

Sunshine Italian

Delicious, fresh, homemade meals for all of the family to enjoy

Antipasti

	For one	To share
Bruschetta del Giorno	£5.95	£12.95
A choice of Italian flavours from our kitchen, vegetarian, vegan, meat or fish on a toasted bruschetta. Can be (v) or (vg)		
<u>Carne - Meat</u>		
Tagliere Misto	£7.95	£12.95
A selection of Italian cured meats and cheeses served with homemade pesto, sundried tomatoes and bread sticks		
Carpaccio di Bresaola	£6.95	
Traditional cured Valtellina beef, seasoned with extra virgin olive oil and lemon juice, topped with rocket leaves, shaved parmesan, served with homemade focaccia		
<u>Pesce - Fish</u>		
Carpaccio di Salmone	£6.95	
Smoked Salmon seasoned with extra virgin olive oil and lemon juice, topped with rocket leaves, shaved parmesan, served with homemade focaccia		
Impepata di Cozze	£6.95	£12.95
Traditional Italian peppered mussels served with toasted aromatic bread		
<u>Verdure - Vegetarian / Vegan</u>		
Caprese di Bufala	£7.95	
Classic , fresh flavour of buffalo mozzarella, tomatoes and homemade pesto, seasoned with extra virgin olive oil, served on toasted bread (v)		
Olive Marinate	£2.95	£3.95
A bowl of marinated mixed olives in extra virgin olive oil (v) (vg)		
Pane e Olio	£4.95	£6.95
Italian breads served with marinated olives in extra virgin olive oil, served with balsamic vinegar (v) (vg)		

Handmade pasta dishes

We hand make our pasta with local free range eggs and speciality flour imported from Italy

Lasagne	£12.95	Minestrone	£7.95
Hand made pasta baked with finest Pembrokeshire beef, served with a crunchy dressed mixed salad		Delicious vegetable and bean soup served with home made pesto and croutons (v) can be (vg)	
Ravioli di Carne	£9.95	Fettuccine al Pesto alla Genovese	£10.95
Hand made traditional roast meat ravioli, noisette butter and sage		Hand made Tuscan style ribbon pasta, served with homemade pesto, French beans and pine nuts (v) can be (vg)	
Pappardelle al Ragu di Angello	£12.95	Spaghetti Verdure Cartoccio	£10.95
Hand made ribbon pasta served with a delicious Welsh lamb ragout		Traditional Italian wrapped spaghetti with roasted Mediterranean vegetables and our home made tomato sauce (v) (vg)	
Spaghetti al Cartoccio con Polpette	£9.95	Risotto Asparagi e Porri	£10.95
Traditional Italian wrapped spaghetti with homemade meatballs and tomato sauce		A tasty risotto made with sautéed welsh leeks and asparagus (v) (vg)	
Ravioli al Salmone		Risotto Carciofi e Peperoni	£10.95
Hand made ravioli filled with fresh salmon and leeks in a home made pesto sauce	£11.95	A delicious roasted pepper and artichoke risotto (v) (vg)	
Tagliettelle con Acciughe	£9.95	Spaghetti Pomodoro	£6.95
Hand made tagliatelle with anchovies and broccoli topped with toasted bread crumbs		House spaghetti with our classic seasoned tomato sauce (v) (vg)	
Risotto ai Gamberetti	£12.95		
Creamy shrimp risotto, cooked with con-casse tomatoes and fresh parsley, served with grilled shrimp skewer			

We have selection of wines that will complement these dishes , see our wine list for details

Please also see our specials board for other freshly

Secondi Piatti

Carne - Meat

Pollo Ripieno £12.95

Chicken breast filled with sundried tomatoes, wrapped in pancetta with a parmesan and mushroom sauce, served with two sides of your choice

Tagliata £14.95

Pembrokeshire sirloin steak slices served with rocket, fresh tomatoes shaved parmesan and balsamic vinegar

Scaloppine al Limone £10.95

Moist chicken slice with lemon and sage butter sauce, served with two side of your choice

Pesce - Fish

Orate / Brazino al Sale £17.95

Fresh sea bream or sea bass oven baked in a salt crust, served with Pembrokeshire new potatoes and a crunchy dressed mixed salad

Seppia Ripiena £12.95

Squid stuffed with pecorino cheese, peas , garlic and parsley, served on a bed of rocket and homemade tomato sauce

Maccarello Pomodori £13.95

Pan fried fresh locally caught mackerel served with grilled polenta and concasse tomatoes

Verdure - Vegetarian / Vegan

Parmigiana Grigliata 10.95

Delicious baked aubergine dish with buffalo mozzarella and fresh tomato sauce, served with a crunchy mixed dressed salad (v)

Caponata Siciliana £11.95

Traditional Sicilian vegetable dish using aubergine, celery, onion, olives and capers cooked in a sweet and sour Italian tomato sauce, served with homemade focaccia (v) (vg)

Frittata Vegana £11.95

Tasty vegan chickpea and roasted vegetable omelette, served with a crunchy mixed dressed salad (v) (vg)

Patate in Padella £2.95

Sautéed Pembrokeshire new potatoes

Funghi Trifolati £3.95

Sautéed garlic mushrooms with parsley

Broccoli Grigliata £2.95

Broccoli grilled with extra virgin olive oil

Insalata Mista £3.95

Crunchy mixed dressed salad

Zucchine Trifolati £3.95

Sautéed courgette in garlic and parsley

Verdure Arrosto £3.95

Roasted Mediterranean vegetables

Pizza Aglio e Olio £3.95

Rustic garlic pizza