

Zuppe

MINISTRONE ALL' ASTIGIANA V Mixed vegetable soup	£4.95
RISTRETTO DI POLLO CON TORTELLINI Clear chicken soup with meat filled tortellini	£4.75

Antipasti

INSALATA DI FRUTTI DI MARE Assorted seafood salad	£8.50
COCKTAIL DI GAMBERETTI Prawn cocktail with piquant sauce	£7.45
INSALATA TRICOLORE V Avocado, mozzarella & tomato salad	£5.65
PROSCIUTTO DI PARMA CON MELONE Parma ham with seasonal melon	£7.25
AVOCADO CON GAMBERETTI Avocado with prawns	£7.55
BRESAOLA OF BEEF Bresaola, with rocket salad & parmesan	£7.50
FUNGHI RIPIENI ALLA TERRANOVA V Baked mushroom stuffed with vegetables & mozzarella	£5.95
MELENZANE ALLA SICILIANA V Sicilian style baked aubergines	£5.95
CALAMARI FRITTI ALLA ROMANA Crispy fried squid	£6.95
GAMBERONI TERRANOVA Pan-fried King prawns, lemon butter, garlic & chilli sauce	£8.95
BIANCHETTI FRITTI Deep fried whitebait	£5.95

Paste

LASAGNE Lasagna with meat & cheese sauce	£7.90
TORTELLONI ALLA TERRANOVA V Spinach & Ricotta in a cream, mushroom & tomato sauce	£7.95
RISOTTO ALLA MARINARA Assorted seafood risotto	£12.50
RISOTTO PRIMAVERA V Green beans, peas, spinach, courgette & parmesan cheese	£8.30
TAGLIATELLE CON GAMBERONI With prawns, rocket, garlic, wine & tomato	£9.45
PENNE CARBONARA With pancetta, cream, egg & cheese sauce	£8.65
PENNE ALL'ARRABBIATA V With chilli, garlic, basil & tomato sauce	£7.25

Paste

SPAGHETTI ALLE VONGOLE VERACI With fresh baby clam, garlic & tomato sauce	£9.55
SPAGHETTI BOLOGNESE With Bolognese meat sauce	£7.95
SPAGHETTI NAPOLI V With tomato sauce	£6.75
PENNE TERRANOVA With chicken, mushroom, cream & tomato sauce	£8.95
OR CHOOSE GLUTEN FREE PASTA WITH ANY OF OUR SAUCES...	£8.95

Carne & Pollame

PICCATINA DI VITELLO MARSALA Veal escalopines sautéed with mushrooms & marsala wine sauce	£12.95
SCALOPPINE CREMA & FUNGHI Veal scalopines sautéed in cream, sherry & mushroom sauce	£12.95
SCALOPPINE DI VITELLO PARMIGIANA Veal escalope breaded with sliced aubergine, tomato, oregano & cheese	£12.95
SCALOPPA MILANESE Veal escalope breaded served with spaghetti Napoli or Bolognese	£14.95
MEDAGLIONI PIZZAIOLA Beef filet medallions sautéed with red wine, oregano, caper & tomato sauce	£18.95
TOURNEDOS DI BUE ROSSINI Beef filet sautéed, served on toast, with liver pate, topped with madeira sauce	£20.90
FILETTO ALLA GRIGLIA Fillet steak grilled	£20.90
FRACOSTA DI MANZO PAVAROTTI Sirloin steak sautéed with garlic, herbs, brandy & green peppercorn sauce	£18.90
BISTECCA ALLA GRIGLIA Sirloin steak grilled	£18.90
FEGATO DI VITELLO AL BURRO & SALVIA Calf's liver sautéed in butter with fresh sage & dry white wine	£13.75
AGNELLO AL ROSMARINO Pan-fried new season lamb cutlets with garlic & rosemary	£13.95
POLLASTRINO AL ROSMARINO Char-grilled baby chicken with garlic, chilli & rosemary	£11.95

Carne & Pollame

POLLO AI FUNGHI Chicken breast with white wine, cream & mushroom sauce	£11.50
SUPREMA DI POLLO CACCIATORE Chicken breast sautéed with shallots, mushrooms, white wine & tomato sauce	£11.50
MINUTA DI POLLO AL CHIGLIO Chicken pieces sautéed in oil, garlic, chilli, tomato & wine	£9.75

Pesce

OR TRY GRILLED PESCE WITH NO SAUCE

FILETTI DI SPIGOLA ALLA LIVORNESE Sea bass fillets with tomato, capers & oregano sauce	£13.50
PESCE SPADA AL SALMORIGLIO Char-grilled swordfish with marinated peppers garlic, olive oil & worcester sauce	£12.95
SALMONE AL PEPE VERDE & ROSMARINO Grilled salmon with green peppercorns, rosemary & balsamic vinegar sauce	£12.95
GAMBERONI DEL PACIFICO King prawns with lemon butter & garlic sauce, served with rice	£18.95
SOGLIOLA ALLA GRIGLIA O MUGNAIA Dover sole grilled or with lemon sauce	£mp
GRIGIATA DI PESCE Grilled mix fish & shellfish	£18.50

OUR CARNE, POLLAME AND PESCE DISHES ARE SERVED WITH, potatoes & fresh vegetables of the day

Sides

INSALATA VERDE V Green salad	£3.00
INSALATA MISTA V Mixed salad	£3.50
INSALATA DI POMODORO V Tomato salad with onions & basil	£3.00
PANE ALL'AGLIO PREZZEMOLATO Garlic bread V	£1.95
Garlic bread with cheese	£2.50
MARINATED OLIVES V	£2.60

Buon Appetito

V Suitable for vegetarian

Allergens Information

Please tell us if you have a food allergy or intolerance that we need to be aware of.

Ask to see our Allergens Information booklet if need.

free
wifi

A service charge of 10% is included in the final bill

All prices are inclusive of VAT

www.terranoarestaurants.com