



Antipasti

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Antipasto Misto

18.95

Milano Salami, Parma Ham, lonza stagionata, mortadella, smoked salmon, pickled vegetables, olives, focaccia, olive oil & balsamic vinegar (serves two)

Insalata Cesare

7.95

romaine lettuce, pancetta, croutons, classic caesar dressing, parmesan cheese, drizzle of balsamic (V)

Bruschetta al Pomodoro

8.00

diced fresh tomato in olive oil & basil leaves on focaccia bread (V) (H)

Parmigiana

8.00

aubergine layers, tomato sauce, basil leaves, mozzarella & parmesan cheese lasagne style (V)

Gamberi alla Pancetta Affumicata

10.00

tiger prawns wrapped in pancetta, sautéed chicory & orange sauce

Insalata Caprese

8.95

tomato & mozzarella salad, extra virgin olive oil, sliced basil leaves (V) (H)

Focaccia ai Funghi

9.00

field & wild mushrooms, smoked garlic cream on roasted herb bread (V)

Zuppe

Zuppa di Pesce

8.00

mussels, clams, tiger prawns, ravioli of salmon & cod, tomato & white wine broth, toasted focaccia bread (H)

Zuppa di Minestrone

7.00

diced seasonal vegetables, pasta & herbs, tomato based soup (V) (H)

Oil Mythology.....

According to legend, Athena and Poseidon were unable to agree which of them was to rule Attica. Zeus, the father of the gods, was summoned to arbitrate. He told the squabbling pair that he would declare as the victor which ever of them could show him the most beneficial discovery for mankind. Athena immediately commanded Mother Earth to grow a new and unusual tree, and the olive tree was created. Zeus was very pleased with this, and announced that the goddesses had won

.....We use Tuscany olive oil

Tuscany remains a significant oil producer, the quality of the oil is determined by the content of "Olio d'oliva extra vergine" which must not exceed 1%



Pizzeria

Home made Pizza

*1 ¾ cakes/30 g compressed yeast
125 ml hand- hot water
500 gr all- purpose flour
½ table salt
Flour for rolling out
Olive oil*

Dissolve the yeast in a little hand-hot water in a small bowl. Add 2-3 tablespoons flour and mix into a smooth paste. Cover with a cloth and leave in a warm place for 30 minutes. Preheat the oven to about 450 F. Sift the remaining flour on to the worktop, and combine with the paste. Add a little salt, and knead thoroughly to form a firm but soft dough. Continue to knead to dough for 10 minutes until it becomes very elastic, gradually adding hand-hot water. Divide the dough into 4 equal pieces, dredge with flour, cover and leave to rise in a warm place for about 2 hours. Roll out the pieces, and press out on a floured surface either by hand or using a rolling pin to form 0.5 cm thick bases. Grease a baking sheet with oil, place pizza bases on top, and add toppings. Bake for 15-20 minutes

All pizzas are served on 12" thin base pizza bread

Pollo in Barbeque Salsa Pizza grilled chicken, barbeque sauce, pineapple slices, peppers, tomato sauce & mozzarella	14.95
Manzo alla Griglia Pizza strips of beef, mushrooms, onions, crushed black pepper, tomato sauce & mozzarella	15.95
Margherita Pizza tomato sauce, buffalo mozzarella & basil leaves (V) (H)	12.95
Ai Funghi Pizza portobello & oyster mushrooms, asparagus, tomato sauce & mozzarella (V)	13.95
Hawaiiana Pizza strips of Parma ham, pineapple slices, rocket leaves, tomato sauce & mozzarella	13.95



Pasta Fatta

Almost all the regions of Italy have their own theory about the origin of pasta. The Venetians believe Marco Polo imported noodles from China. In Rome they claim that the ancient emperors and senators ate pasta. The Sicilians insist that pasta arrived on the island with either the ancient Greeks or the medieval Arabs. However today pasta comes in more than 300 varieties and is one of the favourite courses on the Italian menu. Two different kinds can be distinguished: Pasta Secca and Pasta Fatta. Pasta Secca describes pasta made from durum semolina and water, sold dry and rarely made at home

Forchetta makes its own Pasta Fatta in Casa which means, fresh, homemade pasta with dough consisting of wheat flour, egg and a little water

Fettuccine al Pollo chicken slices, garlic, chilli, leek & white wine cream sauce	15.00
Penne all' Arrabiata tomato & basil sauce, crushed chilli, garlic, extra virgin olive oil (V)	13.95
Spaghetti alla Carbonara smoked bacon, egg cream sauce, white wine, parsley & parmesan	14.95
Penne Piccanti chorizo sausages, smoked garlic, red chilli, coriander & tomato sauce	14.95
Linguine ai Frutti di Mare clams, mussels, tiger prawns & sword fish, garlic, chilli, white wine & tomato sauce	16.00
Viole di Bosco blue berry ravioli, ricotta & mushroom filling, sautéed onion, mushroom, asparagus & parsley (V) (H)	13.95
Cannelloni ground beef in rolled pasta sheets, tomato sauce, mozzarella & parmesan	12.95
Parmigiana aubergine layers, tomato sauce, basil leaves, mozzarella & parmesan cheese, lasagne style (V)	15.00

All of the above dishes are available as vegetarian options, please ask your server



Secondi

Bistecca alla Griglia 27.95
pan-fried prime Irish 10oz rib eye steak
pepper sauce or béarnaise sauce, flat cap mushroom & caramelised red onions

How we cook our steak

*Rare: very red, cool centre Medium rare: red, warm centre Medium: warm, pink centre
Medium well: slightly pink Well done: cooked through*

Agnello al Forno 23.00
baked rack of lamb, mint pea ravioli, red wine sauce

Suprema di Pollo Ripieno 16.95
sliced chicken breast, stuffed with sundried tomato mousse, pesto tomato sauce

Orata in Crosta di Zucchine 19.95
baked sea bream, courgette strips, black olives tapenade & cream cheese

Cotoletta alla Milanese 21.00
bread crumbed sirloin beef cutlet, sea salt, black pepper & wild mushroom sauce

Pesce Spada Gratinato 19.50
baked sword fish, black olives, sun-dried tomatoes, courgette & carrot,
lemon & cherry tomato sauce

Osso Buco 23.00
braised veal shank, tomato, lemon zest & herbs, saffron risotto & parmesan

All Secondi are served with seasonal potatoes or penne pasta in olive oil

Contorno

Spinaci al Burro 4.00
sautéed spinach (V)

Patate Stagionali 4.00
seasonal potato (V)

Verdure al Vapore 4.00
steamed vegetables (V)

Rucola e Spinaci 4.00
rocket & baby spinach salad, parmesan & balsamic dressing (H) (V)

Patatine Fritte 4.00
chips

(V) denotes vegetarian (H) denotes healthy

Some of our dishes may contain nut or nut traces, please ask your server for more details and to advise any dietary requirement.

All beef served is of Irish origin, sourced from quality suppliers.
If you require this menu in large print, please ask a member of staff