

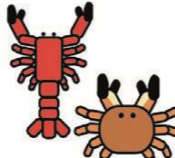
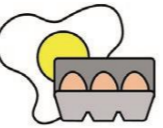
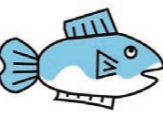
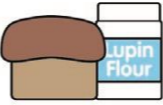










# DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
<b>AL FORNO FAVOURITES</b> Chicken goujons, potato skins, bruschetta, garlic mushrooms homemade bread.		*		*			*		*				*	
<b>ANTIPASTO ITALIANO</b> Classic selection of fresh Italian cured meats, homemade breads, mozzarella with olive oil & balsamic vinegar.		*							*					
<b>COZZE (CREAMY)</b> Fresh mussels cooked in either a white wine cream sauce served with homemade bread.		*	*		*		*	*						
<b>COZZE TOMATO (MUSSELS)</b>	*	*	*		*		*							
<b>GAMBERONI AL FORNO (CREAMY)</b> Sautéed king prawns cooked in a garlic, white wine & lemon butter sauce.		*	*		*		*	*						
<b>GAMBERONI AL FORNO (TOMATO)</b>	*	*	*		*			*						
<b>ZUPPA DEL GIORNO</b> Fresh homemade soup of the day served with homemade bread	<b>PLEASE</b>	<b>ASK</b>												
<b>BUCCE DI PATATE</b> Deep fried potato skins with a choice of garlic mayonnaise or barbecue sauce. - Add melted mozzarella cheese														
<b>CALAMARI FRITTI</b> Deep fried squid rings served with garlic mayonnaise, salad & lemon			*		*				*					
<b>PANE ALL' AGLIO</b> Pizza base garlic bread. Add a choice of mozzarella, tomato, rosemary or sun-dried tomatoes		*												
<b>PANE ALL' AGLIO (CHEESE)</b>		*					*							
<b>PANE ALL' AGLIO (TOMATO)</b>	*	*												
<b>POLLO GOUJONS</b> Tender strips of breadcrumbed chicken breast served with either garlic mayonnaise or barbecue sauce		*		*			*		*					

PANE E OLIVE Herb marinated olives with sun blushed tomatoes & homemade focaccia bread.		*												
COCKTAIL DI GAMBERETTI The classic prawns in Marie rose sauce with lettuce, lemon wedge & toasted bread		*		*			*							
COCKTAIL DI GAMBERETTI The classic prawns in Marie rose sauce with lettuce, lemon wedge & toasted bread - Add smoked salmon		*		*	*		*							
BRUSCHETTA DELLA CASA Diced tomatoes, garlic & pesto marinade with olive oil served on toasted bread. - Add Goats Cheese		*					*							
FUNGHI ALLA CREMA Button mushrooms cooked in a white wine & garlic creamy sauce served with toasted homemade bread.		*					*							
FEGATINI DI POLLO Homemade Chicken liver pate served with onion marmalade & toasted bread.	*	*					*							
MOZZARELLA FRANCHESE Breaded mozzarella deep fried with spicy tomato sauce served with salad.		*		*			*							
MIXED SALAD		*			*		*							
POMODORO E PROSCIUTTO Tomato, Prosciutto ham, rocket & Parmesan shavings.		*					*		*					
NETTUNO Tuna mayo with red onion & melted mozzarella.		*	*		*		*	*	*					
POLLO E PESTO Chicken & sundried tomatoes with pesto, rocket & Parmesan.		*					*		*	*	*			
MEDITERRANEO Roast peppers, aubergine, courgette & mushrooms with stringy mozzarella cheese.		*					*							
INSALATA AL CAPRINO Classic salad of olives & sun blushed tomatoes finished with goat's cheese & a basil dressing.		*					*		*					
INSALATA DI PESCE Smoked salmon & baby prawns with a lemon Marie rose sauce.		*	*		*			*	*					
INSALATA DI CAESAR Crisp gem lettuce, pancetta, croutons, Caesar dressing & Parmesan cheese. - Add chicken	*	*	*		*		*			*				
INSALATA MEDITERRANEA Roast pepper, aubergine & courgette with fresh salad leaves & a basil dressing. - Add chicken		*							*					
INSALATA DI POLLO Al Forno's favourite of warm chicken breast marinated with pesto and Mediterranean vegetables on fresh salad leaves with Al Forno vinaigrette.		*							*	*	*			
PENNE ALFREDO Penne pasta with mushrooms, onions, cream sauce & garlic		*					*							

<b>LASAGNE AL FORNO</b> Layers of egg pasta baked in a rich meat sauce with mozzarella cheese & a béchamel & tomato sauce. - Add garlic ciabatta	*	*		*			*		*					
<b>PENNE AL FORNO</b> Penne pasta with pepperoni, bacon & a touch of chilli in a tomato sauce	*	*		*										
<b>TAGLIATELLE CARBONARA</b> Pasta strips sautéed with pancetta, onions & cream, finished with a touch of parmesan cheese.		*					*							
<b>SPAGHETTI BOLOGNESE</b> Freshly cooked pasta topped with our special recipe Al Forno Bolognese sauce.	*	*		*										
<b>PENNE POMODORA</b> Penne pasta with tomato, jalapeno and garlic finished under the grill with melted cheese	*	*					*							
<b>SPAGHETTI AL SALMONE</b> Spaghetti pasta with spring onions, smoked salmon & cream with a hint of tomato.	*	*	*	*	*		*	*						
<b>SPAGHETTI PESCATORA</b> Spaghetti pasta with fresh seafood cooked in tomato sauce with white wine, coriander & a hint of garlic.	*	*	*		*		*	*						
<b>TORTELLINI CON RICOTTA SPINACH</b> Pasta filled with a spinach & ricotta & finished with a creamy mushroom & garlic sauce or tomato with mozzarella gratin.		*					*							
<b>RISOTTO DI MARE</b> Arborio rice cooked with garlic, mussels, prawns & squid with a touch of chilli in a light tomato sauce with fresh basil.	*		*		*		*							
<b>RISOTTO MEDITERRANEO</b> Arborio rice with onions, peppers, courgettes, aubergines & mushrooms, finished with garlic & parmesan cheese	*						*							
<b>MIX SALAD</b>		*					*		*					
<b>RISOTTO ASPARAGI</b> Arborio rice served with asparagus & peas in light creamy white wine sauce. - Add Chicken							*							
<b>SALMONE DUE GUSTI</b> Arborio rice cooked with smoked salmon & peas in a creamy risotto base with fresh Parmesan shavings.			*		*		*							
<b>RISOTTO ALLA GENOVESE</b> Arborio rice cooked with strips of herb roasted chicken breast, sun dried tomato, basil pesto & parmesan cheese.	*						*			*	*			
<b>PIZZA MARGHERITA</b> Fresh mozzarella, tomato & basil		*					*							
<b>PIZZA KIEV</b> Tomato & basil sauce with fresh mozzarella topped with chicken, mushrooms & garlic.		*					*							

PIZZA TROPICANA Tomato & fresh mozzarella topped with ham & pineapple		*					*							
PIZZA QUATTRO FORMAGGI Tomato, fresh mozzarella, cheddar, blue cheese & parmesan.		*					*							
PIZZA PROSCIUTTO E FUNGHI Tomato, fresh mozzarella topped with ham & mushrooms		*					*							
PIZZA CALZONE AL FORNO Folded pizza base filled with tomato sauce, fresh mozzarella, ham & mushrooms, topped with a choice of Bolognese or Napoli sauce.		*					*		*					
CALZONE Hot shot - tomato base with pepperoni, jalapeños, red onion & mozzarella	*	*					*		*					
CALZONE Rustico - tomato base with rosemary, roasted Mediterranean vegetables, goats' cheese & pesto.	*	*					*		*	*				
PIZZA QUATTRO STAGIONI Tomato & fresh mozzarella topped with ham, peppers, mushrooms & red onion.		*					*							
PIZZA BOSCHETTO Tomato & fresh mozzarella topped with Al Forno Bolognese sauce.	*	*					*							
PIZZA PICANTE Tomato base with chilli, pepperoni, cheese and garlic butter.		*					*							
PIZZA NAPOLI Anchovies, capers and olives.		*			*		*							
PIZZA DIAVOLO tomato base, olives, red onion, chilli flakes, pepperoni sausage & mozzarella topped with whole pickled chillies		*					*							
PIZZA AL CAPRINO Tomato & fresh mozzarella topped with sun blushed tomato, peppers & goat's cheese.		*					*							
POLLO ALLA CREMA Chicken breast cooked in a creamy white wine sauce with onions, mushrooms & garlic. Served with chips							*							
POLLO RUSTICO Chicken breast with new potatoes, rosemary, oregano, garden peas finished with a white wine cream & Parmesan sauce. Served with vegetables.							*							
POLLO SPECIALE Chicken breast cooked with asparagus & king prawns in a creamy white wine & garlic sauce. Served with crushed new potatoes.			*		*		*							
POLLO MAMA Grilled chicken breast with chorizo, rosemary and a white wine sauce with a touch of cream and tomatoes. Served with savoury rice.	*						*							

<b>POLLO PARMESAN</b> Chicken breast bread crumbed & deep fried, topped with béchamel, mozzarella & cheddar cheese. Served with salad and chips. - Add jalapeños or pepperoni		*		*			*		*					
<b>POLLO AL CAPRINO</b> Chicken topped with goat's cheese with Mediterranean vegetables & a chunky tomato & basil sauce.	*						*							
<b>POLLO AL PESTO</b> Chicken breast topped with pepper, red onion, tomato stew & a pesto dressing.	*						*		*	*	*			
<b>POLLO AL PEPE</b> Chicken breast with wild mushrooms & a creamy pepper sauce. Served with chips.							*							
<b>POLLO ROSMARINO</b> Chicken breast in a lemon, garlic & herb sauce. Served with roast potatoes							*							
<b>POLLO CAJUN</b> Chicken breast with sun blushed tomatoes & roasted peppers in a light cajun sauce. Served with roast potatoes.	*						*							
<b>AL FORNO MARE E MONTI SPECIALE</b> Prime 8oz grilled fillet of British beef with king prawns served with a tomato, garlic & white wine sauce & chunky homemade chips.			*		*		*		*					
<b>FILETTO STROGANOFF</b> Strips of prime British beef fillet with onions, mushrooms, paprika & bound with fresh double cream served with savoury rice.							*		*					
<b>MIXED GRILL</b> Rump steak, pork belly, black pudding, lamb steak, Italian sausage served with chips and salad.		*												
<b>BISTECCA AL MANZO</b> Char grilled 10oz ribeye of Local beef, served with tomatoes & baked field mushroom (cooked to your liking).		*												
<b>FILLETO DI MANZO</b> Char grilled 28 days aged 8oz locally sourced fillet steak cooked to your liking. Served with grilled tomato & baked field mushrooms.		*												
<b>BISTECCA ALLA GRIGLIA</b> Char grilled 28 days aged 10oz locally sourced sirloin steak, cooked to your liking. Served with grilled tomato & baked field mushrooms.		*												
<b>AL FORNO BURGER</b> Homemade beef burger in toasted brioche bun with cheese, sliced tomato & lettuce.		*		*			*		*					
<b>DELUXE BURGER</b> Homemade beef burger topped with cheese, bacon, barbecue sauce, & mushrooms.		*		*			*		*					
<b>PICCANTE BURGER</b> Homemade beef burger with salad, bacon, jalapeños & cheese		*		*			*							

<b>POLLO BURGER</b> Char grilled pesto chicken breast with gem lettuce, tomato & red onion topped with melted cheese.		*		*			*	*	*					
<b>SALMONE CON ZUPPA DI ARAGOSTA</b> Oven baked salmon fillet with charred asparagus, crushed new potatoes, fresh seasonal vegetables & intense lobster bisque sauce	*				*		*							
<b>SEA BASS</b> Pan fried fillet of sea bass with sautéed King prawns served with chilli, white wine sauce & new potatoes.			*				*							
<b>ONION RINGS</b>		*												
<b>HAND CUT CHIPS</b>														
<b>ROCKET &amp; PARMESAN SALAD</b>							*							
<b>SELECTION OF VEGETABLES</b>														
<b>PEPPERCORN SAUCE</b>							*							
<b>ALLA CREMA SAUCE</b>							*							
<b>ROSEMARY SAUCE</b>							*							
<b>TOMATO CHILLI AND GARLIC SAUCE</b>	*						*							
<b>KETCHUP</b>														
<b>BBQ DIP</b>	*	*											*	
<b>MAYONNAISE DIP</b>				*	*		*							
<b>TIRAMISU</b>		*					*							
<b>STICKY TOFFEE PUDDING</b>		*		*			*							
<b>APPLE STRUDEL</b>		*		*			*							
<b>BREAD AND BUTTER PUDDING</b>		*		*			*							
<b>ETON MESS</b>				*			*							
<b>CHEESE CAKE</b>		*					*							
<b>CHOCOLATE BROWNIE</b>		*		*			*							
<b>ITALIAN ICE CREAM</b>							*							