

# quay west

## pane e olives

kalamata and manzanilla olives	£2.95
tear and share garlic bread	£2.95
fougasse bread sticks with olive oil and balsamic reduction	£2.95

## primi

### pasta e ceci

a thick soup of pasta with chickpeas, vegetable stock and basil with focaccia  
£4.50

### calamari fritti

deep fried calamari with caper mayonnaise  
£4.95

### insalata caprese

torn fresh mozzarella, tomato, spring onion and pesto  
£5.50

### antipasto (to share)

prosciutto, milano salami, Serrano ham, fresh mozzarella, mixed olives, roasted red pepper dip and fougasse bread sticks  
£9.95

### bruschetta

toasted focaccia topped with tomato and basil or mushrooms and mozzarella  
£4.95

## panini and tasca filled italian breads

served until 5pm

### toasted panini

fresh mozzarella tomato and pesto	£4.95
serrano ham with provolone cheese	£5.50
spicy meatballs with ragu and provolone	£5.50

### filled tasca

mozzarella tomato pesto and rocket	£4.95
pancetta tomato lettuce and dressing	£5.50
chicken with avocado salsa and leaves	£5.95

## contorni (side orders)

### patate

chipped potatoes or new potatoes  
£2.50

### fagiolini

sautéed green beans  
£2.50

### zucchini

courgette pan fried in butter  
£2.50

### insalata verde

rocket parmesan and olive oil  
£3.95

### insalate mista

mixed salad with roasted red peppers  
£3.95

## pasta

### penne neapolitan

penne pasta with a rich tomato and herb sauce  
£7.50

### spaghetti alla bolognese

spaghetti with a classic beef ragu with tomato and herbs  
£7.50

### tortellini quattro formaggio

four cheese tortellini in a tomato, cream and pesto sauce  
£7.50

### penne arriabata

penne pasta with olives, garlic and chilli oil in neapolitan sauce  
£7.50

### spaghetti con polpette

spaghetti with spicy beef and pork meatballs in tomato sauce  
£7.95

### penne alla carbonara

penne pasta tossed with smoked pancetta, fresh cream and mushrooms  
£8.15

## pizza

### margherita

12" traditional pizza topped with tomato sauce, mozzarella and provolone cheese  
£7.50

**all below as margherita**

### funghi

with fresh sliced mushroom  
£7.95

### pepperoni

with smoked Italian pepperoni  
£8.75

### carne

with spicy pork and beef meatballs  
£8.95

### giardiniera

with mixed fresh peppers, olives spring onion and mushrooms  
£8.95

### diavola

with milano salami and hot jalapeno peppers  
£8.75

## insalata

### insalata di bosco

italian salad leaves with torn mozzarella, fresh tomato, warm sliced mushrooms and balsamic dressing  
£7.25

### insalata caprino

soft goats cheese, roasted red peppers and pine nuts on dressed mixed leaves  
£7.25

### insalata cesare con pollo

mixed Italian leaves with caesar dressing warm chicken breast and croutons  
£8.95

### insalata nicoise

traditional salad of tuna, green beans, tomatoes, new potatoes, anchovy fillets, boiled egg with vinaigrette  
£7.95

## secondi

### pesce

#### pesce con parma

cod fillet roasted with parma ham served with zucchini, garlic potatoes and salsa verde  
£9.95

#### salmon di limone

grilled salmon fillet on canellini mash with caramelised lemons cucumber crème fraiche and mixed Italian leaves  
£12.95

#### cozze di fowey

bowl of fresh fowey river mussels steamed with garlic cream and parsley served with focaccia bread  
£5.95 Or £8.95

#### piatto di pesce fritti

platter of deep fried calamari, blanchbait and lemon crumb sardine fillets with caper mayonnaise and mixed dressed salad  
£10.95

### carne

#### maiale alla arrosto

roast pork fillet with rosemary and fennel cream, new potatoes and fagiolini  
£10.95

### pollo cacciatore

chicken braised with red wine, tomatoes, pancetta, olives and mushrooms served with focaccia bread  
£9.95

### bistecca alla pizzaiola

sirloin steak with onion rings, crushed garlic potatoes, zucchini and aioli  
£15.95

## dolci

£4.50

### torta della nonna

lemon tarte with pine nuts

### torta macao

cocoa biscuit topped with chocolate cream

### frutti di bosco

short pastry filled with patisserie cream and topped with forest fruits

### profiteroles

choux pastry filled with vanilla and chocolate cream topped with vanilla and chocolate sauces

### soufflé al cioccolato

warm chocolate fondant pudding with vanilla icecream

### gelati

£3.95

#### dairy ice cream (3 scoops)

vanilla bean, double chocolate, strawberry, toffee honeycombe or coffee mocha

### dessert coffees

£3.80

#### caffè fichi

baby figs and mascarpone served with espresso

#### caffè semifreddo

nougat and praline icecream with espresso