

LUNCH

Whether a leisurely lunch or a pronto bite, we offer fresh, quality meals *from* £4.75

AVAILABLE MONDAY-FRIDAY 12 - 4PM

STARTERS

ZUPPA *del GIORNO*
or **HEARTY MINISTRONE**
Served with fresh Artisan Italian bread

COZZE POMODORO
Steamed Shetland mussels, in a tomato sauce with a touch of chilli and garlic, accompanied with garlic bread

ARANCINI *del GIORNO*
Freshly breaded and lightly fried balls of Arborio rice, served with a garlic mayonnaise

PATE *della CASA*
House chicken liver pate, served with toasted Italian bread, and apple and plum chutney

GARLIC BREAD *with*
MOZZARELLA *and* ONION
Fresh Italian garlic bread topped with mozzarella and sweet caramelized onions

FUNGHI FRITTI
Fresh breaded mushrooms, served with a garlic mayonnaise

ADD
£3.50

MAINS

Wholesome

PENNE CARBONARA £6.75
A delicate sauce of pancetta, parmesan, egg yolk and cream (or without cream, the authentic Italian way!)

PENNE BOLOGNESE £6.75
Slow-cooked ragu of Scotch beef, pork, red wine and herbs

PENNE ARRABBIATA £6.75
A classic with chilli, olives, garlic and herbs

ADD DICED CHICKEN £1.50

LINGUINE AURORA £6.75
Linguini in a creamy, tomato aurora sauce, with vibrant mixed peppers and mushrooms

RISOTTO PRIMAVERA £6.75
Arborio rice, sauteed with julienned spring vegetables, garlic and parmesan

LASAGNE £6.75
Timeless lasagna, with Bolognese filling and Bechamel sauce

ADD GARLIC BREAD TO ANY DISH for just £1.50

PIATTO DEL GIORNO £7.50
Chef's special, Rocca dish of the day

POLLO ALLA CREMA £7.50
Pan-fried breast of chicken, in a flavourful cream and mushroom sauce, with seasonal potatoes and Italian green beans

TORTA DI PESCE GRATINATO £6.95
Homemade pie with locally sourced fish, topped with potato au gratin, parmesan and herbs

ROCCA BURGER £6.75
6oz homemade beef burger, topped with Monterey Jack cheese, served on a brioche bun with salad

ADD A SIDE:
Hand-cut Chips / Onion Rings £2.50
Sweet Potato Wedges £2.75

PIZZA MODO MIO £6.75
A classic margherita with Fior di Latte mozzarella, San Marzano tomatoes and your topping of choice:
Italian Sausage / Salami / Ham / Spicy Chicken / Onion / Mushroom / Rocket / Fresh Chilli / Pineapple / Olives (+ £1 per extra topping)

FROM
£4.75

Leggero

SALADS

ITALIAN CAESAR £4.75
Classic green salad with croutons, parmesan shavings, black pepper and caesar dressing
ADD DICED CHICKEN £1.50

PROSCIUTTO £5.25
Crispy prosciutto, with red onions, tomatoes, spinach, rocket and mixed leaves, dressed with a lemon and rosemary aioli, topped with croutons and parmesan
ADD DICED CHICKEN £1.50

CAPRESE PASTA £5.75
Mozzarella, ripe cherry tomatoes, extra virgin Olive Oil and fresh basil with penne

SMOKED SALMON PASTA £6.25
Penne pasta with locally sourced smoked salmon, chives, crème fraiche and lemon

SANDWICHES

CAPRESE CIABATTA £5.25
Ciabatta with mozzarella, ripe cherry tomatoes, extra virgin Olive Oil and fresh basil

GRILLED CHICKEN £5.25
Ciabatta with chicken, lettuce, tomato and an aioli mayonnaise
ADD BACON £1.50

ITALIAN PULLED PORK £5.75
Ciabatta with slow roasted pulled pork, lightly drizzled with Olive Oil and an onion garnish

POSH HADDOCK £5.75
Breaded fish goujons, topped with tartare sauce and rocket, served on a brioche bun

PARMA FORMAGGIO £5.75
Ciabatta with Parma ham, mozzarella cheese and ripened tomato, served toasted

ADD A SIDE:
Hand-cut Chips / Onion Rings £2.50
Sweet Potato Wedges £2.75

DESSERTS

ADD
£3.50

MERINGHE CON LA FRAGOLA
Petite meringue nest, with fresh strawberries, coulis and *Equi's* Double Cream Vanilla ice cream

CARAMELLO CLASSICO
Warm caramel shortcake with *Equi's* Double Cream Vanilla ice cream

APPLE CRUMBLE SHORT SUNDAE
Homemade apple crumble, with *Equi's* Double Cream Vanilla ice cream

DUE GELATO
Your choice of two scoops of local award winning *Equi's* ice cream

Please make your server aware of any dietary requirements, including if a gluten-free meal is required and we will prepare your meal accordingly

gluten-free option available
 vegetarian dish