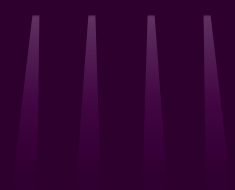




FORCHETTA



MENU



# FORCHETTA

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*There is great variety in a country of Italy's size; it is about 750 miles from the Alpine peaks of the north to the toe of the "boot". The country also has two large islands, Sicilia and Sardinia. Its changing geography from north to south results in a fascinating profusion of different foods as well as the rich palate of Italian wines.*

*Food in Italy means pure enjoyment, daily celebrated as a feast for the senses, in the company of family or friends, at home or in a good restaurant.*

*-Claudia Piras-*

*Buon Appetito*

# Antipasti

## Antipasto Misto €22

Italian cured meats, pickled vegetables, olives, green asparagus, duck liver pâté, smoked salmon, focaccia bread, olive oil, rocket & tapenade (serves two)

## Suppli di Agnello €10

risotto balls filled with minced lamb, coriander sauce

## Gamberoni all'Aglio €11

jumbo shrimps, chilli & garlic butter

## Cozze al Vino Bianco €9

steamed mussels, white wine, parmesan, parsley garlic bread (H)

## Uovo in Insalata €8

romaine salad, poached egg & parmesan shavings (V)

## Bruschetta con Salse Rosse €8

red onion jam & cherry tomato compote on roasted walnut bread (V)

## Caprese €9

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

## Focaccia ai Funghi €9

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

# Zuppe

## Zuppa di Fagioli e Pancetta €7

white beans, belly bacon, chunky tomato & basil oil (H)

## Zuppa di Pesce €8

seafood chowder with water biscuits & herbs (H)

# Pizzeria

## *Homemade Pizza*

*13/4 cakes/30g compressed yeast, 125ml hand - hot water*

*500gr all - purpose flour, 1/2 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 450F. 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 the 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 0.5cm thick bases. Grease a baking sheet with oil, place pizza bases on top, and add toppings. Bake for 15 - 20 minutes.*

### Forchetta

€19

kofta meat balls, tomato sauce, roast peppers, mozzarella, on coriander & black onion seed dough

### Pescatore

€19

teriyaki salmon, ginger tiger prawns, clams, tomato sauce & mozzarella (H)

### Bufala e Rucola

€17

tomato sauce, buffalo mozzarella, garlic, basil leaves & rocket (V)

### Napoli

€17

anchovies, black olives, tomato & oregano sauce, mozzarella (H)

### Al Funghi

€18

portobello & oyster mushrooms, asparagus, tomato sauce & mozzarella (V)

### Hawaiiana

€18

strips of parma ham, sliced pineapple, endive leaves, tomato sauce & mozzarella

### Campagnola

€18

grilled peppered chicken, flat cap mushrooms, tomato sauce & mozzarella (H)

*All pizzas are served on 12" thin base pizza bread*

# Pasta Fatta in Casa

## *Pasta Fatta in Casa*

*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 in Casa. 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.*

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| Spaghetti Orientali  | €22 |
| sliced beef, hoi sin sauce, mangetout, red onion, red chillies           |     |
| Penne Piccanti   | €18 |
| chorizo sausages, tomato sauce, smoked garlic, red chilli, coriander     |     |
| Tagliatelle alle Capesante   | €22 |
| king scallops, sliced plum tomatoes, fresh parmesan (H)                  |     |
| Penne Arrabbiata   | €17 |
| tomato & basil sauce, crushed chilli, garlic, extra virgin olive oil (V) |     |
| Spaghetti Carbonara  | €17 |
| smoked bacon, egg cream sauce, white wine, parsley & parmesan            |     |
| Spaghetti di Mare  | €21 |
| clams, prawns, shallots, garlic, parsley & leek olive oil                |     |
| Tortellini Ricotta e Spinaci   | €17 |
| spinach ricotta, strips of smoked bacon, caramelised baby onion          |     |
| Gnocchi di Patate e Funghi   | €17 |
| potato dumplings, portobello & oyster mushrooms (V)                      |     |

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

# Secondi

**Bistecca al Pepe Nero/ al Burro Verde** €29  
pan-fried prime Irish 8 oz sirloin steak, pepper sauce  
or garlic & chive butter sauce, roast cherry tomatoes, mushrooms

*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  
baked rack of lamb, mint pea ravioli, red wine sauce

**Pollo Ripieno** €21  
corn fed chicken filled with sun dried tomato mousse,  
baby spinach, dill, red pepper sauce (H)

**Filetto al Verde** €22  
baked fillet of barramundi, green asparagus,  
lemon butter sauce

**Orata Tricolore** €24  
grilled crown of sea bass, steamed pak choi,  
tomato & coriander salsa (H)

**Risotto ai Funghi** €19  
wild mushroom & asparagus risotto, goats cheese, basil oil (V)

**Cotoletta alla Milanese** €24  
breaded fillet of pork, sautéed onion, mushroom compote

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

# Contorni

**Spinaci al Burro** €4  
sautéed spinach (V)

**Patate Stagionali** €4  
seasonal potato (V)

**Verdure al Vapore** €4  
steamed vegetables (V)

**Broccoli Aglio, Olio e Peperoncino** €4  
broccoli, garlic, olive oil & chilli (V)

**Rucola e Spinaci** €4  
rocket & baby spinach salad, parmesan  
& balsamic dressing (H) (V)

**Patate Fritte** €4  
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.**

## *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 Tuscan 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%.*



FORCHETTA

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