

Sunshine Italian

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

Colazione- using local free range eggs

Colazione £6.95

Full cooked breakfast, fried egg, sausage, bacon served with mushrooms, tomato, baked beans and toast

Uova in Camicia con Pancetta £5.95

Poached egg and pancetta with hollandaise sauce bruschetta

Uova Strapazzate al Salmone £5.95

Scrambled eggs, smoked salmon, mascarpone and dill bruschetta

Uova Strapazzate con Funghi £4.95

Scrambled eggs with mushrooms and tomato bruschetta (v)

Pranzo

Lasagne £11.95

Hand made pasta baked with finest Pembrokeshire beef served with a crunchy mixed dressed salad

Insalata Pollo £7.95

A dressed crispy mixed salad with chicken and marinated olives

Quiches del Giorno

Homemade meat/fish or vegetarian quiches served with a crunchy mixed salad.

Meat / Fish quiche with salad £7.95

Vegetarian quiche with salad (v) £6.95

Parmigiana Grigliata £10.95

A delicious grilled aubergines baked with buffalo mozzarella and freshly made tomato sauce, served with a crunchy mixed dressed salad (v)

Pranzo continued

Insalata di Bufala £8.95

A dressed crispy mixed leaf salad with buffalo mozzarella, tomatoes and pesto (v)

Minestrone £6.95

Tasty traditional vegetable and bean soup served with freshly made pesto and croutons (v) can be (vg)

Piadina or Focaccia

Italian sandwiches made from our home made breads

Piadina - warm flat bread

Focaccia - tray loaf

Filled with one of the following

Prosciutto, gorgonzola and lettuce £4.95

Traditional cheddar and cooked ham £3.95

Smoked salmon, mascarpone and lettuce £5.95

Bufallo mozzarella, tomatoes, pesto and lettuce (v) £6.95

Roasted vegetables and pesto (v) can be (vg) £4.95

Pranzo Della Domenica

Sunday Roast £10.95

A choice of roast meats served with roast potatoes, parmesan mash, cheesy leeks, roasted Mediterranean vegetables with gravy



Brunch & Lunch

