

# GLUTEN FREE A LA CARTE

## ANTIPASTO

### HEARTY ITALIAN MINISTRONE £5.75

Hearty homemade San Marzano tomato vegetable soup, served with fresh bread

### FUNGHI BIANCO £6.50

Sautéed button mushrooms in a delicate white wine and garlic sauce, served with garlic bread

### PECORINO AL FORNO £6.50

Baked goats cheese, Sicilian tomato sauce, with caramelized onions and toasted garlic bread

### GAMBERONI PICCANTE £7.95

King prawns sautéed in fresh chilli, garlic, tomato and spinach, accompanied with garlic bread

### FUNGHI FRITTI £5.75

Fresh breaded mushrooms, served with a garlic mayonnaise

### SALMON GAMBERETTI CLASSICO £8.50

Scottish smoked salmon and king prawns delicately drizzled with a classic marie-rose sauce, on a bed of rocket

### CROSTINI ITALIANO £5.75

Italian garlic bread topped with peppers, onions, spinach and mozzarella

### PROSCIUTTO DI PARMA E MOZZARELLA £7.50

Thinly sliced San Daniele parma ham, fresh buffalo mozzarella and roasted vine tomatoes, drizzled with extra virgin Olive Oil and aged balsamic vinegar

### COZZE £7.50

Freshly steamed mussels in a choice of sauce with garlic bread:

- **MARINARA**  
Delicate white wine cream sauce with notes of lemon and fresh parsley
- **LIVORNESE**  
Sicilian tomato sauce with basil and chilli
- **PAPRIKA**  
Smoked paprika and cream sauce

## TO SHARE

### ANTIPASTI MISTO TAVOLA £12.95

A classic selection of Italian cheeses and cured meats, rustically served on a plank with sun blushed tomatoes, olives, pickles, artichoke and freshly baked gluten free bread and oils

## BREAD & OLIVES

### MIXED PITTED OLIVES £3.95

Italy is home to many varieties of olives, our specially selected pitted olives are marinated, flavourful and from Puglia

### CIPOLLA CAMELLATA £5.75

Italian garlic bread, with melted mozzarella and sweet caramelized onions

### POLLO CARICATO £6.50

Italian garlic bread topped with grilled chicken, sundried tomato, pesto and mozzarella cheese (*contains nuts*)

### SALMONE AFFUMICATO £6.75

Italian garlic bread topped with locally sourced Scottish smoked salmon, lemon and rocket

## BRUSCHETTE

### ROSMARINO £3.95

Rosemary, extra virgin Olive Oil and rock sea salt

### PROSCIUTTO £4.95

Chopped vine tomato, basil, garlic, extra virgin Olive Oil and prosciutto ham

### MOZZARELLA £4.75

Fresh garlic and melted Fior di Latte mozzarella

### CAPRESE £5.95

Chopped vine tomato, with basil, garlic, buffalo mozzarella and a balsamic glaze

### BELLISSIMO £4.95

Chopped vine tomato, basil, garlic and extra virgin Olive Oil

### GARLIC £3.75

Traditional Italian favourite, baked with fresh garlic

## PIZZA

### PIZZA UNICO from £9.95

Take our classic Margherita and create your perfect pizza using your own selected toppings  
+ ADD £1 PER VEG TOPPING  
+ ADD £2 PER MEAT TOPPING

### PIZZA LEGGERA

Looking for a lighter option?...  
Try any of the above as a leggera, prepared with the centre removed and filled with Italian mixed leave salad. Less calories, more nutrition!

Ask your server about our **Gluten-Free drinks** on offer, including Bottled Beer & Premium Gin

Please advise your server of any dietary requirements prior to ordering.

Gluten-free options available. Dairy-free may also be available on request with prior notice to allow greater choice.

Our Head Chef and skilled kitchen team are proud to prepare dishes for you to enjoy. You should always advise your server of any special dietary requirements, including intolerances and allergies. At Rocca, we pride ourselves on many of our dishes being available with gluten-free and vegetarian alternatives. Whilst we strive to reduce the risk of cross-contamination we cannot guarantee that any of our dishes are 100% free from allergens, and request that all guests with severe allergies assess their individual circumstances and personal level of risk before consuming dishes at their own risk

# PASTA

GLUTEN FREE PENNE PASTA

## Classics

**ARRABBIATA** £10.75  
Arrabiata meaning 'angry' in Italian. A fiery San Marzano tomato sauce, with garlic, chilli and herbs

**PRIMAVERA** £10.75  
Tossed with vegetables julienne, pine kernels, tomato sauce and fresh parmesan shavings (*contains nuts*)

**Prefer a classic butter sauce to tomato? Please ask your server!**

**CARBONARA** £11.75  
A delicate sauce of pancetta, parmesan, egg yolk and cream. Prefer without cream the original Italian way? Ask for Carbonara Tradizionale!

**Add to any of the above dishes**

- + DICED CHICKEN £2
- + BLACK OLIVES £1

**BOLOGNESE** £11.75  
Classic slow-cooked Scotch beef and pork ragu, with herbs

**LASAGNE** £11.95  
Traditionally baked homemade gluten free lasagna, with bolognese filling and béchamel sauce. (*subject to availability*)

**POLPETTE** £12.50  
Timeless favourite, freshly hand-rolled pork and beef meatballs, in a rich Napoli sauce

**RISOTTO PORCINI TARTUFO** £11.75  
Arborio rice with porcini mushrooms, thyme, white wine and cream, drizzled with truffle oil

## Specialties

**ROCCA CARTOCCIO** £12.95  
Our signature pasta dish. Penne with pancetta, mushrooms, peppers and onions in a tomato cream sauce, topped with mozzarella and baked 'al forno' in foil for superior flavour

**MANZO CHIANTI** £14.95  
Tender strips of beef fillet, sautéed in a sauce of Chianti red wine with a hint of garlic, onion and tomato

**PESCATORE** £13.95  
King prawns tossed in a sauce of finely chopped tomato, garlic chilli and fresh basil

+ ADD CALAMARI £2

**MILANO** £11.95  
Chicken, fresh spinach, onions, garlic, white wine, parmesan and cream

**POLLO DI CARNE** £12.95  
Chicken, chopped meatballs, onions, in a tomato and chilli sauce

**SALMONE VODKA** £12.50  
Tossed with locally sourced Scottish smoked salmon, flamed with vodka, in a cream and tomato sauce with capers and finely chopped onions

**SMOKED HADDOCK** £11.95  
Delicious flaked haddock and spring onions in a cream sauce

**Prefer risotto to pasta?**

THE ABOVE DISHES ARE AVAILABLE AS RISOTTO

## CARNE

**POMPEII POLLO** £15.75  
Succulent chicken breast, mixed peppers, onions, and sundried tomatoes together with a garlic, red wine, tomato and cream sauce and Arborio rice

**POLLO MILANESE** £15.95  
Breast of chicken, lightly fried in breadcrumbs and served with your choice of penne Arrabiata or Napoli

**FILETTO ITALIANO** £19.75  
Tender strips of prime Scotch fillet, mixed peppers, olives and mushrooms in a red wine and tomato sauce served with Arborio rice

**VITELLO MILANESE** £17.95  
Pan fried escalope of veal delicately fried in breadcrumbs and served with your choice of penne Arrabiata or Napoli

## GRILL

### TAGLIATA DI MANZO

Prime 9oz fillet steak, aged 28 days, tenderly sliced and served with rocket delicately drizzled with aged balsamic vinegar and parmesan shavings

#### 9OZ FILETTO

Scotch fillet, aged 28 days

£23.95

#### 9OZ SIRLOIN

Scotch sirloin, dry aged for 35 days

£20.95

#### 10OZ RIB-EYE

Flavourful cut owing to a rich marbling of fat

£22.95

+ ADD STEAK SAUCE £2

Garlic Butter | Peppercorn | Mushroom & Tarragon

## PESCE

**GAMBERONI E SCAMPI SAMBUCA** £18.95  
Wild king prawns and fresh scampi flambéed in a sauce of Sambuca, cream, onions and garlic, with Arborio rice

**SALMON SCOZZESE** £15.95  
Locally sourced, pan fried Scottish salmon, on a bed of garlic mash and Italian style green beans, dressed with a vibrant basil & lemon extra virgin Olive Oil and vine tomato garnish

**BRANZINO VIVACE** £18.95  
Fresh fillets of sea bass cooked in sizzled ginger, chilli, lime and spring onions, served with seasonal vegetables and herby potatoes

**CAPESANTE VERMOUTH** £21.50  
Italian-style pan seared king scallops, sautéed in a lemon, vermouth, butter sauce, served with garlic crushed potatoes and creamed spinach

**CODA DI ROSPO ROCCA** £21.95  
Pan fried monkfish wrapped in San Daniele parma ham, placed on a bed of mash and asparagus, drizzled with extra virgin Olive Oil

**FILETTI PESCE FRITTI** £13.95  
Breaded fillets of plaice, served with hand-cut chips and homemade tartare sauce

## INSALATA

**ITALIAN CAESAR** £9.95  
Classic cos lettuce, vine tomatoes, parmesan shavings and timeless Caesar dressing

+ ADD CHICKEN £2  
+ ADD KING PRAWN £4

#### WARM 'DIRTY BEEF' SALAD

 £13.95

Mixed Italian leaves, finely chopped tomatoes, peppers, red onions, and delicate strips of warm beef fillet with a sweet chilli dressing

#### SMOKED HADDOCK SALAD

 £11.95

Locally sourced, fresh smoked haddock fillet, flaked with Italian leaves, spinach, green beans, diced potatoes tossed in a zesty lime mayonnaise dressing with a vine tomato garnish

+ ADD CRISPY PANCETTA £2

**SIDES** CLASSIC MASH £2.95 | GARLIC | MUSTARD | OLIVE OIL MASH £3.50 | TRADITIONAL HAND-CUT HOUSE CHIPS £2.95  
GARLIC & HERB HAND-CUT HOUSE CHIPS £3.50 | PARMESAN & TRUFFLE OIL HAND-CUT HOUSE CHIPS £3.95 | HERBY POTATOES £3.50  
SWEET POTATO WEDGES £3.95 | ROCKET \* PARMESAN SALAD £3.75 | MIXED SALAD £3.50 | SEASONAL VEGETABLES £3.75  
SAUTÉED CREAMED SPINACH £3.75 | GRILLED TOMATO \* MUSHROOMS £3.50