



Terra Mia

DA CONDIVIDERE (TO SHARE)

Olive Marinate — £3.95

Our own marinated olives with herbs. EVOO

Pane & Olive Available — £4.95

Freshly baked Italian bread & olives in EVOO

EVOO Balsamico e Pane Available — £4.50

Extra virgin olive oil, balsamic vinegar & bread.

Antipasto — £9.95 per person (minimum 2 people)

Mixed cured meat & toasted bread.

Frittura Mista — £10.95 per person (minimum 2 people)

A feast of mixed seafood, deep fried Italian style.

Pizza Pane All'aglio — £6.45

Pizza garlic bread.

Pizza Pane Aglio e Pomodoro — £6.95

Pizza garlic bread with tomato.

Pizza Pane Aglio e Mozzarella — £6.95

Pizza garlic bread with mozzarella cheese.

INFORMATION ON ALLERGENS AVAILABLE ON REQUEST

 Vegetarian

 Vegan

 Dairy Free

 Gluten Free

 Contains Nuts or Nut Oil

EVOO Extra Virgin Olive Oil



APERITIVI (STIMULATES APPETITE)

Aperol Spritz — £7.95

Aperol ice prosecco & club soda.

Campari Martini — £7.95

Martini & Campari.

Aperol Campari & Club Soda — £7.95

Aperol Campari ice & soda.

Hugo Spritz — £7.95

Elderflower prosecco & ice.

Prosecco e Succo D'arancia — £7.95

Prosecco & orange soda.

Prosecco e Fragole — £7.95

Prosecco & strawberry.

Crodino e Campari — £5.95

Crodino Campari & a splash of soda.

Alcohol Free Apéritif — £4.95

Crodino Italian classic.

Cranberry & Soda — £5.95

Cranberry juice with ice & a splash of soda.

Mela Blue Sky — £5.95

Apple juice, blue Curaçao & soda

SIDES

Pomodoro e Cipolla — £4.50

Tomato & onion salad with balsamic extra virgin olive oil dressing.

Patate e Spinachi Saltati — £4.95

Sliced sautéed potatoes in garlic & spinach.

Insalata Mista — £4.50

Mixed salad leaves with extra virgin olive oil dressing.

Insalata Rucola e Scaglie — £4.50

Rocket salad, cherry tomato & shaved parmesan with a balsamic extra virgin olive oil dressing.

Vegetali di Stagione — £4.95

Fresh mixed seasonal vegetables.

Patate a Spicchi — £4.95

Potato wedges in a garlic, mayo & chilli sauce.

Patatine Fritte — £4.50

French fries / chips.

ANTIPASTI (STARTERS)

Soup of the Day Available — £6.95

Caponata Siciliana — £7.95

Traditional ancient Sicilian beauty with goats cheese on toasted Italian bread

Bruschetta Classica Available — £6.95

Sliced bread with diced tomato, oregano, basil & EVOO dressing.

Caprino com Mele e Miele — £7.95

Oven baked goats cheese on a bed of caramelised apple slices with honey & EVOO balsamic dressing. With a harmony of dolce e salato.

Burrata & Prosciutto — £9.95

Soft cheese ball with a creamy interior & parma ham. An Italian delight!

Caprese — £8.95

Fresh fiordilatte mozzarella cheese with sliced tomato & EVOO dressing.

Calamari Fritti — £8.95

Deep fried squid & tartar sauce.

Funghi All'aglio Available — £7.45

Oven baked fresh button mushrooms filled with garlic and parsley butter, chilli and a drizzle of fresh lemon.

Arancino alle Verdure e Gorgonzola — £7.95

Golden crispy risotto balls filled with a blend of seasonal vegetables and creamy gorgonzola cheese, lightly breaded and fried to perfection. Served with a rich tomato sauce.

Gamberoni Terra Mia — £10.95

Grilled king prawns, garlic chilli, paprika, white wine and lemon sauce.

Cozze a Modo Nostro — £10.00

Fresh mussels (when available).

Melanzane in Casseruola

  Available — £7.95

Italian casserole of eggplant, mozzarella cheese, parmesan cheese & tomato sauce.





LA PASTA

GLUTEN FREE PASTA
AVAILABLE ON REQUEST

Pappardelle con Filetto — £19.95

Wide fettuccine pasta with strips of beef in onion, mushrooms, wine, mustard, tomato, fresh rosemary & a touch of cream.

Pappardelle Boscaiola — £16.95

Wide fettuccine pasta & fresh Italian sausage in garlic, peas, tomato sauce & a splash of cream.

Paccheri Mare (for seafood lovers) — £19.95

Giant short macaroni pasta tubes in garlic, cherry tomato, wine & feast of seafood, with a touch of chilli.

Paccheri Diavola — £15.95

Giant short macaroni pasta tubes in garlic, mushroom, olive, chilli & tomato sauce

Strozzaperi al Salmone — £16.95

Priest strangler pasta in onion, smoked salmon, brandy, tomato sauce & a touch of cream.

Strozzapreti Terra Mia — £15.95

Priest strangler pasta with swordfish in garlic, aubergine & cherry tomato.

Pappardelle al Ragù — £14.95

Wide fettuccine pasta with home made ragù.
"Just like mama told us to do"

Pappardelle Rucola e Pomodorini — £15.95

Wide fettuccine pasta in creamy garlic sauce, cherry tomato, goats cheese & rocket salad.

Parmigiana di Melanzane — £15.95

Fried aubergine slice layered with creamy mozzarella, parmesan & robust tomato sauce.

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RISOTTI

Risotto ai Funghi e Zola — £18.95

Italian rice in garlic, wild mushroom & wine, finished in a rich Italian blue cheese.

Risotto Dell'ortolano — £15.95

Italian rice in garlic, onion, mushroom, fresh seasonal vegetables, wine & a touch of tomato sauce.

Risotto Pescatore — £18.95

Italian rice with garlic, onion, wine, tomato sauce and a feast of sea food.

ITALIAN CLASSIC

GLUTEN FREE PASTA
AVAILABLE ON REQUEST

Lasagne al Forno — £14.95

Just like mama makes.

Spaghetti Carbonara — £14.95

Classic Roman pasta with bacon, egg yolk, parmesan & cream. Vegetarian option available made with courgette.

Spaghetti Bolognese — £13.95

Spaghetti in prime mince meat carrots, celery, onion & Italian tomato sauce.

Penne Arrabbiata — £13.95

Penne pasta with garlic, parsley, chilli, extra virgin olive oil & tomato sauce.

Penne Pollo Funghi e Crema — £14.95

Penne pasta in garlic, mushroom, chicken, tomato sauce & a splash of cream.

POLLI (CHICKEN)

SERVED WITH FRESH SEASONAL VEGETABLES

Pollo Prosciutto e Spinaci — £21.95

Chicken breast in garlic, blue cheese, parma ham, spinach & a creamy sauce.

Pollo Piccante — £20.95

Chicken breast in garlic, onion, mushroom, spicy Italian salami, wine, cherry tomato & chilli.

Pollo Crema e Funghi — £20.95

Chicken breast in garlic, onion, mushroom, wine & cream.

SPECIALS

PLEASE SEE THE MENU BOARD
FOR OUR DAILY SPECIALS



MAIALE (PORK)

SERVED WITH FRESH SEASONAL VEGETABLES

Saltimbocca alla Romana — £21.95

Flattened pork tenderloin in butter, wine, sage & flour. Topped with parma ham.

Scaloppine di Maiale — £20.95

Pork scallops in garlic, black olive, peppers, wine & a touch of chilli.

CARNE (STEAKS)

SERVED WITH FRESH SEASONAL VEGETABLES

Filetto al Pepe Verde — £29.95

Fillet of beef in a green peppercorn, brandy & cream sauce.

Filetto al Dolcelatte — £29.95

Fillet of beef in garlic, wine, dolcelatte cheese sauce, topped with parma ham & rocket leaves.

Filetto al Porto — £29.95

Fillet of beef in onion & fortified port sauce.

Medaglioni di Filetto Lucani — £28.95

Fillet of beef medallions in garlic, mushroom, wine, sun dried tomatoes & french mustard.

Straccetti di Filetto Terra Mia — £25.95

Strips of fillet gently sautéed with garlic, mushroom, English mustard, brandy, fresh rosemary & a touch of cream.

PESCE (FISH)

SERVED WITH FRESH SEASONAL VEGETABLES

Orata al Vino Bianco — £20.95

Fresh fillets of seabass in a garlic, wine & lemon sauce.

Peasce Spada — £22.95

Swordfish in a garlic, courgette, cherry tomato & white wine sauce.

Salmone con Cime di Rapa — £20.95

Grilled salmon in garlic, broccoli rabe (rapini), finished with a delicate white wine & parsley sauce.

