

I Cicchetti

Panisse (v*)	5
Cerignola + kalamata olives, salsa eoliana (v*)	5.5
Artichoke hearts, garlic, mint, thyme + lemon (v*)	6.5
Cardamom + star anise pickled rhubarb, pecorino Romano	6.5

Gli Affettati con Pane

Prosciutto di San Daniele {13 month salt cured ham with a sweet and delicate taste}	6.5
Bresaola {3 month, juniper + rosemary cured beef topside}	6.5
Capocollo {3 month cured pork neck rubbed with Italian herbs + spices}	6
Salame Toscano {3 month cured pork salami with black peppercorns + red wine}	6

Gli Antipasti

Garlic bread (v*)	6
Turnip, swiss chard + fontina gratin, pangrattato, garlic oil (v*)	8.5
Jersey Royals, nduja, pickled fennel, parsley + lemon gremolata (v*)	9
Whipped mascarpone + pecorino Romano, spring vegetables, soft herbs, lemon oil (v*)	9
Celeriac, olive green lentils, prosciutto di San Daniele, hazelnut + shallot dressing (v*)(n)	9

La Pasta

Paccheri, 16 hour beef short rib + Chianti ragu, Grana Padano	18
Paccheri, roast garlic + tomato butter, pancetta, rosemary pangrattato	17
Spaghetti alla chitarra, pistachio + mint pesto, burrata (v*)(n)	18
Spaghetti alla chitarra, tomato, homemade ricotta, mixed olives, basil oil (v*)	17
Spring vegetable, confit chicken + ditalini minestrone (v*)(n)	17.5
Strascinati, Napoli sausage, friarielli, chilli + garlic (v*)	17.5
Artichoke girasole, white onion + Parmesan rind broth, broad beans, marjoram oil	17.5
Ricotta gnocchi, lamb ragu, spiced almond + dried apricot relish (n)	18

Il Glossario

Panisse Fried chickpea flour nuggets with chilli + rosemary

Salsa Eoliana Chopped dried tomatoes, capers + parsley in olive oil

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

Fontina An alpine cows' milk cheese with a mild, creamy + nutty flavour. A hard cheese that melts well

Gremolata A dry pesto-like condiment, traditionally made with parsley, lemon + garlic

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

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 pieces 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