



COOKING

MADE SIMPLE

It's Fast, Fresh & Fantastic

Eat In Menu

Chilled Pasta Meals • Stone Baked Pizza • Fresh Salads • Garlic Breads • World Cuisine • Filled Ciabatta • Deluxe Ingredients • Seasonal Specials
Breakfast • Homemade Desserts • Cappuccino
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01509 219 190

www.thegastronomic.co.uk

Stone Baked Pizza Freshly baked to order

80. Margherita ●	£5.99
Traditional mozzarella cheese & tomato	
81. Salmone Arrosto	£8.99
Oak roast salmon, spinach & cherry tomatoes	
82. Pollo e Funghi	£7.99
Chicken & mushroom with caramelised onions	
83. Dia Vola	£7.75
Spicy pepperoni & Jalapeno peppers	
84. Quattro Formaggi	£7.99
Dolcelatte, mozzarella, grana padano & goats' cheese	
85. Fiorentina	£7.99
Spinach, olives, egg & grana padano cheese	
86. Capricciosa	£7.99
Smoked ham, pimentos, capers, anchovies, olives & egg	
87. Quattro Stagioni	£8.25
Pepperoni, mushroom, ham, onions & olives	
88. Tropicale	£7.99
Ham, pineapple & mushroom	
89. Rucola	£8.99
Prosciutto ham, rocket, caramelised onions, garlic & cherry tomatoes	
90. Vegetariani ●	£7.75
Caramelised onions, spinach, pimento & mushroom	
91. Rusticana ●	£8.50
Spinach, dolcelatte, mushroom & garlic	
92. Capra ●	£7.99
Goats' cheese, mushroom, garlic & pimento	
93. Con Carne	£7.99
Chicken, bacon, pepperoni & meatballs	
94. Primavera	£7.75
Spinach, mushroom, bacon, red pesto & garlic	
95. Garlic Pizza Bread	£3.99
With caramelised onion & grana padano cheese	
96. Garlic Pizza Bread	£4.25
With cherry tomatoes & grana padano cheese	

Extra Toppings

Dairy & Veg	£1.00	Meat & Fish	£1.25
Oak Roast Salmon & Prosciutto Ham		£1.50	

● Vegetarian

House Specialities

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| 1. Lasagne | £7.70 |
| Traditional meaty Bolognese layered between sheets of pasta & mornay sauce, topped with grated cheese | |
| 2. Tettazzini | £7.70 |
| Strips of chicken, with fusilli, caramelised onions, garlic & mushroom in a creamy cheese sauce, topped with grated cheese | |
| 3. Cannelloni Vegetariani ● | £7.35 |
| Pomodoro sauce with tubes of pasta filled with seasoned spinach garlic & ricotta cheese, topped with mornay sauce & grated cheese | |
| 4. Ravioli con Pomodoro | £7.35 |
| Open ravioli filled with ricotta and grana padano cheese & mushroom on pomodoro sauce with cherry tomatoes & fresh basil, topped with a creamy sauce & grated cheese | |
| 5. Cannelloni al Salmone | £8.50 |
| Pomodoro sauce with tubes of pasta filled with oak roasted salmon & ricotta cheese, topped with mornay sauce & grated cheese | |
| 6. Cannelloni con Carne | £7.55 |
| Pasta tubes filled with our traditional Bolognese sauce, topped with mornay sauce & grated cheese | |
| 7. Pasticcio di Carne | £7.55 |
| An Italian style cottage pie with traditional meaty Bolognese, topped with a creamy mash & polenta, finished with grana padano cheese | |

Garlic Bread

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| 70. Garlic Ciabatta ● | £2.65 |
| A Ciabatta loaf filled with garlic & herb butter | |
| 71. Cheese Ciabatta ● | £3.25 |
| A Ciabatta loaf filled with garlic, herbs & cheddar cheese | |
| 72. Deluxe Ciabatta | £4.25 |
| A Ciabatta loaf filled with garlic, herbs, spinach, mushroom, bacon & cheddar cheese | |
| 73. Red Pesto Ciabatta ● | £3.85 |
| A Ciabatta loaf filled with garlic, herbs, & sun-dried tomato pesto & cheddar cheese | |

Tomato Sauce Pasta

10. Basilico ●	£4.40
Pomodoro sauce made to our traditional recipe with fresh basil & black olives, served with spaghetti	
11. Carrettiere	£6.25
Tuna with smoked bacon, mushroom, chilli & garlic in a pomodoro sauce with fusilli	
12. Polpette	£5.99
Meatballs with caramelised onions in a pomodoro sauce, with spaghetti	
13. Vesuvius ●	£6.55
Cherry tomatoes, caramelised onions, broccoli, smoked cheese, chilli & garlic in a pomodoro sauce, with fusilli	
14. Pollo Piccante	£6.85
Spicy chorizo sausage with strips of chicken breast & chilli in a pomodoro sauce, with tagliatelle	
15. Pollo alla Cacciatora	£6.99
Strips of chicken breast with caramelised onions, black olives, bacon, garlic & mushroom in a pomodoro sauce, with penne	
16. Paprikash	£6.99
Slow cooked beef in a sweet paprika sauce, seasoned with caraway seeds, served on penne with sour cream on the side	
17. Spaghetti Bolognese	£5.99
A rich meaty sauce produced from an authentic Italian recipe, with spaghetti	

Cream Sauce Pasta

20. Della Casa ●	£7.55
Smoked cheese with caramelised onions & rocket in a creamy pomodoro sauce, with tagliatelle	
21. Boscaiola ●	£6.25
Garlic, mushroom & spinach in a creamy dolcelatte cheese sauce, with spaghetti	
22. Pomodoro Affumicato ●	£7.55
Tomatoes & smoked cheese with mushroom & garlic in a creamy pecan pesto sauce, with fusilli	
23. Pollo alla Crema	£6.99
Strips of chicken breast, mushroom, garlic & caramelised onions in a cheese & white wine sauce, with fusilli	
24. Pollo alla Genovese	£6.99
Strips of marinated chicken breast with a creamy pecan pesto sauce, with fusilli	
25. Al Salmone	£7.35
Oak roasted salmon in a creamy white wine & dill sauce, with spaghetti	
26. Marinara	£7.99
Tuna and prawns flavoured with garlic & coriander in a creamy pomodoro sauce, with penne	
27. Pollo all'aglio	£7.55
Strips of chicken breast, with lots of garlic & smoked cheese in a creamy white wine sauce, with fusilli	

World Cuisine *In the style of the country*

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| 40. Hungarian Beef | £7.35 |
| Slow cooked beef in a sweet paprika sauce, with caraway seeds, served with rice & sour cream on the side | |
| 41. Moroccan Lamb | £7.35 |
| Lean & tender lamb cooked with apricot & a subtle blend of Moroccan style spices, served with rice | |
| 42. Asian Butter Fish | £6.99 |
| A meaty white fish with green beans & peas in a lightly spiced, buttery tomato sauce on a bed of rice | |
| 43. Mexican Chilli | £6.45 |
| Chilli con carne made to an authentic recipe with fresh coriander, served with rice & sour cream on the side | |

Side Dishes

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| 74. Funghi all'aglio ● | £3.99 |
| Mushroom & garlic in a pomodoro sauce, topped with grated cheese | |
| 75. Funghi alla Crema ● | £3.99 |
| Mushroom & garlic in a creamy spinach & cheese sauce, topped with grated cheese | |
| 76. Insalata Spinaci | £3.25 |
| Spinach salad with sun-dried tomato, grana padano cheese shavings & red onion, with a lime and dill dressing | |
| 77. Insalata Fagiolini ● | £3.95 |
| Green beans with tomato, red onions, mushroom & capers in a garlic vinaigrette | |
| 78. Insalata di Favi | £3.95 |
| Broad beans, peas, celery, rocket & mint in a lemon vinaigrette, topped with grana padano cheese | |

Homemade Soup Served with ciabatta & butter

60. Zuppa di Pesce	£2.95
Sweet corn & smoked haddock chowder	
61. Zuppa di Pomodoro ●	£2.75
Tomato & basil	
62. Zuppa di Dolcelatte ●	£2.75
Dolcelatte & broccoli	

Breakfast Menu Served until 11.30am

550. Colazione Ciabatta	£3.95
Dry cured bacon, egg & homemade tomato sauce with melted cheddar cheese	
551. Ricca Colazione Ciabatta	£4.25
Dry cured bacon, mushroom, egg & homemade tomato sauce with melted cheddar cheese	
552. Colazione Vegetariani Ciabatta ●	£3.95
Mushroom, tomato & egg ciabatta with homemade tomato sauce & melted cheddar cheese	
553. Colazione Cucinata	£6.95
Full English breakfast, with dry cured bacon, sausage, egg, tomato, mushroom & sautéed potatoes	
554. Uovo Cotto e Patate Carne	£4.95
Mexican style sautéed potatoes with broken eggs, topped with crispy chorizo, avocado & tomato salsa with sour cream	
555. Uovo Cotto e Patate Vegetariani ●	£4.50
Mexican style sautéed potatoes topped with broken eggs, avocado & tomato salsa with sour cream	
556. Uovo e Salsa allo Zafferano	£4.85
Poached eggs topped with saffron sauce & crispy pancetta on toasted ciabatta	
557. Cereale ●	£1.25
A selection of cereals with milk	
558. Pane Tostato e Marmellata ●	£2.50
Toasted ciabatta with preserves	

Cold Filled Ciabatta

30. Pollo Pimento Genovese	£3.80
Chicken & pimento with a pesto genovese dressing & salad	
31. BLT Italia	£4.95
Prosciutto ham, lettuce, tomato & mozzarella	
32. Salmone Affumicato	£4.55
Oak roast smoked salmon with lemon mayo & salad	
33. Formaggio Rustica ●	£3.80
Mature cheddar with balsamic onion confit & salad	
34. Pollo con Pancetta	£3.95
Chicken & bacon with honey mustard dressing & salad	
35. Formaggio e Uva ●	£3.45
Brie, spinach, grape & apple chutney	
36. Prosciutto con Cipolla	£4.05
Smoked ham & balsamic onion confit, with Salad	
37. Formaggio con Insalata di Cavolo ●	£3.45
Mature cheddar with salad & homemade coleslaw on the side	
38. Formaggio e Pancetta con Spinaci	£4.05
Brie and bacon with spinach & apple chutney	
39. Mozzarella Tricolore ●	£4.05
Mozzarella & tomato with pesto genovese & salad	

Hot Filled Ciabatta

50. Colazione	£3.95
Bacon, egg & homemade tomato sauce with melted cheddar cheese	
51. Ricca Colazione	£4.25
Bacon, mushroom, egg & homemade tomato sauce with melted cheddar cheese	
52. Arrosto di Carne ●	£3.95
Sliced Beef, peppers & caramelised onions with honey mustard dressing & melted cheddar cheese	
53. Verdura Arrosto	£3.45
Mixed roast vegetables & red pesto with melted cheddar cheese	
54. Formaggio e Pancetta con Mirtillo	£3.95
Melted brie with bacon & cranberry sauce	
55. Di Capra ●	£4.25
Creamy goats' cheese & pimento with pesto genovese	
56. Polpette al Pomodoro	£3.75
Meatballs & caramelised onions in a tomato sauce with cheddar cheese	
57. Prosciutto Formaggio all'inglese	£3.95
English honey roast ham & cheddar cheese with caramelised onions	

Seasonal Specials

Starters

- 701. Patè di Fegato di Pollo** £3.50
Homemade chicken liver pate served with a balsamic onion confit & toasted ciabatta
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- 702. Insalata di Gamberetti e Avocado** £4.25
Prawn & avocado salad with honey mustard dressing
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- 703. Insalata Mediterranea con Formaggio ●** £4.50
Grilled halloumi cheese on a bed of Mediterranean roast vegetable & cannellini bean salad
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- 704. Nachos Messicano ●** £3.99
Nachos topped with melted cheese, homemade avocado & tomato salsa with sour cream
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Mains

- 730. Bistecca Ciabatta** £7.25
Minute steak & creamy garlic mushroom in a ciabatta, served with sautéed potatoes
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- 731. Pancetta e Salsiccia Insalata** £7.75
Crispy bacon & chorizo salad with honey mustard dressing
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- 732. Pollo Puttanesca** £8.25
Chicken breast in a creamy pancetta, pea & tarragon sauce, served with sautéed potatoes
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- 733. Pomodoro e Foglie Verdi Pasta ●** £6.99
Cherry tomato, rocket, black olives & spinach in a broth, with spaghetti
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Desserts

- 780. Brownie al Cioccolato Gelato** £4.25
A chocolate sundae with layers of vanilla ice cream & chocolate fudge brownie topped with whipped cream & chocolate flake
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- 781. Gelato e Liquore al Caffè** £4.75
Vanilla ice cream topped with espresso & Irish coffee cream liqueur
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Hot Drinks

460. Cappuccino	£1.50
660. Large Cappuccino	£1.75
461. Espresso	£1.50
662. Double Espresso	£1.75
466. Caffè Latte	£1.50
666. Large Caffè Latte	£1.75
467. Americana	£1.50
684. Large Americana	£1.75
465. Mocha	£1.70
665. Large Mocha	£1.75
463. Hot Chocolate	£1.95
464. English Breakfast Tea	£1.50
667. Morning Glory Tea	£1.99
668. Darjeeling Earl Grey	£1.99
669. Chai Tea	£1.99
670. Mao Feng Green Tea	£1.99
671. Super Fruit Tea	£1.99
672. Chamomile Flowers Tea	£1.99
673. Peppermint Leaf Tea	£1.99

Cold Drinks

467. Ice Teas 250ml	£1.75
468. Mineral Water 1ltr	£2.30
469. Mineral Water 220ml	£1.20
480. Pago Fruit Juice 330ml	£2.05
481. Soft Drink Cans 330ml	£1.10
680. Firefly 330ml	£2.05