16.80

Gluten free Penne pasta with chicken, mushrooms and roasted peppers in a creamy sauce. Finished with Parmesan cheese and baked in the oven.

PENNE ALLA BOLOGNESE £15.80

Gluten free penne pasta with our homemade bolognese cooked with minced beef, tomatoes, red wine and fresh herbs.

PENNE ALLA CARBONARA £15.95

Gluten free penne pasta with pancetta, hard cheese and fresh parsley in creamy sauce, finished with crispy Parma ham.

Add extra chicken for £2.60

PENNE ALLEGRO £17.95

Gluten free penne pasta with pancetta, prawns, asparagus and sun-blushed tomatoes cooked in chilli, butter and white wine.

PENNE ALLA PESCATORE £18.90

Gluten free penne pasta with tiger prawns, fresh mussels and squid cooked in butter, garlic, chilli, white wine and tomato sauce.

PENNE AL SALMONE £18.55

Gluten free penne pasta with salmon and fresh chillies, cooked in chili butter, cream and tomato sauce. Finished with pesto.

(V) denotes dishes which are suitable for vegetarians. Vegan options also available.

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. For details of allergens please speak to a member of staff. Please inform your server of any allergies or intolerances.

+44 1884 798250





Al Dente



CARNE E PESCE ALLA GRIGLIA

POLLO CON FUNGHI £20.45

Chargrilled chicken breast with a creamy mushroom and white onions sauce, served with roasted new potatoes, broccoli and carrots.

POLLO PASSIONE £21.25

Chargrilled chicken breast with panchetta, mushrooms, white wine cream, tomato sauce, served with potatoes, broccoli and carrot.

FILETTO DI MAIALE £21.85

Chargrilled medallion of pork fillet in a creamy tarragon, demi-glace sauce, mushrooms & onions. served with roasted new potatoes, carrots & broccoli.

ANATRA ARROSTO £23.59

Chargrilled duck cooked in rich pancetta, dried prunes, leeks and red wine sauce, served with roasted new potatoes, broccoli and carrots.

FILETTO ALLA GRIGLIA £31.74

8oz fillet steak cooked on the grill served with roasted new potatoes, rocket and Parmesan cheese finished with a red wine sauce topped with asparagus.

BISTECCA ALLA GRIGLIA £26.90

Chargrilled West Country 28-day-matured sirloin steak Served with roasted new potatoes and rocket & Parmesan salad.

CHOOSE FROM: peppercorn sauce, mushroom sauce or a red wine sauce

SALMONE ALLA TOSCANA £21.95

Pan seared salmon cooked in a creamy sauce with spinach, sun-blushed tomatoes and Parmesan cheese, served with roasted new potatoes, broccoli and carrots.

LIGHTER MAINS

INSALATA DI POLLO £16.25

Chargrilled chicken breast with lettuce, cherry tomatoes, hard cheese and Caesar dressing .

TAGLIATA DI MANZO £23.20

Finely sliced chargrilled sirloin steak served with rocket, spinach, cherry tomatoes and olives salad finished with Parmesan cheese and drizzled with balsamic glaze.

INSALATA DI SALMONE £19.55

Oven baked salmon served on a bed of lettuce, spinach, sun-blushed tomatoes, cherry tomatoes, artichoke and Parmesan cheese finished with pesto.

COZZE CON CREMA £15.00

Fresh mussels cooked in a creamy white wine, fresh parsley, white onions and garlic sauce.

TEGAMACCIO £21.44

Fish stew with sea bass, mussels, king prawns, tiger prawns and squid in tomato, olive and capers sauce.

SIDES

ROASTED NEW POTATOES £4.50

BROCCOLI £4.50

MIXED SALAD £4.50

PAN MUSHROOMS £4.90

TOMATO, ONION & BASIL SALAD £4.50

ROCKET & PARMESAN SALAD £4.50

(V) denotes dishes which are suitable for vegetarians.

Vegan options also available.

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.

For details of allergens please speak to a member of staff.

Please inform you server of any allergies or intolerances.

+44 1884 798250

