

Terra Mia

DA CONDIVIDERE (TO SHARE)

Olive Marinate ✓ V G OF GF — £3.95

Our own marinated olives with herbs. EVOO

Pane & Olive ✓ V G OF GF Available — £4.95

Freshly baked Italian bread & olives in EVOO

EVOO Balsamico e Pane ✓ V G OF GF Available — £4.50

Extra virgin olive oil, balsamic vinegar & bread.

Antipasto — For 1 £9.95 • For 2 £16.95

Mixed cured meat & toasted bread.

Frittura Mista — For 1 £10.95 • For 2 £17.95

A feast of mixed seafood, deep fried Italian style.

Bruschetta Classica ✓ V G OF GF Available — £6.95

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

Caprese — £8.95

Fresh fiordilatte mozzarella cheese with sliced tomato & EVOO dressing.

Calamari Fritti — £8.95

Deep fried squid & tartar sauce.

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.

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 Spinaci 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 ✓ V G OF GF Available — £6.95

Caponata Siciliana ✓ — £7.95

Traditional ancient Sicilian beauty with goats cheese on toasted Italian bread

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!

Funghi All'aglio ✓ V G OF GF 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 OF ✓ — £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 ✓ OF Available — £7.95

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

INFORMATION ON ALLERGENS AVAILABLE ON REQUEST

✓ Vegetarian

V G Vegan

OF Dairy Free

GF Gluten Free

N Contains Nuts or Nut Oil



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 & 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 ^V ^{VG} — £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 ^V — £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 ^V — £15.95

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

Parmigiana di Melanzane ^{VG} — £20.95

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

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AVAILABLE ON REQUEST

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^{VG} Vegan

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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 ^{V Available} — £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, chorizo, 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 ^{GF Available} — £21.95

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

Scaloppine di Maiale ^{GF Available} — £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 filled gently sauteed with garlic, mushroom, English mustard, brandy and a touch of cream.

PESCE (FISH)

SERVED WITH FRESH SEASONAL VEGETABLES

Orata al Vino Bianco ^{GF Available} — £20.95

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

Peasce Spada ^{GF Available} — £22.95

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

Salmone con Cime di Rapa ^{GF Available} — £20.95

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

