

# GLUTEN FREE MENU

## STUZZICHINI

Basket of fresh bread £4.95    Marinated olives £4.65  
**Bruschetta: £6.45** - Crostini bread topped with marinated tomatoes, olives and garlic topped buffalo mozzarella and fresh basil

## ANTIPASTI

<b>Crostini Platter:</b> Toasted bread with:	11.95
- Marinated sliced Fennel & fresh Orange topped with Stracciatella Cheese and Dill	
- Gorgonzola, Sicilian Melon and Parma Ham	
- Marinated Tomatoes with Olives and Garlic, topped with Buffalo Mozzarella and fresh Basil	
<b>Antipasto Italiano:</b> Selection of Barolo Salami, Tartufo Salami, Parma Ham, Mortadella with Pistachio and spicy Spinata Salami, served with rocket salad, olives, parmesan shavings and bread	13.35
<b>Gamberoni:</b> King Prawns cooked with garlic, white wine, tomato sauce, served with garlic crostini	11.35
<b>Pate:</b> Homemade chicken liver pate, served with homemade chutney and fresh ciabatta bread	8.75
<b>Funghi:</b> Fresh button mushrooms, cooked in gorgonzola cheese, garlic, parmesan and white wine sauce, served with fresh bread	8.85
<b>Caprino:</b> Panco-crusted Goat cheese, served on beetroot & raspberry puree, topped with honey and roasted cherry	8.85
<b>Burrata:</b> Fresh burrata cheese, served with brandy and peach puree on a bed of rucola salad	9.85
<b>Cozze ROSSO:</b> Fresh mussels, cooked in tomato, garlic, chilli sauce	10.45
OR VINO :white wine, garlic & chilli, both served with toasted bread (as main +£4.00)	

## INSALATE (all salads are served with bread, available as a main +£3.50)

<b>Italiana:</b> Fresh beef tomato, baby buffalo mozzarella, avocado, sun-dried tomatoes, olives and fresh basil leaves, drizzled with olive oil	8.95
<b>Pollo:</b> Mixed leaf salad, with springs onions, cucumbers, tomatoes, grilled and marinated red peppers and courgettes, Goat's cheese, crispy herbed chicken, caramelised red onions and sweet balsamic vinegar and olive oil dressing	9.95
<b>Barbabietola :</b> Mixed leaves, peppers, red onion, marinated olives, quinoa, topped with roasted beetroot and braised goat cheese	9.55
<b>Mare Dolce:</b> Avocado, fresh mango, crayfish, smoked salmon & boiled egg, served with crispy salad leaves, garnished with lemon mayonnaise dressing	11.95

## RISOTTI (all risotto dishes are cooked with parmesan)

<b>Risotto al Porri:</b> Arborio rice, cooked with leeks, spinach, & tomato sauce, topped with grated Goat's cheese (+£2 for chicken or bacon)	14.05
<b>Risotto Buscaiola:</b> Italian rice, cooked with mushrooms, spinach, garlic, chilli, creamy tomato sauce and gorgonzola cheese	15.15
<b>Risotto e Pollo:</b> Italian rice, cooked with fresh chicken, mushrooms, green peppers, garlic, cream, and white wine	15.65
<b>Risotto Mediterraneo:</b> Italian rice, cooked with mussels, prawns, chicken, spicy chorizo, roasted tomatoes, spinach and saffron	16.25

## PASTE

<b>Sorrentina:</b> Homemade basil pesto, garlic, creamy tomato sauce, parmesan and touch of chilli, topped with baby mozzarella (+£2.00 for Chicken)	12.95
<b>Vongole:</b> Clams, garlic, chilli, cherry tomatoes and white wine sauce	13.95
<b>Napoli:</b> Tube pasta with sliced beef fillet, onions, peppers, mushrooms and tomato sauce, topped with parmesan	14.55
<b>Pollo Positano:</b> Pasta, with chicken, white wine, garlic, asparagus, mushrooms and cream	13.95
<b>Mare:</b> Pasta with selection of seafood, in white wine, garlic, chilli and fresh chopped tomatoes	16.45
<b>Tagliatelle Salmone:</b> Pasta cooked with smoked salmon, leeks, chilli & creamy tomato sauce	14.45
<b>Ragu alla Chef:</b> Served with Ragu of the day	14.25
<b>Pasta all'Forno:</b> Oven baked pasta, with chicken, pancetta, garlic, chilli, broccoli, peas, creamy stilton cheese & mozzarella	13.95

## SECONDI di CARNE

<b>Filetto El Castello:</b> Grilled fillet of British beef steak in rich red wine and pepper sauce, served with potatoes, green beans and carrots	29.35
<b>Tagliere di Manzo:</b> Cooked up your liking Ribeye steak strips, served with Chimichurri sauce & parmesan shavings	24.75
<b>Pollo Involto:</b> Chicken breast, stuffed with scamorza cheese, sundried tomatoes and fresh basil, wrapped with Pancetta, served with creamy mushrooms and Marsala Wine sauce, accompanied with sautéed potatoes, green beans and carrots	21.55
<b>Straccetti di Agnello:</b> Lamb strips sautéed with aubergine in white wine, lime juice and parmesan, served with roasted potatoes and rucola salad	23.45

## SECONDI di PESCE

<b>Merluzzo:</b> Oven baked Cod fillet, served with mashed potatoes & pea puree, topped with puttanesca sauce	20.85
<b>Branzino:</b> Oven baked fillet of Seabass topped with courgette and sliced fennel, served with Roasted Potatoes and spinach	21.55

## Side Orders

<b>Chips:</b> French fries	3.95
<b>Potato:</b> Sautéed potatoes with fresh herbs	4.75
<b>Spinaci:</b> Pan-fried spinach with garlic and lemon	5.95
<b>Verduri:</b> Green beans, Carrots & Spinach	6.15
<b>Insalata Miste:</b> Mixed side salad	5.25
<b>Rucola:</b> Rocket leaf and parmesan shavings salad	5.15

Please discuss all your dietary requirements with the Manager as we prepare everything from fresh.

Prices inc. VAT, 10% service charge will be added to parties of five or more

THANK YOU FOR VISITING "EL CASTELLO"

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