

LUPA ITALIAN RESTAURANT & BAR

Antipasti - Before the Meal

Marinated mixed olives with chilli, garlic and herbs (v)	£3.50
Selection of freshly baked breads served with olive oil and balsamic vinegar (v)	£3.75
Garlic pizza bread (v)	£3.95
Garlic pizza bread - With buffalo mozzarella (v)	£4.95
Bruschetta - Toasted crusty bread with chopped vine tomatoes, red onion and fresh basil (v)	£4.50
Antipasto Misto - Selection of Italian meats, cherry tomato, buffalo mozzarella and basil skewers, tomato and basil bruschetta, deep fried risotto balls and mixed olives	£8.95/£15.95
Antipasto Pesce - Sautéed king prawns, tomato and anchovy bruschetta, seared scallops, fresh deep fried calamari, whitebait, cherry tomato, buffalo mozzarella and basil skewers and mixed olives	£8.95/£15.95
Pesce Affumicato - Selection of smoked fillet of fish, marinated sun dried tomatoes and freshly baked bread served with a mixed salad	£8.95/£15.95

Primi - Starters

Calamari Fritti - Deliciously fresh calamari fried in seasoned flour, served with aioli dip	£6.95
Zuppa Del Giorno - Freshly home-made soup of the day	£4.95
Capriano - Baked goats cheese served with caramelised red onions on a bed of rocket salad (v)	£5.95
Prosciutto e Melon - Parma ham wrapped in melon	£7.95
Carpaccio - Aged prime beef fillet with rocket leaves and parmesan shavings	£8.95
Gamberoni - Sautéed king prawns in garlic, white wine, lemon and parsley with rocket leaves	£7.95
Gamberetti Cocktail - Duet of succulent prawns and crayfish, ripe gala melon and spicy cocktail sauce	£7.95
Capesante - Seared fresh scallops, garlic, white wine and lemon	£9.50
Caprese - Beef tomato, buffalo mozzarella and basil (v)	£5.95
Funghi Dolcelatte - Field mushroom topped with garlic and cheese sauce (v)	£5.95
Formaggio - Deep fried brie served with redcurrant jelly (v)	£6.25

Secondi piatti di carne e Pesce

- Main Courses

Pancetta di maiale - Slow roasted pork belly with apple sauce	£13.95
Pollo alla Rustica - Tender chicken breast stuffed with goats cheese, sun blushed tomato and spinach, wrapped in parma ham	£13.95
Pollo alla Milanese - Bread crumbed chicken escalope, rocket and parmesan salad	£13.95
Anatra - Crispy duck with potato and cranberry sauce	£14.95
Veal Saltimbocca - Veal escalope, parma ham and sage	£14.95
Veal Milanese - Veal escalope cooked in breadcrumbs served with spaghetti in a tomato and basil sauce	£14.95
Salmon pan fried with garlic and chilli	£13.50
Grilled Halibut with crushed new potatoes	£13.45
Red Mullet oven baked in olive oil, garlic, fresh herbs and white wine sauce	£12.45
Beef Burger - Home-made beef burger with dolcelatte cheese	£12.95
Costata Bistecca - Grilled rib-eye steak (8oz)	£15.50
Filetto - Grilled fillet steak (8oz)	£19.95
Sauce Supplements Peppercorn / Dolcelatte cheese / Diane	£1.75 each

All main courses served with a choice of two side dishes

(v) These dishes do not contain meat or fish products.
Gluten Free penne pasta available upon request.

Pizzas

Margherita - Tomato and buffalo mozzarella (v)	£7.95
Al Crudo - Parma ham, rocket leaves, flaked parmesan, tomato and buffalo mozzarella	£9.50
Calabrese - Garlic, fresh chilli, spicy salami, tomato and buffalo mozzarella	£9.25
Quattro Formaggi - Dolcelatte, goats cheese, parmesan, buffalo mozzarella and tomato (v)	£8.95
Della Casa - Ham, mushrooms, olives, onion, roasted peppers, anchovies, tomato and buffalo mozzarella	£9.25
Pollastro - Chicken, spicy salami, roasted red onions, fresh chillies, tomato and buffalo mozzarella	£9.75
Caponata - Roasted peppers, courgettes, red onions, tomato & buffalo mozzarella (v)	£8.95
EXTRA TOPPINGS	£1.25 each
Create your own: Chicken, spicy salami, anchovies, prawns, squid, ham, parma ham, peppers, onions, chilli, mushrooms, spinach, olives, goats cheese, dolcelatte.	
MAKE ANY PIZZA A CALZONE	£1.50

Pastas

Spaghetti con Polpette - Spaghetti, hand-rolled meat balls in a rich tomato sauce	£9.50
Penne Arrabbiata - Penne, chilli, tomato and herb sauce (v) (with spicy Italian sausage)	£8.95 £9.95
Spaghetti Bolognese - Spaghetti, classic slow cooked meat sauce	£9.25
Lasagna Tradizionale - Layers of egg pasta with tomato, beef ragu and béchamel sauce	£9.25
Spaghetti alla Carbonara - Spaghetti, crispy pancetta, creamy parmesan sauce	£9.25
Penne Primavera - Penne, chicken, roasted chilli, garlic, mushrooms, tomato sauce	£9.45
Penne Traviata - Penne, shredded chicken and smoked bacon in a mushroom and tomato sauce with a touch of cream	£9.45
Gnocchi al Dolcelatte - Potato gnocchi with dolcelatte cheese, spinach topped with chopped vine tomatoes (v)	£9.95
Penne Giardiniera - Penne, sun dried tomato, courgettes, fresh chilli, peppers, onions garlic tomato sauce (v)	£8.95
Tagliatelle Spinaci - Tagliatelle, spinach, roasted peppers, black olives, white wine, chilli, pesto and tomato sauce (v)	£8.95
Tagliatelle Salmone - Tagliatelle, Smoked Salmon, spinach with lemon and herb mascarpone	£9.95
Spaghetti Alla Marinara - Spaghetti, mixed seafood, garlic & tomato sauce	£13.95

Insalate - Salads

Tricolore salad - Sundried tomato, avocado and mozzarella dressed in basil and olive oil	£7.95/£10.95
Contadina - Chicken, dolcelatte cheese, Parma ham, tomato, drizzled with sweet basil vinaigrette	£7.95/£10.95
Cesare - Chargrilled chicken, cos lettuce, crunchy croutons with boiled egg, anchovies and creamy Parmesan dressing	£7.95/£10.95
Gamberoni Della Cassa - Succulent prawns with avocado, topped with grated cheddar cheese and a mixed salad with marie rose dressing	£8.95/£11.95

Contorni - Side Dishes

Potatoes baked in olive & rosemary	£2.95	Grilled tomato	£1.95
Mashed potato	£2.95	Wilted spinach	£3.50
Hand cut chips	£2.95	Creamed cabbage	£2.95
Seasoned fries	£2.95	Fine green beans	£2.95
Mixed leaf salad	£3.50	Sautéed mushrooms	£2.95
Beef tomato and red onion salad	£4.25	Honey roasted parsnips	£2.95
		Seasonal vegetables	£3.50

All prices are inclusive of vat.
There is a discretionary 10% service charge for parties of 6 or more.

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White Wine

	Glass 175ml	Glass 250ml	Bottle
Trebbiano del Rubicone, Soledoro, Italy <i>Crisp, dry and fruity, with a delicate nutty aroma. Young and fresh.</i>	£4.25	£5.45	£14.95
Klein Kloof Chenin Blanc, Paarl, South Africa <i>A full rich medium dry white bursting with flavour. Soft flavours of banana and pineapple with a tingly finish.</i>	£4.50	£6.25	£15.95
Estate Sauvignon Blanc, Rapel Valley, Chile <i>Intense, fresh aromas of green fruit, grapefruit, lime, nectarines, peach and acacia flowers. Crisp and lively on the palate with a fresh aftertaste.</i>	£4.50	£6.25	£15.95
Thorne Hill Chardonnay, South East Australia <i>Delicious unoaked Chardonnay, full of melon and white peach fruit, nicely held together by citrusy freshness.</i>	£4.95	£6.75	£18.95
Pinot Grigio Terre del Noce, Mezzacorona, Italy <i>Elegant, dry Pinot Grigio with apple and banana fruit aromas, floral lift in the mouth, and a clean, crisp finish.</i>	£4.95	£6.75	£18.95
Finca La Colonia Torrontes, Bodega Norton, Argentina <i>A sophisticated, dry, elegant rendition of this aromatic grape variety, combining minerality with white peach and floral notes such as rose and jasmine.</i>			£19.95
Frascati Superiore Gotto D'Oro, Italy <i>Fresh, lively nose with notes of grapes and nuts; delicate, well-balanced palate with a good persistent finish.</i>			£22.95
Orvieto Classico Campogrango, Famiglia Antinori, Italy <i>The nose shows both floral and fruity notes, particularly pineapple and banana, while the palate is medium-bodied, with more fruit and a round, delicate finish.</i>			£24.95
Chateau Sainte Michelle Chardonnay, Washington State, USA <i>Fresh, vibrant and elegant with aromas and flavours of fresh apples, ripe pears and spice. Elegant, refined finish with light spice notes.</i>			£26.95
Coopers Creek Sauvignon Blanc, Marlborough, New Zealand <i>This is absolutely classic Marlborough Sauvignon: vibrant gooseberry, passion fruit and nectarine backed with hints of herbaceousness. Impressive weight of flavour on the palate with richness and texture and a long finish.</i>			£29.95
Gavi di Gavi La Meirana, Bruno Broglia, Italy <i>Great texture and precision, with distinctive greengage and almond notes on the palate. Fresh and dry, this is particularly characterful Gavi.</i>			£31.95
Pinot Grigio Riserva <i>In more of a Pinot Gris style, this Riserva has ripe pear and apricot fruit, with plenty of weight and spice.</i>			£34.95
Chablis Domaine Sainte Claire, J-M Brocard, France <i>The nose is precise, pure and mineral, with additional notes of citrus. The palate is classic Chablis: structured, crisp and delicious, with flavours echoing the nose.</i>			£36.95
Sancerre Les Bouffants, Domaine Charles Dupuy, France <i>Classic Sancerre, with aromas of currants and grapefruit, a dry, elegant palate with a layer of minerality, and a neat, focused finish.</i>			£38.95

Rosé Wine

	Glass 175ml	Glass 250ml	Bottle
Mannara Pinot Grigio Rose, Veneto, Italy <i>A delicate rosé with lifted aromas of spring flowers and strawberries, red berry fruit on the palate and a soft, round finish.</i>	£4.95	£6.75	£20.50
Stone Cellars Blush Zinfandel, Beringer Vineyard, USA <i>Fruity aromas and flavours of ripe strawberries and some spicy clove/nutmeg notes. Soft, well-rounded palate, in a medium style.</i>	£5.25	£6.95	£21.50

Desert Wines

	Glass 125ml	Bottle 37.5cl
Muscat Dessert Wine <i>An intense nose of Muscat grapes, honey and flowers leads to a vibrant palate, the sweetness balanced by freshness of flavour and a delicate mouth feel.</i>	£5.25	£16.95

Please ask for details about our fine wines

Red Wine

	Glass 175ml	Glass 250ml	Bottle
Sangiovese del Rubicone, Soledoro, Italy <i>A smooth and easy drinking red wine with a delicate aromas and flavours of red fruits.</i>	£4.25	£5.45	£14.95
Estate Cabernet Sauvignon, Rapel Valley, Chile <i>Intense, fresh aromas of green fruit, grapefruit, lime, nectarines, peach and acacia flowers. Crisp and lively on the palate with a fresh aftertaste.</i>	£4.50	£6.25	£16.95
Itynera Primitivo IGT, Salento, Italy <i>Attractive ruby red in colour with a persistent, juicy palate of baked fruits and some tobacco notes.</i>	£4.50	£6.25	£18.95
Merlot Terre del Noce, Mezzacorona, Italy <i>Smooth, easy-drinking Merlot with plum and red cherry fruit, and a hint of dark chocolate on the finish.</i>	£4.95	£6.75	£18.95
Thorne Hill Shiraz, South East Australia <i>Juicy, spicy Shiraz will masses of mulberry and blackberry fruit, notes of cloves and mint, and a smooth finish.</i>	£4.95	£6.75	£19.95
Montepulciano d'Abruzzo Itynera Barrique, Italy <i>A round, juicy red with good earthy cherry and berry character and a clean, fruity finish.</i>			£21.95
Finca La Colonia Malbec, Bodega Norton, Argentina <i>Sweet and spicy aromas, reminiscent of black pepper. Ripe red fruit on the palate, smooth texture and a harmonious finish.</i>			£22.95
Rioja Valdemar Tempranillo, Bodegas Valdemar, Spain <i>Lovely smooth young Rioja, with bright cranberry/cherry fruit, a violet aroma, and some creaminess on the finish.</i>			£23.95
Cotes du Rhone "Saint Esprit", Domaine Delas, France <i>With Syrah to the fore, this is full of berry fruit, violet, liquorice, and spices. It has a generous, rounded palate and a long, elegant finish.</i>			£23.95
Klein Kloof Pinotage, Paarl, South Africa <i>On the nose, aromas of cherry, raspberry and banana. Medium-bodied with a distinctive plum and vanilla aftertaste, supported by a soft, smooth texture.</i>			£25.95
Chianti Superiore Santa Cristina, Famiglia Antinori, Italy <i>A classic Chianti, offering aromas of red berry fruit, with vanilla and floral hints of violets. Flavoursome, medium-bodied palate, fresh in structure and with a delicious balance of fruit and savoury notes. Typical spicy sensations from the oak on the back palate.</i>			£28.95
Coopers Creek Pinot Noir, Marlborough, New Zealand <i>Black plums and black cherries on the nose intermingled with subtle French oak and nuances of grilled meat. Rich and firm on the palate with bold, sweet fruit. A core of ripe black cherry lingers on the finish.</i>			£32.50
Villa Antinori Rosso IGT, Tuscany <i>Intense ruby red colour with aromas of red berries and vanilla notes from the oak. Complex, stylish palate with a soft mouth feel.</i>			£36.95
Campofiorin, Rosso del Veronese IGT, Masi, Italy <i>Attractive, aromatic nose dominated by cherries and spice. Well-balanced, full-bodied palate with notes of ripe red fruit, cherry liqueur and blackcurrants.</i>			£38.95

Prosecco & Champagne

	Bottle
Prosecco Brut Itynera, Venato, Italy <i>Green apple note – thin perlage, persistent. Creamy and crispy taste</i>	£24.95
Champagne Testulat Carte d'Or Brut Blanc de Noirs NV, Epernay <i>Rich, fruity champagne with notes of vanilla and peaches. Elegant and well-balanced.</i>	£38.95
Champagne Testulat Rose NV, Epernay <i>Attractive pink champagne with refreshing, soft red fruit flavours, a fine mousse and a dry finish.</i>	£44.95
Champagne Veuve Clicquot Yellow Label NV, Ay <i>Classically styled dry champagne, a blend of 2 thirds black grapes for body, balanced with 1 thirds chardonnay for elegance</i>	£64.95
Champagne Laurent Perrier Rose NV, Reims <i>The palate is elegant with subtle hints of red and black fruits along with a toasty citrus character.</i>	£84.95
Champagne Dom Perignon, Moet&Chandon, Reims <i>The king of champagnes has a complex fullness; earthy, smokey and pearly, underscored by the vibrant warmth of peppery sauce.</i>	£140.00