

SINCE  1963

# PONTI'S

ITALIAN KITCHEN

## VEGAN MENU

### STARTERS

<b>Olive</b> Mixed olives	4.5
<b>Antipasto vegetariano</b> Asparagus, cherry tomatoes, mixed olives, focaccia bread	7
<b>Focaccia</b> Homemade Focaccia bread	3
<b>Bruschetta Pomodoro v.</b> Focaccia, Cherry Tomato, Garlic, Olive Oil	4.5

### SIDES

<b>Patate Arrosto</b> Roast Potato	4.25
<b>Zucchine Fritte</b> Deep fried courgettes	4.25
<b>Insalata Mista</b> Mixed salad	4.25
<b>Patatine Fritte</b> Chips	4.25
<b>Fagiolini al Vapore</b> Steamed Green Beans	4.25

### DESSERTS

<b>Salted Caramel ice-cream</b>	2.5
<b>Vanilla ice-cream</b>	2.5

### MAINS

<b>Risotto Asparagi e Piselli</b> Fresh Asparagus, peas, broccoli	14
<b>Penne Arrabbiata</b> Tomato sauce, fresh chilli	11
<b>Spaghetti Verdure</b> Courgettes, aubergines, yellow and red peppers, onions	13
<b>Pizza Vegetariana</b> Grilled vegetables, black olives, caramelised onions	13
<b>Pizza Marinara</b> Tomato sauce, garlic, oregano	9.5

### SALADS

<b>Beetroot and Walnut</b> Mixed leaves, beetroot, walnuts, croutons, Cherry tomato, lemon & olive oil dressing	10
<b>Insalata Mediterranea</b> Mixed leaves, Tomato, Avocado, Cucumber, Black Olives	9

IF YOU SUFFER FROM AN ALLERGEN OR INTOLERANCE PLEASE SPEAK TO A MEMBER OF OUR TEAM WHO WILL BE ABLE TO ASSIST YOU. PLEASE BE AWARE THAT WE HANDLE ALL ALLERGENS WITHIN OUR FOOD ENVIRONMENT; AND WHILST WE TAKE DUE CARE AND ATTENTION WHEN PREPARING A MEAL FOR AN ALLERGEN SUFFERER, WE CANNOT GUARANTEE THAT THERE WILL NOT BE ANY TRACES OF THESE ALLERGENS IN YOUR MEAL

AN OPTIONAL 10% SERVICE CHARGE WILL BE AUTOMATICALLY ADDED TO YOUR BILL,  
100% OF THIS IS PAID DIRECTLY TO OUR WONDERFUL STAFF

SINCE  1963

# PONTI'S

ITALIAN KITCHEN

## GLUTEN FREE MENU

### STARTERS

<b>Antipasto Misto</b>	<b>8</b>
Parma Ham DOP, Mortadella, Salame, Parmigiano Reggiano DOP, mixed olives	
<b>Olive</b>	<b>4.5</b>
Mixed olives	
<b>Antipasto vegetariano</b>	<b>7</b>
Italian cheeses, cherry tomatoes, mixed olives	

### MAINS

<b>Bistecca di Manzo alla Griglia</b>	<b>25</b>
10 oz Sirloin Steak, Roast Potato, Mushroom, Peppercorn sauce	
<b>Ponti's Naked Burger</b>	<b>14</b>
8oz Scottish beef burger, gherkin, rocket, beef tomato, fries add provolone cheese or pancetta for £1 each	
<b>Pollo Involtino</b>	<b>16</b>
Chicken Breast, Parma ham DOP, Gorgonzola, Spinach, Crushed Potato, Black Olive, Lemon Zest, Thyme and Rosemary Gravy	
<b>Spigola al Forno</b>	<b>19</b>
Oven Roasted Fillet of Seabass, Green Beans, Salmoriglio Dressing	
<b>Orata al Forno</b>	<b>18</b>
Oven-baked Fillet of Seabream, Grilled Vegetables, Balsamic Vinegar	
<b>Capesante Arrosto</b>	<b>18</b>
Roast Scallops, Pea Puree, Samphire Salad	
<b>Salsicce e Friarielli</b>	<b>14</b>
Italian Pork Sausage, Bitter Turnip Tops	

### SALADS

<b>Insalata Cesare</b>	<b>10</b>
Pancetta, lettuce, parmesan, anchovy dressing Add grilled chicken breast for £4	
<b>Beetroot Salad</b>	<b>10</b>
Beetroot, Gorgonzola, Walnuts, mixed leaves	
<b>Insalata Mediterranea</b>	<b>9</b>
Buffalo Mozzarella, Tomato, Avocado, Cucumber, Black Olives	

### SIDES

<b>Insalata Mista</b>	<b>4.25</b>
Mixed salad	
<b>Patatine Fritte</b>	<b>4.25</b>
Chips	
<b>Rucola e Parmigiano</b>	<b>4.25</b>
Rocket and Parmigiano Reggiano DOP	
<b>Patate Arrosto v.</b>	<b>4.25</b>
Roast Potato	
<b>Fagiolini al Vapore v.</b>	<b>4.25</b>
Steamed Green Beans	

### DESSERTS

<b>Tenerina al cioccolato</b>	<b>7</b>
Warm chocolate brownie, salted caramel ice-cream, caramel sauce	
<b>Panna Cotta alle Fragole</b>	<b>7</b>
Vanilla Panna cotta, strawberry coulis, redcurrants, mint	
<b>Ponti's Gelato</b>	<b>2.5</b>
100% organic milk ice-cream scoop with only natural ingredients.	
<b>Coppa Italia</b>	<b>9</b>
Pistacchio, Vanilla, Strawberry Gelato, Whipped Cream, Mixed Fruit	
<b>Cheese plate</b>	<b>7</b>
3 Italian cheeses, grapes gluten-free crackers	

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