

# La Spezia – Main Menu

## Antipasti

---

<b>Antipasto all’Italiana</b>	£6.50
selection of salami, mortadella, Parma ham, egg, tuna, sardines, peppers and olives	
<b>Salmone del Doge</b>	£6.25
Scottish smoked salmon filled with fresh crab, served with rocket and radicchio salad	
<b>Delizia Frutti di Mare</b>	£5.60
fresh marinated seafood	
<b>Prosciutto di Parma con Melone</b>	£7.50
Parma ham with melon	
<b>Insalata Tricolore</b>	£5.25
mozzarella, tomato, avocado and basil salad	
<b>Insalata Creola</b>	£5.10
fresh spinach, crispy bacon, mushroom and avocado salad	
<b>Conchiglie Primavera</b>	£7.50
char-grilled scallops on a bed of spinach and fresh tomato with virgin olive oil	
<b>Carpaccio alla Mostarda</b>	£7.25
thinly sliced raw fillet steak with a grain mustard and lemon dressing, topped with parmesan shavings	
<b>Funghi Ripieni Rico</b>	£5.25
mushrooms filled with pâté and finished with a cheese gratinée	
<b>Fegatini alla Rustica</b>	£5.25
chicken livers sautéed with onions, mushrooms, bacon, peppers and shallots with crisp lettuce	
<b>Insalata Tropicale</b>	£5.50
salad of prawns and tropical fruit with a cocktail sauce	
<b>Calamari e Gamberoni Fritti</b>	£6.50
fresh squid and king prawns in a light batter, deep-fried and served with a parsley and cucumber dip	
<b>Zuppa del Giorno</b>	£4.25
chef’s fresh soup of the day	

## Pasta

---

<b>Spaghetti al Pomodoro e Basilico</b>	£4.75
spaghetti with a fresh tomato and basil sauce	
<b>Spaghetti alle Vongole in Bianco</b>	£6.00
spaghetti with baby clams, garlic, olive oil and chilli	
<b>Tagliatelle Mari e Monti</b>	£5.25
tagliatelle with prawns, mushrooms and courgettes	
<b>Tagliatelle Tyrolese</b>	£5.10
tagliatelle with fresh basil, mushrooms, ham and shallots	
<b>Penne Primavera</b>	£5.10
penne with broccoli, garlic, ricotta cheese and a dash of fresh tomato	
<b>Agnolotti al Burro e Salvia</b>	£5.75
agnolotti pasta with ricotta cheese and spinach, in a sauce of fresh sage, butter and parmesan	
<b>Panzerotti di Salmone all’Aurora</b>	£5.95
homemade pasta filled with Scottish salmon in a cream sauce with a dash of tomato	

<b>Lasagne Verdi al Forno</b>	<b>£4.95</b>
baked spinach lasagne with veal and cheese	
<b>Risotto ai Frutti di Mare</b>	<b>£5.90</b>
risotto with scallops, cuttle fish, prawns and clams in a fresh tomato sauce with olives and capers	
<b>Any Pasta As A Main Course</b>	<b>£8.50</b>

## Pizza

---

<b>Pizza Margherita</b>	<b>£6.75</b>
with mozzarella, tomato and fresh basil	
<b>Pizza alle Quattro Stagioni</b>	<b>£8.00</b>
with mozzarella, tomato, mushrooms, artichokes, ham and peppers	
<b>Pizza American Hot</b>	<b>£8.50</b>
with mozzarella, tomato, spicy sausage and green chillies	
<b>Pizza al Prosciutto Crudo</b>	<b>£8.50</b>
with tomato, mozzarella and Parma ham	

## Pesci

---

<b>Suprema di Salmone Mare e Monte</b>	<b>£11.50</b>
pan-fried supreme of Scottish salmon on a bed of spinach, topped with fresh peppers, cream and wine	
<b>Pesce Spada alla Griglia</b>	<b>£12.00</b>
swordfish steak marinated with white wine, garlic and herbs, then char-grilled	
<b>Rombo alla Spezia</b>	<b>£13.75</b>
fresh halibut steak grilled with a sauce of prawns, white wine, lemon and parsley	
<b>Sogliola alla Griglia o alla Mugnaia</b>	<b>£16.20</b>
whole Dover sole plainly grilled, or in a butter, lemon and white wine sauce	

## Carni

---

<b>Medaglioni di Pollo alla Romana</b>	<b>£ 8.60</b>
pan-fried medallions of chicken with Barolo wine, peppers, onions and sliced aubergine	
<b>Petto di Pollo "Regency"</b>	<b>£ 9.75</b>
sautéed breast of chicken filled with prawns in a white wine sauce with a dash of tomato	
<b>Pollo Oscar</b>	<b>£ 9.75</b>
grilled breast of chicken topped with asparagus, fresh crab and hollandaise sauce	
<b>Scaloppa alla Milanese</b>	<b>£ 9.80</b>
veal cutlet dipped in breadcrumbs and shallow-fried in butter	
<b>Scaloppine di Vitello Bella Napoli</b>	<b>£10.25</b>
medallions of veal topped with mozzarella cheese and a sauce of fresh tomato, white wine and basil	
<b>Paillard di Vitello con Peperoni</b>	<b>£10.50</b>
sliced veal grilled and served with roasted peppers	
<b>Fegato alla Griglia o al Burro e Salvia</b>	<b>£10.25</b>
calf's liver grilled with bacon, or with butter, wine and sage	
<b>Fegato alla Piemontese</b>	<b>£11.25</b>
calf's liver pan-fried with virgin olive oil, wild mushrooms and fresh sage	

<b>Bistecca d’Agnello alla Contadina</b>	<b>£11.50</b>
Welsh lamb steak grilled with white wine, fresh tomato and bacon with a cheese gratinée	
<b>Bistecca alla Griglia o al Mazzini</b>	<b>£12.00</b>
Scotch entrecôte steak plainly grilled, or with a brandy and peppercorn sauce	
<b>Tagliata di Manzo con Rucola</b>	<b>£13.25</b>
Scotch entrecôte steak grilled with balsamic vinegar, then sliced and topped with rocket salad	
<b>Medaglioni di Bue “Etrusca”</b>	<b>£14.50</b>
medallions of Scotch rib eye fillet with Italian smoked bacon croutons, brandy and Madeira sauce	

## **Insalate**

---

<b>Italian Mixed Salad</b>	<b>£3.50</b>
<b>Tomato and Basil Salad</b>	<b>£3.25</b>
<b>Rocket and Leaf Spinach Salad</b>	<b>£4.50</b>
with shaved parmesan	

## **Legumi**

---

<b>Selection of Vegetables</b>	<b>£3.50</b>
<b>Lightly Sautéed Spinach</b>	<b>£2.75</b>
<b>French Beans with Shallots and Parmesan</b>	<b>£2.60</b>
<b>Fried Zucchini</b>	<b>£2.75</b>
<b>French Fries</b>	<b>£2.25</b>
<b>New Potatoes with Parsley</b>	<b>£2.40</b>
<b>Honeyed Mushrooms</b>	<b>£2.60</b>

### **Cover Charge £1.00**

There is a discretionary 10% service charge which will be added to your bill.

If there is anything that you would like that is not on the menu, please ask.

La Spezia is available for private parties and functions evenings and weekends.