



APPETISERS

- BRUSCHETTA** £4
Mix of San Marzano tomatoes, garlic, fresh basil & red onions on our house bread with olive oil
- ROCKET SALAD** £4
Rocket leaves, shaved parmesan cheese, olive oil & sweet balsamic dressing
- CAPRESE SALAD** £4.5
Baby plum San Marzano tomatoes, sliced D.O.P. buffalo mozzarella & basil leaves with sweet balsamic oil

SALADS

- FROTH & FLAME** £12
Mixed salad leaves, roast chicken, potatoes, diced crispy bacon & cherry tomatoes, topped with a poached egg & our home-made honey mustard dressing
- VITALITY** £10
Mixed salad leaves, cherry tomatoes, roasted sweet potatoes & butternut squash, puy lentils, white & red quinoa, avocado, pomegranate seeds with a lemon & olive oil dressing
- SUMMER** £8
Cos lettuce, cherry tomatoes, red onion, anchovies, boiled egg with lemon & coriander cous-cous & our home-made honey mustard dressing

PIZZA

- 1. MARINARA** - Tomato base, garlic, basil, oregano & olive oil £5
- 2. MARGHERITA** - Tomato base, mozzarella, basil & olive oil £6.5
- 3. PROSCIUTTO & FUNGHI** - Tomato base, mozzarella, cooked ham, £8.5
mushroom & olive oil
- 4. SARDA** - Tomato base, mozzarella, spicy salami & olive oil £8.5
- 5. VEGETARIANA** - Tomato base, mozzarella, grilled vegetables & olive oil £8
- 6. TRICOLORE** - Tomato base, mozzarella, Parma ham, rocket, £8.5
parmesan shavings & olive oil
- 7. ROMANA** - Tomato base, mozzarella, olives, capers, anchovies & olive oil £8.5
- 8. FROTH & FLAME** - Tomato base, mozzarella, red onion, rocket dressed £10
with olive oil and balsamic vinegar, olives, sun blushed tomatoes, sliced steak & parmesan shavings
- 9. NAPOLI** - Mozzarella, fennel sausage, nduja sausage & friarielli £9.5
- 10. QUATTRO FORMAGGI** - Tomato base, mozzarella, goat's cheese, £8
gorgonzola & parmesan

**We use the finest 'Fior di Latte' mozzarella as standard
Add D.O.P. buffalo mozzarella to any pizza** £2

PASTA & RISOTTO

- FROTH & FLAME** £12
Handmade fresh egg penne pasta with chicken, roquito chillies, saffron sauce, baby spinach & parmesan
- SPAGHETTI CARBONARA** £10
Handmade fresh egg spaghetti pasta with diced pancetta, cream & parmesan
- RISOTTO AL FUNGHI** £10
Carnaroli rice with wild mushrooms, baby spinach & parmesan cheese

SHARING PLATTERS

- MEDITERRANEAN** £9
Parma ham, roast Italian ham, spicy salami, gorgonzola, buffalo mozzarella & olives, served with rosemary focaccia bread sticks
- VEGETARIAN** £7
Grilled courgettes, aubergines, peppers and artichokes, olives, sun blushed tomatoes, buffalo mozzarella, served with rosemary focaccia bread sticks
- BREAD BOARD** £5
Rosemary focaccia, garlic bread, cheesy garlic bread, rosemary focaccia bread sticks, with extra virgin olive oil & balsamic vinegar

FISH

- SEABASS AL CARTOCCIO** £12
Seabass fillet on roasted peppers, shallots, tomatoes, garlic & roquito chillies, drizzled with white wine, served with rosemary & truffle oil potatoes & mixed salad

SIDES

- SKIN CUT CHIPS** £3
- WITH ROQUITO CHILLI,
SPRING ONIONS & PARMESAN £4
- GARLIC PIZZA BREAD** £3
- WITH MOZZARELLA £3.5

DESSERTS

- NUTELLA** £5
Pizza with Nutella base, topped with strawberries, mint & icing sugar
- LEMON CURD** £5
Pizza topped with lemon curd, crème fraiche, mint & icing sugar