



# LUPA

## ITALIAN RESTAURANT AND BAR

### ANTIPASTI - THE IDEAL INTRODUCTION TO YOUR MEAL

<b>MARINATED MIXED OLIVES WITH CHILLI (V)</b> .....	<b>£3.95</b>
<b>BRUSCHETTA (V)</b> .....	<b>£4.95</b>
Toasted ciabatta bread with chopped tomatoes, goats cheese and red onion marmalade	
<b>GARLIC PIZZA BREAD (V)</b> .....	<b>£4.50</b>
<b>GARLIC PIZZA BREAD WITH MOZZARELLA CHEESE (V)</b> .....	<b>£4.95</b>
<b>ANTIPASTO PESCE</b> .....	<b>£12.95 OR £18.50</b>
Chargrilled Calamari, King Prawns and Scallops in garlic butter, smoked tuna, swordfish and salmon served with olive oil and lemon, crayfish served with garlic mayonnaise	
<b>ANTIPASTO MISTO</b> .....	<b>£12.95 OR £18.50</b>
Coppa, Parma ham, mortadella, mixed olives, burrata, roasted peppers, sundried tomatoes and aubergine with green pesto and bruschetta	
<b>SHARING PLATTER</b> .....	<b>£9.25 pp</b>
Min. of 2 people, with a selection of Pesce and Misto – Leave it to us	

### PRIMI - STARTERS

<b>ZUPPA DEL GIORNO (V)</b> .....	<b>£4.95</b>
Fresh homemade Soup of the day	
<b>WHOLE BURRATA</b> .....	<b>£8.95</b>
With prosciutto, capers and rocket with olive oil and lemon and Italian Cheese made from mozzarella and cream	
<b>FUNGHI (V)</b> .....	<b>£6.95</b>
Wild Mushrooms sautéed with garlic and thyme and served on toasted ciabatta	
<b>CALAMARI</b> .....	<b>£8.95</b>
Chargrilled fresh lemon black peppered calamari on roasted pepper salad with garlic dip	
<b>GAMBERONI</b> .....	<b>£8.95</b>
Succulent king prawns pan-fried and wrapped in smoked pancetta with chervil beurre blanc and served with warm focaccia	
<b>CAPELANTE</b> .....	<b>£9.50</b>
Seared Scallops, fresh mozzarella and basil ravioli in roasted pine kernels, tarragon and white wine veloute	

### SECONDI PIATTI DI CARNE - MAIN COURSES

<b>FILETTO DI MAIALE</b> .....	<b>£17.95</b>	
Pork fillet with pan jus, caramelized apples, on mash potato		
<b>PETTO D' ANATRA</b> .....	<b>£17.95</b>	
Roasted Duck breast served in Grand Marnier and orange sauce with dauphinoise potato		
<b>BISTECCA DI AGNELLO</b> .....	<b>£20.95</b>	
Roasted 10oz Hampshire lamb steak marinated in mint and served with Mediterranean vegetables, new potatoes and pan juslie		
<b>POLLO MILANESE</b> .....	<b>£15.95</b>	
Bread crumbed chicken breast, deep fried and served with Spaghetti Napolitano		
<b>PETTO DI POLLO</b> .....	<b>£16.95</b>	
Chicken breast with shallots, wild mushrooms, peas, gorgonzola and white wine served with roasted new potatoes and seasonal vegetables		
<b>VITELLO SALTIMBOCCA</b> .....	<b>£16.95</b>	
Pan fried veal escalope wrapped in Parma ham in a butter, sage and white wine sauce		
<b>VITELLO MARSALA</b> .....	<b>£16.95</b>	
Pan fried veal escalope with shallots in a wild mushroom, marsala and cream sauce		
<b>FILETTO DI MANZO</b> .....	<b>£24.95</b>	
8oz Beef fillet cooked to your liking and served with mixed peppercorn sauce, grilled tomato roasted red onion and sautéed new potatoes		
Add king prawns in garlic butter.....		<b>£28.95</b>

**ALL MEAT MAIN COURSES ARE SERVED WITH POTATOES AND VEGETABLES OF THE DAY UNLESS SIDES ARE OTHERWISE STATED**

<b>SAUCE SUPPLEMENTS</b> .....	<b>£2.50 EACH</b>
Peppercorn, Dolcelatte or Diane	

### PASTA

<b>SPAGHETTI ALLA PUTTANESCA</b> .....	<b>£9.50</b>	
Spaghetti in a rich tomato sauce of anchovies, capers, chilli, garlic and basil		
<b>SPAGHETTI CARBONARA</b> .....	<b>£10.50</b>	
Traditional recipe of smoked pancetta, cream, parmesan and egg sauce		
<b>LASAGNA TRADIZIONALE</b> .....	<b>£10.50</b>	
Layers of pasta with beef ragu, béchamel and mozzarella		
<b>SPAGHETTI MARINARA</b> .....	<b>£13.95</b>	
Mixed pan fried seafood in virgin olive oil with hint of garlic and Napolitano sauce		
<b>FETTUCCINI AL SALMONE</b> .....	<b>£12.95</b>	
Smoked salmon in a creamy sauce served with scallops and spinach, cooked with a shot of vodka		
<b>FETTUCCINI TRAVIATA</b> .....	<b>£10.95</b>	
Chicken, pancetta and mushroom in a creamy tomato sauce		
<b>RAVIOLI (V)</b> .....	<b>£9.50</b>	
With fresh mozzarella and basil in blushed tomato, cream and brandy		
<b>CASARECCE ARRABBIATA (V)</b> .....	<b>£9.50</b>	
Chilli and garlic in a rich tomato and herb sauce		
With spicy Italian Sausage.....		<b>£10.50</b>
<b>CASARECCE GENOVESE</b> .....	<b>£10.95</b>	
Beef and veal chunks cooked with pancetta, carrots, celery, onion and white wine		
<b>GNOCCHI DI PATATE</b> .....	<b>£10.95</b>	
Potato gnocchi with fresh beef tomato, basil and roasted garlic with a green pesto dressing		
<b>RISOTTO (V)</b> .....	<b>£8.95</b>	
<b>RISOTTO WITH CHICKEN</b> .....	<b>£10.95</b>	
With wild mushrooms, cream, white wine and parmesan		

**GLUTEN FREE PENNE PASTA AVAILABLE ON REQUEST**

### PIZZAS

<b>MARGHERITA (V)</b> .....	<b>£9.95</b>
Tomato and mozzarella	
<b>QUATTRO FORMAGGI (V)</b> .....	<b>£10.50</b>
Dolcelatte, goat's cheese, parmesan, mozzarella and tomato	
<b>VENETIAN</b> .....	<b>£10.95</b>
Ham, chicken, salami, mushrooms, mozzarella and tomato	
<b>TORINO</b> .....	<b>£10.95</b>
Ham, mushrooms, mozzarella and tomato	
<b>AL CRUDO</b> .....	<b>£10.95</b>
Parma ham, rocket, parmesan, mozzarella and tomato	
<b>POLLASTRO</b> .....	<b>£10.95</b>
Chicken, salami, red onion, chilli, mozzarella and tomato	
<b>DELLA CASA</b> .....	<b>£11.50</b>
Ham, mushrooms, olives, onion, peppers, anchovies, mozzarella and tomato	
<b>MAKE ANY PIZZA A CALZONE</b> .....	<b>£1.50</b>
<b>ADDITIONAL TOPPINGS</b> .....	<b>£1.50</b>

### INSALATE - SALADS

<b>INSALATA CAPRESE (V)</b> .....	<b>£9.95</b>
Slices of beef tomato, buratta cheese dressed with rocket and basil pesto	
<b>INSALATA DI POLLO</b> .....	<b>£7.50 / £10.95</b>
grilled stripes of chicken breast, cherry tomatoes, green beans, Parma ham and parmesan cheese on crispy salad with a tangy vinaigrette dressing	
<b>INSALATA CAPRINE (V)</b> .....	<b>£7.50 / £9.95</b>
Goats cheese, red onion marmalade, walnuts and crispy leaves with balsamic syrup	

### CONTORNI - SIDES

<b>MIXED HOUSE SALAD</b> .....	<b>£4.00</b>	<b>HAND CUT CHIPS</b> .....	<b>£3.50</b>
<b>PAN FRIED WILTED SPINACH</b> .....	<b>£3.50</b>	<b>ROASTED NEW POTATOES</b> .....	<b>£3.50</b>
<b>VEGETABLES OF THE DAY</b> .....	<b>£3.50</b>		

**(V) THESE DISHES DO NOT CONTAIN MEAT OR FISH PRODUCTS**

WE CANNOT GUARANTEE THE ABSENCE OF NUTS IN ANY OF OUR DISHES. PLEASE NOTE OUR FOOD MAY CONTAIN SMALL BONES AND SEA FOOD SHELL FRAGMENTS. IF YOU HAVE ANY FOOD ALLERGIES PLEASE LET US KNOW. ALL PRICES ARE INCLUSIVE OF VAT. THERE IS A DISCRETIONARY 10% SERVICE CHARGE FOR PARTIES OF 6 OR MORE.