

APERITIVO

An Aperitivo is an alcoholic drink served before a meal, sometimes as an appetizer, or accompanied with an appetizer. The drink can be somewhat bitter, sweet or light, and serves as a warm-up or opener to a meal.

SPIRITS

PERNOD	£2.95
PIMMS	£2.95
ARCHERS	£2.95
MARTINI BIANCO	£2.95
MARTINI DRY	£2.95
MARTINI ROSSO	£2.95
CAMPARI	£2.95
GORDON'S	£2.95
TANQUERAY	£3.50
BOMBAY SAPPHIRE	£3.00

**A COCKTAIL IS A GREAT APERITIVO**  
Please see our drinks menu for full list

BELLINI (all £5.95)

<b>WHITE PEACH</b>	Blended peaches & Prosecco
<b>STRAWBERRY</b>	Blended strawberries & Prosecco
<b>RASPBERRY</b>	Blended Raspberries & Prosecco

APERITIVO WINES

<b>White</b>	
<b>MONCARO TREBBIANO</b>	
<b>ARDESIA PINOT GRIGIO IGT</b>	
<b>Rose</b>	
<b>MONCARO ROSASPINA</b>	
<b>ARDESIA PINOT BLUSH DOC</b>	
Please see these wines below for their description and prices.	

BUBBLY

<b>LA SCOLCA RUGRE SPUMANTE BRUT (Italy)</b>	Bottle	£44.95
Produced between winter and spring using the typical, classic traditional method with just a few months yeast contact. Light straw in colour, on the nose fresh, delicate, fine and lasting. Dry, full, balanced on the palate.		
<b>SAN SIMON PROSECCO FRIZZANTE NV (Italy)</b>	175ml	£23.95
Only hand selected grapes are used to make this Prosecco which has a strong floral bouquet, light body and an elegant, fruity taste.		
<b>VILLA DOMIZIANO PINK PROSECCO FRIZANTE (Italy)</b>		£25.50
This Pink Prosecco is deep in colour with violet reflexes. Fruity on the nose with floral hints. Fresh and delicate.		

WINE LIST

WHITE WINE

	250ml	175ml	125ml	Bottle
<b>MONCARO TREBBIANO (Italy)</b>	£4.85	£3.95	£3.20	£13.95
A fruity, floral bouquet with hints of citrus. Full bodied fresh and harmonious flavour. <i>Best with... SALADS AND FISH</i>				
<b>ARDESIA PINOT GRIGIO IGT (Italy)</b>	£5.60	£4.50	£3.80	£15.95
Fine, elegant, clean and intense in aroma. Dry to taste with green apple aftertaste. <i>Best with... DELICATELY SPICED SHELLFISH</i>				
<b>ARESTI SAUVIGNON BLANC (Chile)</b>	£5.70	£4.60	£3.95	£16.45
Tropical fruit notes on the nose with refreshing mango & maracuya flavours. <i>Best with... SALADS AND FISH</i>				
<b>MONCARO VERDICCHIO ANFORA "TERRE CORTESI" (Italy)</b>	£5.70	£4.75	£4.25	£16.95
A classic Verdicchio in a Classic Anfora bottle. Fresh and fruity with hints of citrus. <i>Best with... GOAT'S CHEESE</i>				
<b>WITTS END CHARDONNAY (Australia)</b>				£18.25
A delicate white wine, full flavour with lots of tropical fruit and limes. <i>Best with... FISH AND WHITE MEAT</i>				
<b>VIGNETI VILLAFRANCA FRASCATI DOC (Italy)</b>				£20.95
The wine has a bright, straw yellow colour, a delicately fruity bouquet and a young, vivacious taste. <i>Best with... SALMON</i>				
<b>WITTS END SAUVIGNON BLANC (New Zealand)</b>				£20.95
Herbaceous and Grassy on the nose with tropical fruit and gooseberry on the palate. <i>Best with... FISH</i>				
<b>ZENATO LUGANA DOC (Italy)</b>				£23.95
Pale, straw yellow in colour with emerald highlights. The wine has a delicate, pleasing bouquet and a fresh, soft flavour. The finish is long, pure and refined. <i>Best with... FISH</i>				
<b>ARGIOLAS VERMENTINO COSTMOLINO (Sardinia)</b>				£25.75
A subtle delicate and intense bouquet with a fresh dry well defined palate. <i>Best with... SHELLFISH</i>				
<b>DOMAINE CUROT SANCERRE AO (France)</b>				£29.95
The Domaine Curot Sancerre is delicate, fresh and lively. Dry, fruity and mineral on the nose with particular notes of citrus fruits. Mango and ripe apricot. <i>Best with... SEA BASS</i>				
<b>LA SCOLCA GAVI DEI GAVI DOC (Italy)</b>				£34.95
Light straw in colour. Fresh with lemon and green apple character. <i>Best with... SEAFOOD</i>				

DESSERT WINE

		125ml	Bottle
<b>ARESTI RESERVA GEWURZTRAMINER (Chile)</b>		£4.30	£12.50
The bouquet has a rich perfume of flowers, spices and a discrete amount of wood to add complexity. A very sweet wine although it has excellent balance of sugar and acidity on the palate which gives it a light fresh character. <i>Best with... MEDIUM HARD CHEESES, BAKED FRUITS AND PASTRY</i>			

ROSE

	250ml	175ml	125ml	Bottle
<b>MONCARO ROSASPINA (Italy)</b>	£4.85	£3.95	£3.25	£13.95
Dry and light to taste, delicious balance of citrus fruits, cherry and fruity red berry aromas. <i>Best with... SALADS</i>				
<b>ARDESIA PINOT BLUSH DOC (Italy)</b>	£5.95	£4.75	£4.00	£16.95
Light fresh and fruity aroma with notes of freshly crushed cranberries and mineral elements. <i>Best with... CHICKEN</i>				
<b>ARGIOLAS SERA LORI IGT (Sardinia)</b>				£19.95
mid-weight rose offers lovely balance and poise, with suggestions of sweet wild herbs and candied cherries that linger on the delicate finish. <i>Best with... CHICKEN, FISH AND SALADS</i>				

**SPECIAL WINES** Please see our drinks menu

RED WINE

	250ml	175ml	125ml	Bottle
<b>MONCARO SANGIOVESE IGT (Italy)</b>	£4.85	£3.95	£3.20	£13.95
Light straw in colour, on the nose fine and pleasantly fresh. Delicate, dry, well-formed, rich in body, long finish on the palate. <i>Best with... PERFECT WITH PIZZA</i>				
<b>CUSUMANO MERLOT (Italy)</b>	£5.30	£4.30	£3.55	£14.95
Rich spicy and plummy flavours on the nose, classic Mediterranean notes on the palate with hints of tobacco and black pepper. <i>Best with... CURED MEATS</i>				
<b>MONCARO MONTEPULCIANO DOC (Italy)</b>	£5.40	£4.40	£3.65	£15.50
A fine, elegant & complex bouquet, dominated with aromas of red and black fruits scents of Mediterranean shrub & hints of chocolate truffles. <i>Best with... TOMATO PASTA AND SAUCES</i>				
<b>ARESTI ESTATES CABERNET SAUVIGNON (Italy)</b>	£5.70	£4.60	£3.95	£16.50
Deep cherry-red colour, powerful aromas with toasted overtones of sweet vanilla and notes of chocolate, tobacco and mint. <i>Best with... RED MEATS</i>				
<b>LUCETTI SALICE SALENTINO RESERVA IGT (Italy)</b>				£17.95
Deep ruby-red in colour tending towards garnet. Intense aromas of cherry and plum with notes of spices and balsamic vinegar. <i>Best with... RED MEAT AND STEWS</i>				
<b>WITTS END SHIRAZ (Australia)</b>				£18.95
Deep red in colour, this wine is packed with aromas of spices, blackberries, vanilla and liquorice. <i>Best with... STEAK</i>				
<b>DON MANUEL VILLAFANE MALBEC (Argentina)</b>				£19.50
Dense red colour gives a full and rich fruit nose of wild berries and blackcurrant. The mouth is lush and full leading to a very well balanced and long finish. <i>Best with... STEAK</i>				
<b>CUSUMANO NERO D'AVOLA DOC (Sicily)</b>				£19.50
A red of unmistakable personality. Harmonious and rounded with intense aromas of jammy fruits and juniper berries. <i>Best with... LAMB</i>				
<b>CANTINA DI CUSTOZA BARDOLINO DOC (Italy)</b>				£20.50
A lovely and typical wine from this region. Rich, fragrant, damson fruit on the nose. Could be drunk slightly chilled. <i>Best with... VEAL AND COD</i>				
<b>FATTORIA DI SCANNANO CHIANTI DOC (Italy)</b>				£21.95
An excellent, fragrant wine with autumnal notes of the forest floor. Harmonious and clean on the palate, dry with good body, great varietal character and length. <i>Best with... STEAK AND LAMB</i>				
<b>SOLAGUEN CRIANZA DOCA RIOJA (Spain)</b>				£22.55
Rich Garnet in colour with orange hues, complex aromas of vanilla and toast with subtle oak and soft spice. <i>Best with... VEAL OR CHICKEN</i>				
<b>ZENATO VALPOLICELLA SUPERIORE DOC (Italy)</b>				£23.50
A lovely and typical wine from this region. Rich, fragrant, damson fruit on the nose. Could be drunk slightly chilled. <i>Best with... RED MEATS</i>				
<b>ST MICHELE APPIANO PINOT NERO RISERVA (Italy)</b>				£34.95
An excellent, fragrant wine with autumnal notes of the forest floor. Harmonious and clean on the palate, dry with good body, great varietal character and length. <i>Best with... VEAL</i>				
<b>CAMPAGNOLA AMARONE CLASSICO (Italy)</b>				£44.95
Intense garnet red in colour with fragrances of violet, pepper and spices. Full and harmonious on the palate with excellent tannins, velvety smooth taste. Rich and warm on the palate with great length. <i>Best with... RICH RED MEATS</i>				

## STARTERS

<b>Frittelle di Pesce</b>	£5.95
Hearty fishcakes filled with flakes of cod, salmon, potatoes & served with a sweet chilli sauce	
<b>Paté della Casa</b>	£5.95
Home-made pate' served with melba toast & a berry chutney	
<b>Costolette alla Fresca</b>	£6.95
Italian style juicy ribs in a home-made barbecue sauce	
<b>V Funghi all 'Aglio</b>	£5.95
Button mushrooms sautéed in a garlic & parsley butter	
<b>OV Asparagi</b>	£7.25
Asparagus pan-fried with garlic, lemon & parmesan cheese	
<b>Calamari Fritti</b>	£7.25
Deep fried breaded squid served with a tartare dip & mixed leaves	
<b>O Prosciutto e Melone</b>	£6.95
Ribbons of parma ham & juicy honey dew melon, drizzled with an Italian dressing	
<b>Fresca Misto di Pesce</b>	£7.25
Crab, crayfish & prawns served with strawberry, tomato, mayonnaise, mixed leaves & dill	
<b>OV Zuppa del Giorno</b>	£4.25
Soup of the day served with home-made bread	
<b>Bresaola</b>	£7.50
Thinly sliced cured beef served with a rocket leaf salad, parmesan cheese & the finest olive oil	
<b>Polpette al Forno</b>	£5.95
Home-made meatballs served in a tomato sauce and topped with mozzarella cheese	
<b>Gamberoni Piccanti</b>	£8.75
Tiger prawns and fresh chillies in white wine, parsley & garlic, served on toasted Italian bread	
<b>Fegato</b>	£5.95
Chicken livers sautéed with grapes, port & cream, served on a crispy crouton	
<b>Melone col Granchio</b>	£7.25
Honey dew melon served with cornish crabmeat & dill mayonnaise	
<b>V Fritto Misto</b>	£6.25
Mozzarella, dolcelatte and goats cheese, covered in breadcrumbs, deep fried & served with mixed leaves and a barbecue sauce	
<b>Antipasto Fresca</b>	for one £5.95 for two £10.95
A platter of Italian meats & seafood	
<b>Salmone Affumicato</b>	£8.25
Leaves of smoked salmon with thinly chopped chives & capers, served with home-made sour cream	
<b>Gamberoni Primavera</b>	£8.25
Prawns in a Marie rose sauce & smoked salmon, served with a mixed leaf salad and bread.	

## MEAT

<b>Pollo Principessa</b>	£12.95
Chicken breast pan-fried with asparagus, onions, cream & white wine	
<b>Pollo alla Fresca</b>	£12.95
Chicken breast pan-fried with mushrooms, parmesan cheese and onions in a cream sauce	
<b>Pollo Alessandra</b>	£12.95
Chicken breast pan-fried with courgettes, onions, aubergines, peppers & basil in a tomato sauce	
<b>Pollo Gio</b>	£13.25
Chicken breast pan-fried with sweet bell peppers served with a mild creamy curry sauce	
<b>Pollo Valdostana</b>	£13.95
Battered chicken breast topped with ham & cheese and covered in breadcrumbs	
<b>All chicken dishes are served with a mushroom risotto</b>	
<b>Agnello alla Fresca</b>	£16.95
Sliced lamb rump with a deep red wine sauce, served with peas, mint and new potatoes	
<b>Scaloppa Milanese</b>	£14.95
Thin slices of veal coated in breadcrumbs and pan-fried in butter	
<b>Vitello alla Valdostana</b>	£15.95
Breaded veal topped with parma ham and cheese	
<b>Vitello alla Fresca</b>	£14.95
Pan-fried veal with mushrooms, onions, garlic, rosemary and white wine cream	
<b>All veal dishes are served with Spaghetti Napoli</b>	
<b>Beef Stroganoff</b>	£18.50
Sliced fillet of beef, paprika, gherkin's, French mustard, onions, mushrooms, brandy & cream served on a bed of steamed basmati rice	
<b>Bistecca Rossini</b>	Rump £16.95 Fillet £21.95
Your choice of rump or fillet steak cooked to your liking, served on a crouton base, topped with pate' and drizzled with Madeira sauce	
<b>Bistecca al Pepe</b>	Rump £16.95 Fillet £21.95
Your choice of rump or fillet steak cooked to your liking and served with a creamy peppercorn sauce	
<b>Bistecca al Dolcelatte</b>	Rump £16.95 Fillet £21.95
Your choice of rump or fillet steak cooked to your liking and served in a creamy blue cheese sauce	
<b>Bistecca Diana</b>	Rump £16.95 Fillet £21.95
Your choice of rump or fillet steak cooked to your liking and served with french mustard, mushrooms, onions & a brandy & red wine creamy sauce	
<b>Bistecca Della Casa</b>	Rump £16.75 Fillet £21.75
Grilled rump or fillet steak cooked to your liking and served with pan-fried onions, mushrooms & tomatoes	
<b>All steak dishes are served with hand-cut chips</b>	

## SIDES

<b>V Patatine Fritte</b> - Hand-cut chips	£3.25
<b>V Spinaci al Limone</b> - Lemon spinach	£3.25
<b>V Patate Novelle alla Menta</b> - Minted new potatoes	£3.25
<b>V Purre di Porri</b> - Leek mash	£3.25
<b>V Verdure di Stagione</b> - Seasonal vegetables	£3.25
<b>Piselli Con Pancetta</b> - Peas with bacon	£3.25
<b>V Ratatouille</b> - Stewed mixed vegetables	£3.25
<b>V Parmigiano e Rucola</b> - Parmesan cheese & rocket leaves	£3.50
<b>V Insalata Mista</b> - Mixed leaf salad	£3.50
<b>V Insalata di Pomodori</b> - Tomato Salad	£3.50

## FISH

<b>Salmone all Mattos</b>	£14.95
Pan-fried salmon fillet served with spinach, sliced tomato and a creamy lemon dill sauce	
<b>O Pesce Misto</b>	£16.95
Salmon, cod, tiger prawns & mussels served with a tomato basil sauce and scattered with garden peas & gnocchi	
<b>Spigola alla Romeo</b>	£16.50
Sea bass fillet served with tiger prawns, red onions, potatoes & lemon zest	
<b>Merluzzo Milano</b>	£15.95
Pan-fried cod served with leek mash potato & mediterranean vegetables	
<b>Salmone ai Gamberoni</b>	£16.95
Salmon & Tiger prawns pan fried with onions, garlic, basil, cherry tomatoes & cream served on a bed of steamed basmati rice	

# FRESCO

ITALIAN RESTAURANT

## BREADS & NIBBLES

<b>V Pane e Olive</b> - Bread & Olives	£3.50
<b>V Pizza Bianca all' Aglio</b> - Garlic Pizza bread plain	£3.50
<b>V Pizza Napolitana</b> - Garlic Pizza bread with tomato sauce	£3.75
<b>V Pizza Mozzarella</b> - Garlic Pizza bread with mozzarella cheese	£3.95
<b>V Pizza Piccante e Rosemarino</b> - Garlic Pizza bread with chillies & rosemary	£3.50
<b>V Pizza Pomadori</b> - Garlic Pizza bread with vine cherry tomatoes	£3.95
<b>V Bruschetta</b> - Toasted bread topped with freshly chopped tomatoes & garlic	£3.50

## PIZZA (Additional toppings - £0.85)

<b>V Pizza Margherita</b>	Tomato sauce, mozzarella cheese & oregano	£6.95
<b>Pizza Prosciutto e Funghi</b>	Tomato sauce, mozzarella cheese, ham & mushrooms	£8.25
<b>Pizza Hawaii</b>	Tomato sauce, mozzarella cheese, bacon & pineapple	£8.25
<b>O Pizza Marinara</b>	Tomato sauce, mozzarella cheese, tuna flakes, mussels, clams, prawns, chilli & lemon	£8.75
<b>Pizza Calzone</b>	A folded pizza stuffed with chicken, beef, garlic, spinach & mozzarella cheese and topped with tomato sauce	£8.95
<b>V Pizza Quattro Stagioni</b>	Tomato sauce, mozzarella cheese, mushrooms, olives, artichokes & peppers	£8.25
<b>Pizza al Salmone</b>	Tomato sauce, smoked salmon, red onion, sour cream, dill & capers	£8.95
<b>V Pizza Fresca</b>	Tomato sauce, garlic, spinach, peppers & goat's cheese	£8.25
<b>Pizza Pollo e Salsiccia</b>	Tomato sauce, mozzarella cheese, chicken, chorizo, red onion & chilli	£8.75
<b>Pizza Calabrese</b>	Tomato sauce, mozzarella cheese, hot sausage & mixed olives	£7.95
<b>Pizza al Tonno</b>	Tomato sauce, mozzarella cheese, tuna flakes, chopped onions, black pepper and parmesan cheese	£7.75
<b>Pizza Festa di Carne</b>	Tomato sauce, chicken, salami, beef, ham, peppers, tomato & mozzarella cheese	£8.50
<b>Pizza Paulina</b>	Tomato sauce, chicken, curry sauce, mozzarella cheese, rocket leaves and a creamy mint & lime sauce	£8.50
<b>Pizza Bolognese</b>	Bolognese sauce, mozzarella and parmesan cheese	£8.50

## VEGETARIAN & SALADS

<b>V Melonzana alla Parmigiana</b>	Sliced aubergines layered with tomatoes, mozzarella cheese, parmesan cheese and served with a mixed salad	£8.95
<b>OV Frittelle di Patate</b>	Potato cakes stuffed with mushrooms, parmesan cheese served with a chilli sauce and garden salad	£9.95
<b>OV Pomodori e Mozzarella</b>	Sliced tomatoes, mozzarella cheese, red onions and a balsamic dressing	Small £4.75 Main £7.95
<b>OV Marinata di Verdure</b>	Char grilled vegetables, aubergines, courgettes & peppers marinated in fresh mint, olive oil, garlic and chilli, served with buffalo mozzarella cheese	Small £4.95 Main £7.75
<b>Insalata di Pollo Caesar</b>	Cos lettuce, chicken breast, anchovies, parmesan cheese with a classic dressing and croutons	Small £5.95 Main £9.95
<b>Granchio e Peperoni</b>	Crab tossed with sweet bell pepper, dill mayonnaise and mixed leaves	Small £5.75 Main £9.75
<b>Tonno e Fagioli</b>	Flakes of tuna, cannellini beans, mayonnaise, red onion, mixed leaves and a balsamic dressing	Small £5.75 Main £9.75

## PASTA & RISOTTO (Small/Starter £5.95)

<b>Tagliatelle di Bertone</b>	Green & white ribbon pasta, chicken, bacon, cherry tomatoes, mixed beans, garlic, leeks, basil and a sweet tomato sauce	£8.25
<b>V Tagliatelle ai Funghi</b>	Green & white ribbon pasta, mixed mushrooms, leeks, garlic, cream & parmesan cheese	£7.95
<b>O Tagliatelle ai Gamberoni</b>	Green & white ribbon pasta, tiger prawns, garlic, chilli & sweet cherry tomato sauce	£9.25
<b>V Cannelloni Ricotta e Spinaci</b>	Fresh pancakes, ricotta cheese, spinach & black pepper topped with a creamy tomato sauce	£7.75
<b>Cannelloni di Vitello</b>	Fresh pancakes filled with minced veal & spinach, baked with a creamy tomato sauce & topped with mozzarella cheese	£8.25
<b>Spaghetti alla Carbonara</b>	Traditional spaghetti with bacon and a cream sauce	£8.25
<b>Spaghetti alla Bolognese</b>	Spaghetti with slow cooked beef in a tasty, rich, home-made tomato sauce	£7.75
<b>OV Spaghetti Napoli</b>	Spaghetti served with fresh cherry tomatoes, garlic & basil sauce	£7.25
<b>Spaghetti Frutti di Mare</b>	Spaghetti served with fresh mussels, clams, & prawns and bound in a chilli, basil & tomato sauce	£8.95
<b>Lasagna</b>	Layers of pasta and bolognese sauce, baked with mozzarella and parmesan cheese	£7.95
<b>Spaghetti al Polpette e Pomodoro</b>	Spaghetti with home-made meatballs in a tangy tomato sauce	£8.75
<b>V Penne Marcotte</b>	Penne pasta with pan fried courgettes, aubergines, peppers, olives, red onions and garlic in a sweet tomato sauce	£7.95
<b>Penne Pollo e Dolcelatte</b>	Penne pasta with thin sliced chicken & dolcelatte cheese in a tomato and cream sauce	£8.95
<b>Penne Salmone</b>	Penne pasta with pieces of smoked salmon, peas & leeks in a creamy sauce	£8.45
<b>Risotto di Pesce</b>	Italian rice with prawns, salmon, mussels, leeks, peas & saffron	£8.95
<b>Risotto al Pollo</b>	Italian rice with chicken, prosciutto, courgettes, lemon, leeks, peas & thyme	£8.95
<b>V Risotto Mediterraneo</b>	Italian rice with courgettes, aubergines, peppers, red onions, mushrooms, leeks, peas, garlic & basil	£7.95
<b>Risotto ai Gamberoni</b>	Italian rice with prawns, garden peas, leek, mint and a creamy sauce	£8.50

ALL OUR PRODUCE IS SOURCED FROM LOCAL SUPPLIERS WHERE POSSIBLE & DELIVERED FRESH DAILY. EVERYTHING YOU EAT IS PREPARED ON THESE PREMISES!

**O** - Healthier options recommended by OCL  
**V** - Suitable for vegetarians

OCL Active  
/// Gym & Fitness