

Delicious, fresh meals for all of the family to enjoy, made in house from the finest Italian and Pembrokeshire ingredients

Gluten Free

Colazione e Pranzo Leggero

Calazione	£6.95	Coffee	
Full cooked breakfast, fried egg, bacon served with mushrooms, tomato, baked beans and gluten free toast		Our Coffee is freshly ground from locally roasted and blended beans	
Uova in Camicia con Pancetta	£5.95	Espresso	£1.95
Poached egg and pancetta with hollandaise sauce served on gluten free toast		Double Espresso	£2.50
Uova Strapazzate al Salmone	£5.95	Americano	£2.50
Scrambled eggs, smoked salmon, mascarpone and dill served on gluten free toast		Cappuccino	£2.75
Uova Strapazzate con Funghi	£4.95	Latte	£2.75
Scrambled eggs with mushrooms and tomato served on gluten free toast (v)		Flat White	£2.75
		Macchiato	£2.25
		Mocha	£2.75
		Hot Chocolate	£2.75
		Hot Chocolate with cream	£3.25
		Tea	
Insalata Pollo	£9.95	Pot of Tea	<i>for 1</i> £1.25 <i>for 2</i> £2.25
A dressed crispy mixed salad with chicken		Pot of Earl Grey	<i>for 1</i> £1.50 <i>for 2</i> £2.50
Insalata di Bufala	£9.95	Pot of Speciality Tea	<i>for 1</i> £1.50 <i>for 2</i> £2.50
A dressed crispy mixed leaf salad with			
Italian sandwiches made from gluten free bread filled with a choice of fillings			
Prosciutto, gorgonzola and lettuce	£6.95		
Traditional cheddar and cooked ham	£5.95		
Smoked salmon, mascarpone and lettuce	£7.95		
Bufallo mozzarella, tomatoes, pesto and lettuce (v)	£7.95		
Roasted vegetables and pesto (v) can be (vg)	£5.95		

Fancy something sweet ?
See our desserts and cakes menu

Sunshine Italian

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

Antipasti - Gluten Free

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 gluten free bread. Can be (v) or (vg)

Carne - Meat

Tagliere Misto

£7.95

£14.95

A selection of Italian cured meats and cheeses served with homemade pesto, sundried tomatoes and gluten free bread

Carpaccio di Bresaola

£7.95

Traditional cured Valtellina beef, seasoned with extra virgin olive oil and lemon juice, topped with rocket leaves, shaved parmesan, served with gluten free bread

Pesce - Fish

Impepata di Cozze

£7.95

£14.95

Traditional Italian peppered mussels served with toasted gluten free bread

Verdure - Vegetarian / Vegan

Caprese di Bufala

£7.95

Classic , fresh flavour of buffalo mozzarella, tomatoes and homemade pesto, seasoned with extra virgin olive oil, served on toasted gluten free bread (v)

Polpette di Cavolfiore

£6.95

£12.95

Tasty cauliflower, potato and pecorino cheese balls, rolled in fresh parsley and gluten free breadcrumbs served on a mixed leaf bed with tomato and apple chutney (v)

Pane e Olio

£4.95

£6.95

Gluten free bread served with marinated olives in extra virgin olive oil, served with balsamic vinegar (v) (vg)

Gluten Free Evening Menu

Please discuss your gluten free requirements with the member of staff who takes your order

Primi Piatti

Carne - Meat

Fettuccine alla Bolognese £12.95

Gluten free ribbon pasta served with a our delicious Bolognese sauce

Spaghetti al Cartoccio con Polpette £10.95

Traditional Italian wrapped gluten free spaghetti with homemade gluten free meatballs and tomato sauce

Pesce - Fish

Spaghetti alle Vongole

Traditional Italian gluten free pasta with shell on clams in a garlic and white wine sauce £13.95

Tagliettelle ai Gamberi £13.95

Gluten free ribbon pasta served with prawns, cherry tomatoes and fresh basil

Risotto al Merluzzo £14.95

Seasoned pan fried cod and samphire made into a delicious creamy risotto

Verdure - Vegetarian / Vegan

Spaghetti alle Verdure £12.95

Gluten free spaghetti in our homemade tomato sauce served with roasted Mediterranean vegetables (v) (vg)

Tagliettelle al Pesto alla Genovese £11.95

Gluten free tagliatelle served with homemade pesto, French beans and pine nuts (v) can be (vg)

Risotto Asparagi e Porri £12.95

A tasty risotto made with sautéed welsh leeks and asparagus (v) can be (vg)

Risotto Pere e Gorgonzola £12.95

A creamy risotto made with fresh pears and gorgonzola (v)

Spaghetti Pomodoro £8.95

Gluten free spaghetti with our classic seasoned tomato sauce (v) (vg)

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Secondi Piatti

Carne - Meat

Pollo Ripieno £14.95

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

Porchetta £14.95

Traditional Italian roasted belly pork, stuffed with pancetta and fresh herbs, served with parmesan

Stufato di Agnello £16.95

Spiced Italian lamb stew using welsh lamb served with parmesan

Verdure - Vegetarian / Vegan

Parmigiana Grigliata 11.95

Delicious baked aubergine dish with homemade tomato sauce, buffalo mozzarella, 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 toasted gluten free bread (v) (vg)

Peperoni Ripieni £12.95

Whole roasted peppers stuffed with wild mushrooms, rice and buffalo mozzarella served with two sides of your choice (v)

Contorni - Sides

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

Puree di patate al parmigiano £3.95

Creamy parmesan mashed potatoes