



# CARMELO'S

ITALIAN KITCHEN

## Nibbles & Sharers

### PANE CON AGLIO (V)

Stone baked garlic bread with garlic butter & oregano, mozzarella & oregano OR tomato & basil 7

### OLIVE MARINATE (V)

Home marinated olives 4

### BRUSCHETTA (V)

Chopped tomato, red onion, on crunchy ciabatta drizzled with olive oil, topped with fresh basil 7

### ANTIPASTO

Selection of cured meats, olives, buffalo mozzarella, roasted peppers, aubergines & zucchini 12

## Starters

### SMOKED SALMON & PRAWNS

Smoked salmon, with baby prawns in a marie rose sauce 10

### PRAWN COCKTAIL

Traditional prawn cocktail, with marie rose sauce. 9

### FUNGHI DOLCELATTE (V)

Mushrooms baked in a creamy blue cheese sauce served with toasted homemade bread 10

### FUNGHI IMPANATE (V)

Breaded mushrooms served with homemade garlic mayonnaise 9

### BURRATA (V)

Burrata, served with cherry tomatoes, basil, olive oil and toasted ciabatta 10

### INSALATA CAPRESE (V)

Tiered mozzarella, tomato and basil, drizzled with olive oil 8

### PATE DI FEGATO DI POLLO

Home made chicken liver pate, cranberry sauce and toasted homemade bread 10

### COSTOLETTE ALLA BARBECUE

Sticky BBQ spare ribs, topped with chilli and spring onion 10

### POLPETTE

Homemade meatballs served in tomato sauce with parmesan and fresh basil 9

### ALETTE DI POLLO

Chicken wings served in a sticky bbq sauce, topped with chilli and spring onion 9

### CALAMARI FRITTI

Lightly fried squid served with sweet chilli 10

### COZZE MARINARA

Fresh mussels cooked with cherry tomatoes, garlic, parsley, chilli and a touch of tomato sauce 12

### GAMBERONI DIAVOLA

King prawns cooked in spicy cherry tomato sauce, with garlic, fresh chilli and spring onions 12

## Mains

### The Grill

#### SIRLOIN STEAK

Locally sourced, 28 day aged sirloin steak (10oz)  
26

#### FILLET STEAK

Locally sourced, 28 day aged fillet steak (5oz)  
20

#### T-BONE STEAK

Locally sourced, 28 day aged T-bone steak (20oz)  
36

#### FILLET STEAK

Locally sourced, 28 day aged fillet steak (10oz)  
32

#### CHICKEN BREAST

Locally sourced, whole chicken breast  
18

#### SAUCES

Al Pepe

Diane

Blue Cheese

ALL GRILLED MEAT IS SERVED WITH CHUNKY CHIPS AND SAUTED MEDITERRANEAN VEGETABLES

WANT TO MAKE IT SURF & TURF? Add King prawns for 12 or Add half Lobster for 30

## Pesce

### FRITTO MISTO\*

Lightly fried squid, king prawns and sea bass, served with chips and garlic mayonnaise

19

### SALMONE ASPARAGI

Pan seared fillet of salmon, served in an asparagus cream sauce.

23

### SEA-BASS

Pan seared fillet of sea-bass, on a bed of wilted spinach and garlic.

23

### GAMBERONI SICILIANA

King prawns cooked in a garlic, lemon & white wine sauce with cherry tomatoes parsley & chilli

25

### LOBSTER THERMIDOR

Half Lobster thermidor served with spaghetti di mare on the side

45

ALL FISH COURSES ARE SERVED WITH NEW POTATOES, ASPARAGUS & TENDERSTEM BROCCOLI. EXCLUDING FRITTO MISTO & LOBSTER THERMIDOR

## Pollo

### POLLO STROGONOFF

Sliced chicken breast cooked with mushrooms, onions and paprika in a cream & brandy sauce, served with rice

18

### POLLO PIZZIOLA

Sliced chicken breast cooked with onions, olives, capers and oregano in a tomato sauce

18

### POLLO ALLA CREMA

Sliced chicken breast with onions, mushrooms & garlic in a creamy sauce.

18

ALL CHICKEN DISHES ARE SERVED WITH MIXED VEGETABLE RICE



## Pasta

**SPAGHETTI BOLOGNESE**  
Spaghetti tossed in a beef ragu  
11

**SPAGHETTI CARBONARA**  
Spaghetti tossed in a creamy egg sauce with pancetta & parmesan  
11

**LASAGNE**  
Traditional lasagne layered with our ragu, mozzarella and béchamel, baked in tomato sauce  
11

**CANNELONI**  
Pasta tubes stuffed with minced beef, spinach and ricotta, baked in tomato sauce and béchamel and crisped with parmesan  
11

**SPAGHETTI MATRICIANA**  
Spaghetti tossed in a tomato sauce with pancetta, basil a touch of chilli and cherry tomatoes  
12

**PENNE VESUVIO**  
Penne tossed in a spicy tomato sauce with salami, onions, chilli, garlic & cherry tomatoes.  
12

**SPAGHETTI POLPETTE**  
Spaghetti tossed in a tomato sauce with onions, and homemade meatballs.  
14

**TAGLIATELLE POLLO**  
Tagliatelle tossed with chicken, wild mushrooms, onions, & garlic, in a creamy sauce.  
15

**TAGLIATELLE AL FILLETO**  
Tagliatelle tossed with fillet steak, onions and garlic, in a rich tomato sauce with wholegrain mustard.  
20

## Pizzas

**MARGHERITA (V)**  
San Marzano tomato, fior di latte  
10

**VEGETALE (V)**  
San Marzano tomato, fior di latte, aubergine, courgette and peppers  
12

**DOMENICA (V)**  
San Marzano tomato, fior di latte, sun-dried tomatoes & goats chee-setopped with rocket and parmesan  
14

**QUATTRO FORMAGGI (V)**  
San Marzano tomato, fior di latte goats cheese, dolcelatte, parmesan  
14

**BURRATA (V)**  
San Marzano tomato, fior di latte, burrata and fresh basil  
14

**CARMELO**  
San Marzano tomato, fior di latte ham, mushroom, salami and egg  
13

**CALABRESE**  
San Marzano tomato, fior di latte n'duja, salami, onion, olives and chilli  
13

**SLOPPY GIUSEPPE**  
San Marzano tomato, fior di latte spicy beef, peppers and chilli  
14

**MEXICANA**  
Bbq base, fior di latte chicken, peppers, onion.  
14

**ALLESSANDRO**  
San Marzano tomato, fior di latte, fennel sausage & tenderstem broccoli.  
15

**QUATTRO STAGIONI**  
San Marzano tomato, fior di latte salami, ham, peppers and mushroom  
12

**CALZONE**  
Folded pizza with ham, mushroom, mozzarella and tomato filling  
13

**TONNO**  
San Marzano tomato, fior di latte tuna, red onion  
14

**MEATFEAST**  
Tomato, mozzarella, salami, chicken and meatballs  
15

**MARE**  
Tomato sauce, mozzarella, king prawns, mussels and squid  
16

GLUTEN FREE AVAILABLE

## Risotti

**RISOTTO PRIMAVERA (V)**  
Arborio rice cooked with aubergine, courgettes and peppers, in a marscarpone, garlic and white wine cream  
14

**RISOTTO POLLO**  
Arborio rice, cooked with grilled chicken and wild Italian porcini mushrooms in creamy garlic, and white wine sauce  
16

**RISOTTO MARINARA**  
Arborio rice cooked with king prawns, mussels & clams, in a homemade seafood bisque  
18

## Sides

**WILTED SPINACH**  
Wilted spinach, sauted with butter and garlic.  
6

**VEGETABLES**  
New potatoes, tenderstem broccoli, asparagus and green beans  
6

**CHUNKY CHIPS**  
Homemade, Hand cut chunky chips.  
5

**PARMESAN & TRUFFLE FRIES**  
French fries, topped with parmesan and truffle oil.  
5

**FRESH SALAD**  
Mix leaf, tomato, cucumber onion & olives.  
5

## Seafood Pasta

**LINGUINE SALMONE**  
Linguine tossed in a creamy tomato sauce with smoked salmon, spinach & cherry tomatoes.  
14

**SPAGHETTI ALLE COZZE**  
Spaghetti tossed with fresh mussels, in a garlic, lemon & white wine sauce.  
16

**LINGUINE GAMBERONI**  
Linguine tossed in a spicy cherry tomato sauce, with king prawns, chilli & garlic.  
18

**SPAGHETTI DI MARE**  
Spaghetti tossed with king prawns, mussels & squid, in a king prawn bisque.  
18

## Vegetarian Pasta

**PENNE ARRABBIATA (V)**  
Penne tossed in a spicy chilli tomato sauce, with garlic chilli and cherry tomatoes  
11

**SPAGHETTI BOLOVEGI (V)**  
Chef giovannis, homemase twist on a bolognese sauce, using lentils, celery, carrot, onion, rosemary and thyme.  
12

**FETTUCINE AL FUNGHI (V)**  
Fettuccine tossed in a cream sauce with garlic, white wine, mushrooms and famous Italian porcini mushrooms  
14

**PENNE GIO (V)**  
Penne pasta, cooked with onions tenderstem broccoli, asparagus, chilli & rosemary in a tomato sauce. Topped with rocket.  
14