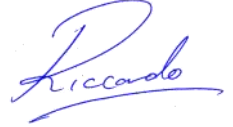


# 'FREE FROM' HIGHLIGHTS

All dishes on this menu are made with non gluten ingredients

Here's some dishes that are made with non gluten ingredients. Some may be adapted from our usual recipe to make them with free from gluten so please point out that you require them 'NGI'. Although the ingredients are Gluten Free, our kitchen is not, so there is a small chance of cross contamination. Please bear this in mind if you have a particularly high intolerance, thank you



## STARTERS

**POLLO PICCANTE SOLO** (GF) Spiced chicken, tomato & olive casserole baked with mozzarella & mascarpone 6.75 (ask for it NGI)

**RED PEPPER, BASIL & BEAN SOUP** Traditional handmade Tuscan soup V, NGI 5.95

**BRUSCHETTA DI CAPRA** (V) Tangy goats cheese, red onion marmalade & a drizzling of honey 6.75 (ask for it on our NGI bread)

**LAMB 'ABRUZZESI'** Italian lamb kebab from the Abruzzo drizzled in a little chilli & garlic oil with pesto dip 6.95 (ask for it NGI)

**CHEF'S FOCACCIA** our handmade own recipe Italian bread baked with pesto & mozzarella V, NGI 3.95

**HANDMADE CRISPY BATTERED ONION RINGS** with a tomato salsa dip VGN, NGI 3.95

## PIZZA, PASTA & RISOTTO

All our risottos are naturally gluten free and for a small £1 surcharge, we have hand rolled 9-10 inch GF pizza bases (contains egg) & GF pasta, usually penne, so can adapt most recipes to order. Please look at our main menu for inspiration or how about trying one of these?

**RISOTTO DI LUSSO** (NGI) luxurious risotto with peeled King prawns, smoked salmon, asparagus, butter and chardonnay

**PENNE VESUVIO** (V) Baked in creamy tomato sauce with our handmade nut free pesto & cheese (ask for it with gluten free pasta)

**PIZZA NON GLUTINO** Our NGI homemade base with tomato, garlic, mozzarella and two NGI toppings of your choice

## CHICKEN, MEAT AND FISH

**CUMBERLAND BEEF** (NGI) Chunky, tender Beef Short Rib in a blue cheese & port sauce on garlic mashed potatoes 14.95

**POLLO VAL D'OSTANO** (NGI) Chicken, cream, wine, mushrooms baked under Italian cheese & prosciutto with gratin potatoes 13.55

**SICILIAN 'CAPONATA'** (VGN, NGI) Sicilian aubergine 'stew' with tomatoes, peppers, red onions, olives, capers and a dash of white balsamic for a delicious sweet and sour kick. We serve ours on a bed of Arborio rice 12.50

**KING PRAWN THERMIDOR** Peeled & sautéed in onion, mushroom, brandy, mustard & cream sauce 13.95 (ask for it NGI with rice)

**SAUTÉED SALMON FILLET** (NGI) in delicious pesto, leek, cream & white wine sauce with baby potatoes, carrots and spinach 13.55

**PRIME LAKELAND 10oz RIB EYE STEAK** (NGI) tomato, fried onions, mushrooms, onion rings, salad & homemade chips 18.95

**STEAK SAUCES;** choose from black pepper, blue cheese or Diane sauce 1.95 each (all NGI)

## SIDES AND EXTRAS (all NGI)

Mixed, green or tomato salad dressed with fresh lemon & olive oil 4.55 Roast Italian Potatoes (in the skins with garlic aioli dip) 3.50  
Onion rings 3.35 Spinach, onion & garlic 3.35 Vegetables & potatoes 3.15 Homemade seasoned chips 3.45 Fried onion & mushrooms 3.25

## HOMEMADE DESSERTS

Ask to see our current dessert selection for more GF options. Most standard Ice creams are usually GF but ask your waiter to check our current selection.

**STICKY TOFFEE PUDDING** Moist, dreamy & unbelievably, no wheat flour! With ice cream, cream & toffee sauce V, NGI 5.95

**TIRAMISU** The essence of Italy in a dessert; coffee soaked sponge, mascarpone cream cheese, Marsala wine & Tia Maria trifle V, NGI 3.95

**HAND MADE ICE CREAM BOMBE** With crushed meringue & honeycomb. In white chocolate sauce V, NGI 5.95

**GOOEY TRIPLE CHOCOLATE BROWNIE** in hot chocolate sauce with cream (ice cream £1 extra) V, NGI

V = vegetarian VOA= Veg option available VGN = Vegan & dairy free NGI= No gluten containing ingredients  
If you have any food allergies, please ask to see our allergen guide or check with our chef.

Some prices aren't shown as they're dependent on times. We reserve the right to alter prices without prior notice.

# CASA ROMANA'S

## VEGAN/DAIRY FREE HIGHLIGHTS

“Home-made” Adjective; made or prepared by traditional methods by oneself

*“fresh Italian food. Handmade, here, by us!” Riccardo*

Though some are on the regular menu, these are dishes that have been or can be adapted for a Vegan diet but you must point out that you require your dish Vegan, so the chef knows to substitute some specific ingredients.

### STARTERS

**PIZZA ALL'AGLIO** our delicious garlic pizza base with olive oil and handmade tomato sauce VGN 4.75

**CASA'S MARINATED OLIVES (V)** hand mixed with garlic, onion & roasted peppers. With bread & balsamic & olive oil dip VGN 4.50

**RED PEPPER, BASIL & BEAN SOUP** traditional handmade Tuscan soup VGN, NGI 5.95

**BRUSCHETTA CLASSICO;** Bread toasted with garlic and basil oil topped with lettuce, tomatoes, red onion & lemon dressing VGN 4.95

**PANZANELLA** Traditional hearty Tuscan Salad; basil, olive, tomato, garlic & roasted peppers tossed with balsamic, olive oil & chunks of ripped, homemade bread VGN Starter 5.50 Main course 8.95

### PIZZA, PASTA & RISOTTO

All our risottos are gluten free, we have GF pizza bases & pasta available for a small £1 surcharge. Please adapt a pizza from our menu without cheese or dairy or feel free to bring some vegan cheese with you.

#### PIZZA SAN MARCO

garlic oil, red onion marmalade, tomatoes, olives and balsamic topped with caper dressed leaves VGN 8.75

#### ROAST PEPPER RISOTTO

Warmly spiced with chunky peppers, red onions, sun dried tomatoes, basil and olives VGN, NGI 9.95

#### PASTA 'FAZOO'

Black pepper spiced Italian bean ragu with onions, basil, tomato, garlic and fusilli pasta VGN 8.95

#### FUSILLI AI FUNGHI

Pasta twists in a creamy garlic mushroom, tarragon and white wine sauce VGN 9.95

#### SPAGHETTI AGLIO, OILIO E PEPPERONCINO

Traditional simple pasta dish of spaghetti in garlic, oil and chilli VGN 5.95 starter or 8.50 main course

#### SICILIAN 'CAPONATA'

A traditional Moorish aubergine 'stew' cooked with tomatoes, onions, olives, capers and a dash of white wine vinegar for a delicious sweet and sour kick. We serve ours on a bed of Arborio rice VGN, NGI 12.50

#### SIDES AND EXTRAS (all NGI. Ask for them Vegan please)

Mixed, green or tomato salad dressed with fresh lemon & olive oil 4.55 Roast Italian Potatoes (in the skin with garlic & tomato dip) 3.50

Onion rings 3.35 Spinach, onion & garlic 3.35 Vegetables & potatoes 3.15 Homemade seasoned chips 3.45 Fried onion & mushrooms 3.25

#### HOMEMADE DESSERTS (Subject to availability)

**BANANA PANCAKES** smothered in dreamy coconut caramel sauce with a choice of Sorbet or Vegan Ice cream when available VGN 5.95

**OATY CINNAMON SPICED APPLE CRUMBLE** served warm with a jug of coconut caramel & choice of sorbet VGN 5.95

**LEMON MERINGUE PAVLOVA** Homemade egg free meringue nest, lemon sorbet and lemon glaze VGN, NGI 5.95

#### VEGAN FRIENDLY WINES

##### DISTANT VINES PINOT GRIGIO, PINOT GRIGIO BLUSH AND MERLOT

Available in 175mm or 250mm glasses or 750 ml bottle, 3.95, 5.60 & 15.95 respectively

##### DRAFT PERONI IS VEGAN FRIENDLY

##### DAIRY FREE TEA AND COFFEES

We also have Coconut milk for your Tea or with a full range of freshly ground Italian Coffee, espresso etc

V = vegetarian VOA= Veg option available VGN = Vegan & dairy free NGI= No gluten containing ingredients  
If you have any food allergies, please ask to see our allergen guide or check with our chef.