

LA TAVERNA



BREAKFAST AND BRUNCH

- **Arepas** £ 5.30
(fried Corn dough with scrambled eggs, onion and tomato)
- **Bandeja Paisa** (Colombian full breakfast) £ 7.80
(arepa, eggs, beans, avocado, plantain, mincemeat, bacon, chorizo)
- **Cappuccino and cornetto** £ 3.80
- **Grilled toasties** (ham & cheese, vegs & cheese) £ 3.80
- **Scrambled or fried bacon & eggs with toasted bread** £ 4.95
- **Avocado on toast with eggs** £ 4.00

PANINI

- **Panino Parma** (ham, fresh tomato, mozzarella, pesto, rocket salad) £ 6.80
- **Panino Salsiccia** (grilled vegetables, Italian pork sausage) £ 5.80
- **Panino Caprese** (mozzarella, tomato, fresh basil, olive oil) £ 5.80
- **Panino Tonno e uova** (tuna fish, boiled eggs, tomato, mayo) £ 5.80
- **Panino Funghi & Pollo** (mushrooms, double cream, chicken, cheddar) £ 4.80
- **Panino Vegetariano** (grilled vegs, dried tomatoes, olive oil, cheddar) £ 4.80

PASTAS

- **Pasta Gorgonzola e Noci** (italian blue cheese, cream, nuts, parmezan) £ 8.80
- **Pasta alla Carbonara** (italian matured bacon, eggs, onion, black pepper) £ 7.80
- **Pasta alla Bolognese** (tomato sauce, mince beef, fresh basil, parmezan) £ 7.80
- **Pasta alla Puttanesca** (tomato sauce, olives, fresh parsley, capers) £ 5.80
- **Pasta nonna Carla** (green peas, cream, mushrooms, with or without bacon) £ 7.80
- **Pasta alla Contadina** (grilled vegs, onions, garlic, tomato sauce, olive oil) £ 6.80
- **Pasta ai Gamberi** (cherry tomatoes, king prawns, fresh parsley, garlic) £ 8.80
- **Pasta ai Funghi e Pollo/Salsiccia** (sausage/chicken, cream, mushrooms, parmezan) £ 7.80
- **Pasta al Pesto** (homemade basil pesto, cherry tomatoes, parmezan) £ 6.80
- **Pasta al Salmone** (smoked salmon, garlic, cream, fresh parsley) £ 8.80
- **Pomodoro & Basilico** (tomato sauce, fresh basil, parmezan) £ 5.80
- **Pasta alla Arrabbiata** (tomato sauce, chili, garlic, fresh parsley) £ 5.80
- **Lasagna** (bechamel Sauce, tomato Sauce, beef mince meat, parmesan cheese) £ 8.80

SALADS

- **Greek Salad** (tomatoes, feta cheese, greek olives, fresh basil) £ 5.00
- **Salmon Salad** (smoked salmon, rocket, green salad, onion & capers) £ 8.80
- **Bean & Tuna Salad** (tuna fish, red beans, red onions, tomatoes) £ 5.80
- **Caprese Salad** (tomatoes, mozzarella, basil, balsamic vinegar) £ 5.80
- **Chicken & Avocado Salad** (roasted chicken, avocado, green salad, cherry tomatoes) £ 6.80

SNACKS

- *Empanadas colombianas* £ 1.80
(Corn dough with Meat, Chicken or cheese)
- *Supplì romani (Rice Balls with beef & Mozzarella)* £ 1.80
- *Arancini (Rice Balls with peas & mushrooms)* £ 1.80
- *Carimagnota (cassava croquettes with cheese)* £ 1.80



MAINS

- *Italian Wrap* £ 8.80
(tortilla bread, chicken, grilled vegetables and salad, dried tomatoes and olives)
- *Oven Baked Chicken Thighs with peppers, potatoes* £ 6.80
- *Polpette al sugo (beef meatballs with sauce) with rice* £ 6.00
- *Burger (beef, chicken or lamb) with fries* £ 7.80
- *Cotoletta alla Milanese with fries and salad* £ 7.80



PIZZA 10"

- *Margherita (tomato, mozzarella)* £ 6.50
- *Funghi e prosciutto (mushrooms, ham, mozzarella)* £ 7.50
- *Salame (tomato, pepperoni, mozzarella)* £ 7.50



SOFT DRINKS

- *Coke/Diet coke* £ 1.20
- *Aranciata/Limonata San Pellegrino* £ 1.50
- *Smoothies* £ 3.80
Green (avocado, apple, cucumber)
Yellow (orange, pineapple, mango)
Red (berries, banana, lemon)
- *Still water (500 ml)* £ 0.80
- *Organic Juices* £ 1.00
- *J20 (Passion Fruit/Orange, Mango, Apple/berries)* £ 1.80
- *Rubicon Mango* £ 1.20

HOT DRINKS

(ITALIAN COFFEE)

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| • <i>Americano</i> | £ 1.95 | £ 2.30 |
| • <i>Cappuccino</i> | £ 2.00 | £ 2.45 |
| • <i>Flat White</i> | £ 2.30 | £ 2.50 |
| • <i>Caffe Latte</i> | £ 2.30 | £ 2.50 |
| • <i>Hot Chocolate</i> | £ 2.50 | £ 2.90 |
| • <i>Moccaccino</i> | £ 2.50 | £ 2.90 |
| • <i>Espresso • Espresso Macchiato</i> | £ 1.90 | £ 1.95 |
| • <i>Tea (english tea, green tea or fruit tea)</i> | £ 1.90 | |

DESSERTS

- *Tiramisu* £ 3.50
- *Cheesecake* £ 3.50



For Chicken &
Beef
Dishes