

## I Cicchetti

Panisse (v*)	5
Cerignola + Leccino olives, preserved seville orange, chilli, cumin + coriander (v*)	5.5
Gorgonzola cremoso, sweet cardamom + clove pickled apricot	6.5
Peppers under oil, ricotta salata + walnuts (v*)(n)	6.5

## Gli Affettati con Pane

Prosciutto di San Daniele {13 month salt cured ham with a sweet and delicate taste}	6.5
Mortadella Oro Pistachio {cured finely ground pork with PDO Bronte pistachios}	6
Salame Toscano {3 month cured pork salami with black peppercorns + red wine}	6

## Gli Antipasti

Garlic bread (v*)	6
Heritage tomatoes, cucumber, leccino olives, almond + garlic salsa, mint (v*)(n)	8.5
Mixed herb + confit garlic Caesar salad, capers, Parmesan, sourdough croutons (v*)	8.5
Fennel, peach, ricotta salata, rocket, lacto fermented chilli dressing (v*)	9
Burrata, melon, pickled cherries, nasturtium + hazelnuts (v*)(n)	10

## La Pasta

Paccheri, 16 hour beef short rib + Chianti ragu, Grana Padano	18
Paccheri, brown butter, Apicius spices, confit chicken + courgette	18
Spaghetti alla chitarra, tomato, chilli, pecorino Romano, rosemary pangrattato (v*)	17
Spaghetti alla chitarra, n'duja, mascarpone + fennel (v*)	17.5
Strascinati, homemade crème fraîche, roast aubergine + tomatoes, basil oil (v*)	17.5
Strascinati, Napoli sausage, friarielli, chilli + garlic (v*)	17.5
Ditalini, summer greens, lemon oil, soft herbs, ricotta (v*)	17.5
Artichoke girasole, saffron butter, green olives, parsley + almonds (v)(n*)	17.5

## II Glossario

**Panisse** Fried chickpea flour nuggets with chilli + rosemary

**Ricotta Salata** Sheep's milk ricotta, salted, pressed and aged for 90 days to yield a firm texture and salty flavour

**Pecorino Romano** One of Italy's oldest cheeses, a hard sheep milk cheese with a sharp, salted flavour

**Paccheri** Fat pasta tubes with a name emulating the Neapolitan slang for slap - 'paccharia'

**Nduja** Spreadable pork + chilli salami from Calabria. Our homemade vegan version uses sun-dried tomatoes, green olives + mixed spices

**Apicius spices** Ancient Roman spice blend of long pepper, rosemary, celery + mustard seeds, cumin, fennel, ginger + caraway

**Pangrattato** AKA 'poor man's parmesan', toasted stale breadcrumbs, used to scatter over the top of Italian dishes

**Spaghetti alla Chitarra** Square spaghetti, traditionally made by pushing pasta through a frame of wires that look like guitar strings

**Ditalini** A short tube pasta

**Strascinati** Puglian pasta shape similar to orecchiette, but with a slightly longer, pulled out shape

**Girasole** Sunflower shaped stuffed pasta

**Friarielli** A green cruciferous vegetable. also known as broccoli rabe with a bitter, nutty + mustardy flavour

v - vegetarian version available v\* - vegan version available n - contains nuts or seeds

Please inform us of all allergies + dietary requirements.

Excepting the girasole, most of the rest of the menu is available with gluten free alternatives.

Unfortunately, we cannot guarantee the absence of traces of nuts.

In our continuing efforts to run a more regenerative business, we now source all of our dried pulses + legumes from Hodmedod's, an independent Suffolk business focused on British grown pulses + grains. We have purposely removed all seafood from our menu due to overfishing + sustainability concerns, + our inland city location. Our menu is vegetable centric as we push more + more towards cooking homegrown produce through the seasons, using various methods to preserve any excess or overripe fruit + vegetables, + fully committing to use our leftovers and scraps usually considered food waste in menu options like flavoured oils, stews, pickles, pestos + gelati.

Service charge is not included. Whatever you leave is divided equally amongst all our staff in addition to their wage