



## CHOOSE YOUR PIZZA BASE

..12" ONLY

### **A** STANDARD WHEAT BASE £0.00

**INGREDIENTS:** Type "0" soft wheat flour

A 72 HOURS SLOW RISE DOUGH AT LOW TEMPERATURE GIVES TO THIS BASE AN INTENSE FLAVOUR TO THE PALATE AND AT THE SAME TIME A HIGHLY DIGESTIBLE AND EASY TO ASSIMILATE PIZZA.

### **B** HEMP £2.90

**INGREDIENTS:** Type "0" soft wheat flour, hempseed flour.

AN INTENSE AND DISTINCTIVE GREEN COLOUR, MATURE HAZELNUT FRAGRANCE WITH AMPLE FLAVOUR SHOWS IT'S STRONG PERSONALITY. IT IS AN EXCELLENT SOURCE OF POLYUNSATURATED FATS, OMEGA 6 AND 3, PROTEINS, VITAMINS, FIBRE AND MINERAL SALT.

### **C** TURMERIC £2.90

**INGREDIENTS:** Type "0" soft wheat flour, powdered turmeric.

THIS INTENSE OCHRE YELLOW FLOUR HAS A DISTINCTIVE PUNGENT AND ACERBIC FRAGRANCE WITH A SWEET, HIGHLY AROMATIC FLAVOUR. IT HAS DETOXIFYING AND ANTI-INFLAMMATORY PROPERTIES.

### **D** MULTIGRAIN £2.90

**INGREDIENTS:** Type "0" soft wheat flour, durum wheat semolina, wholemeal spelt flour, maize flour, wholemeal barley flour, amaranth seeds, chia seeds.

AMBER IN COLOUR AND INTENSE IN PARTS, THIS FLOUR STANDS OUT FOR ITS POWERFUL AROMA OF FRESHLY BAKED BREAD. IT IS ALSO DISTINCTIVE FOR ITS CRUNCHY WHOLE SEEDS. AN ENERGY POWER PACK, A NUTRIENT PRODUCT RICH IN PROTEIN, POTASSIUM, PHOSPHORUS, MAGNESIUM AND FATS. VERY RICH IN FIBRES AND MINERAL SALT.

### **E** SPELT £2.90

**INGREDIENTS:** Type "0" soft wheat flour, spelt flour

THIS FLOUR IS AMBER IN COLOUR AND ROUGH TO THE TOUCH. IT'S FRAGRANCE IS REMINISCENT TO OUR ANCESTRAL PAST. STRONGER IN FLAVOUR THAN WHEAT FLOUR, IS RICH IN VITAMINS B, CONTAINS FIBRES AND MINERAL SALT INCLUDING PHOSPHORUS, POTASSIUM AND MAGNESIUM.

### **F** ROASTED WHEAT £2.90

**INGREDIENTS:** Type "0" soft wheat flour, toasted durum semolina.

FROM PUGLIA, LITERALLY MEANING BURNT GRAIN - GRAND ARSO IS A PRODUCT THAT WAS BORN OUT OF THE ABJECT POVERTY THAT TYPIFIED RURAL AREAS IN ITALY DURING THE 19TH CENTURY. PEASANTS TOO POOR TO AFFORD FLOUR WOULD SWEEP UP THE GRAINS BURNT BY THE HOT STEAM ENGINE MACHINES THAT HARVESTED THEM IN THE FIELDS. THEY WOULD GRIND THE GRAIN INTO FLOUR AND MIX IT WITH WATER TO PRODUCE PASTA WITH A SMOKEY FLAVOR. THE TOASTED NUTTY FLAVOUR WITH A SLIGHT COFFEE EDGE ALSO MAKE IT UNIQUE. CHARACTERISED BY ITS DARK GREYISH COLOUR AND ASH FRAGRANCE, THIS FLOUR HAS GOOD PROTEIN CONTENT AND CONTAINS AN ABUNDANCE OF MINERAL SALT.

### **G** KHORASAN KAMUT £2.90

**INGREDIENTS:** 100% ORGANIC KHORASAN KAMUT.

IVORY COLOUR AND RICH NUTTY FLAVOUR, COMMERCIALY KNOWN AS KAMUT, IS A FLOUR MADE FROM ORGANIC KHORASAN WHEAT OR ORIENTAL WHEAT. (REGION OF NORTHERN IRAN) IT CONTAINS ESSENTIAL VITAMINS B, VITAMIN E AND A, IS RICH IN MINERALS SUCH AS CALCIUM, IRON, MAGNESIUM, PHOSPHORUS, POTASSIUM, SODIUM AND ZINC.

### **H** VEGETABLE CHARCOAL £2.90

**INGREDIENTS:** Type "1" soft wheat flour, rye flour, sunflower seeds, linseed, organic vegetable charcoal powder. ORGANIC VEGETABLE ACTIVATED CHARCOAL (COCONUT SHELL) IN ADDITION TO ITS SEVERAL BENEFITS AND USES, IT REGULATES AND PURIFIES THE INTESTINES. INTENSE BLACK COLOUR AND DELICATE FRAGRANCE AND FLAVOUR, THIS BLEND IS RICH IN FIBRES, MINERAL SALT AND PLENTY OF VITAMINS ESPECIALLY IN THE VITAMIN-B GROUP. NOT SUITABLE FOR PEOPLE UNDER MEDICATION.

### **I** PAPRIKA £2.90

**INGREDIENTS:** Type "0" soft wheat flour, paprika powder.

THIS FLOUR IS A DISTINCTIVE CORAL RED COLOUR, IT HAS A CHARACTERISTIC SLIGHTLY SPICY FRAGRANCE AND FLAVOUR. THANKS TO ITS ANTISEPTIC ACTION, IT STIMULATES THE DIGESTIVE SYSTEM, EASING DIGESTION AND STRENGTHENING CIRCULATION. RICH IN VITAMINS E, B, C, K AND BETA-CAROTENE.

### **K** TOASTED BARLEY £2.90

**INGREDIENTS:** Type "1" soft wheat flour, toasted barley flour, oatmeal.

RICH IN MINERAL SUCH US CALCIUM, IRON, PHOSPHOROUS AND VITAMINS, THIS PRODUCT IS DISTINCTIVE FOR ITS ANTIOXIDANT AND REFRESHING PROPERTIES. OBTAINED BY USING A LOW TEMPERATURE TOASTING PROCESS, THIS FLOUR GIVES THE FINISHED PRODUCT A GOLDEN COLOUR WITH AN INTENSE BUT PLEASANT AROMA.

### **J** GLUTEN FREE £2.90 **G**

**INGREDIENTS:** BUCKWHEAT FLOUR, CORNSTARCH, VEGETABLE FIBRES, POTATO STARCH, GUAR GUM.

VERY LIGHT IN COLOUR WITH AN INTENSE FLAVOUR THIS PRODUCT IS COMPLETELY GLUTEN FREE AND RICH IN PROTEIN, FIBRES AND MINERALS SUCH AS PHOSPHORUS, CALCIUM, IRON, MAGNESIUM, POTASSIUM AND MANGANESE.

GOOD SOURCE OF AMINO ACIDS, ANTIOXIDANTS AND VITAMINS OF B-GROUP (B1, B2, PP, B5)

(THIS PRODUCT IS NOT SUITABLE FOR COELIACS AS IT IS PREPARED IN THE SAME KITCHEN, SO COULD BE CONTAMINATED).

# CHOOSE YOUR PIZZA

## VEGAN V VV

	12"	20"
1 REGINA (VEGAN MARGHERITA) MOZZARELLA STYLE, TOMATO, BASIL, EVOO	8.50	15.00
2 HAWAIIAN MOZZARELLA STYLE, TOMATO, CHEATIN' HAM, PINEAPPLE	12.95	23.50
3 UNICA MOZZARELLA STYLE, TOMATO, ASPARAGUS CREAM, CHORIZO CHUNKS STYLE, RED ONION, SPICY OLIVE OIL	12.95	23.50
4 FRIARELLI MOZZARELLA STYLE, SOUTHERN ITALY BROCCOLI, TOFU SAUSAGE, YELLOW TOMATOES, (NO TOMATO SAUCE)	12.95	23.50
5 4 STAGIONI MOZZARELLA STYLE, TOMATO, ARTICHOKE, CHEATING HAM, MUSHROOM, OLIVES	12.50	22.95
6 DIAVOLA MOZZARELLA STYLE, TOMATO, CHORIZO CHUNKS STYLE, SMOKED GOUDA STYLE	11.95	21.50
7 CONTADINA MOZZARELLA, AUBERGINE, COURGETTE, ARTICHOKE CREAM, RED ONION (NO TOMATO SAUCE)	12.95	23.50
8 VELLUTO <span>N</span> MOZZARELLA STYLE, PUMPKIN SAUCE, SMOKED GOUDA STYLE, RADICCHIO (ITALIAN RED CHICORY), CRUSHED HAZELNUTS, (NO TOMATO SAUCE)	10.95	19.50
9 VEGAN FEST MOZZARELLA STYLE, TOMATO, AUBERGINES, COURGETTE, PEPPERS, RASHERS, CHEATING HAM, ONION, OLIVES, EVOO	12.95	23.50

## VEGGIE V

10 MARGHERITA MOZZARELLA, TOMATO, BASIL, EVOO	8.50	14.50
11 BUFALA BUFFALO MOZZARELLA, TOMATO, BASIL, EVOO	10.00	18.00
12 CARCIOFINI MOZZARELLA, TOMATO, ARTICHOKE, OLIVES, MUSHROOM	11.95	21.50
13 GENOVESE MOZZARELLA, PESTO SAUCE, YELLOW TOMATOES, PINE NUTS, SHAVED GRANA PADANO (NO TOMATO SAUCE)	12.95	23.50

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FREE G

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SUITABLE FOR  
VEGETARIANS V

SUITABLE FOR  
VEGANS VV

FOR MORE ALLERGY INFORMATION PLEASE ASK A MEMBER OF STAFF.

## VEGGIE V

	12"	20"
<b>14</b> <b>TREVIGIANA</b> BUFFALO MOZZARELLA, RADICCHIO (ITALIAN RED CHICORY) GORGONZOLA, SCAMORZA (SMOKED CHEESE) (NO TOMATO SAUCE)	12.95	23.95
<b>15</b> <b>NORMA</b> MOZZARELLA, TOMATO, SLIGHTLY FRIED AUBERGINES CHUNKS, GRATED RICOTTA CHEESE, EVOO	11.95	21.50
<b>16</b> <b>PORCINI &amp; TRUFFLE</b> MOZZARELLA, PORCINI MUSHROOMS, GOAT CHEESE, MUSHROOMS & TRUFFLE PATE (NO TOMATO SAUCE)	13.50	24.90
<b>17</b> <b>CREMA DI ZUCCA</b> <span>N</span> MOZZARELLA, PUMPKING SAUCE, SCAMORZA (SMOKED CHEESE), RADICCHIO (ITALIAN RED CHICORY), CRUSHED HAZELNUT (NO TOMATO SAUCE)	12.95	23.50



## MEAT

	12"	20"
<b>18</b> <b>NAPOLI</b> MOZZARELLA, TOMATO, ANCHOVY, CAPERS, OLIVES	9.95	17.95
<b>PICCANTE</b> MOZZARELLA, TOMATO, SPICY SALAME, SPICY OLIVE OIL	9.95	17.95
<b>19</b> <b>CRUDO</b> MOZZARELLA, TOMATO, PARMA HAM, ROCKET, SHAVED GRANA PADANO, EVOO	12.95	23.50
<b>20</b> <b>SALSICCIA &amp; FRIARELLI</b> MOZZARELLA, ITALIAN SAUSAGE, SOUTHERN ITALY BROCCOLI, (NO TOMATO SAUCE)	12.95	23.50
<b>21</b> <b>CHICKEN &amp; SAUSAGE</b> MOZZARELLA, TOMATO, CHICKEN, ITALIAN SAUSAGE, PESTO SAUCE	12.95	23.50
<b>22</b> <b>CAPOCOLLO</b> BUFFALO MOZZARELLA, ARTICHOKE CREAM, CAPOCOLLO(AIR-CURED PORK SLICE) (NO TOMATO SAUCE)	12.95	23.50
<b>23</b> <b>CARBONARA</b> MOZZARELLA, MIXED EGGS AND PARMESAN, BACON, BLACK PEPPER, DOUBLE CREAM (NO TOMATO SAUCE)	11.50	20.95
<b>24</b> <b>BOLOGNA</b> <span>N</span> MOZZARELLA, MORTADELLA (LARGE SAUSAGE HEAT-CURED PORK) CRUSHED PISTACHIOS (NO TOMATO SAUCE)	11.95	21.50
<b>25</b> <b>MEAT LOVER</b> MOZZARELLA, TOMATO, SAUSAGE, CHICKEN, SALAME NAPOLI, HAM, BACON, BBQ SAUCE	13.95	25.50
<b>26</b> <b>HAM &amp; PINEAPPLE</b> MOZZARELLA, TOMATO, HAM, PINEAPPLE	10.50	18.95

## STARTER-STUZZICHINI

<b>OLIVES</b>	<b>V VV</b>	2.90
MIXED PITTED OLIVES WITH GARLIC & SPICY OIL		
<b>GARLIC BREAD</b>	<b>V VV</b>	3.50
PIZZA GARLIC		
<b>TUTTI FRITTI</b>		
MIX OF DEEP FRIED MINI CROQUETTES, AUBERGINES BALLS, MOZZARELLA BALLS, MIXED VEGETABLES		
<b>SMALL</b>		4.50
<b>MEDIUM</b>		7.50
<b>LARGE</b>		13.95

## BURGERS

<b>THE VEGAN-ONE</b>	<b>V VV</b>	10.95
PLANT BASED BEEF PATTY, SMOKED GOUDA CHEESE, COURGETTE, RELISH, CRISPY RED ONION		
<b>SHANGRI-LA</b>		12.95
SLOW COOKED CHICKEN, MARINATED FOR 24HRS IN "SHANGRI-LA" CRAFT ALE FROM <b>ARBOR BREWERY</b> , DIJON MUSTARD, MOZZARELLA CHEESE		
<b>SUPER-DELUXE</b>		13.95
SLOW COOKED PULLED PORK MARINATED FOR 24HRS IN "SUPER DELUXE" STOUT FROM <b>NEW BRISTOL BREWERY</b> , BBQ SAUCE, SALAD & CARAMELISED ONION, HONEY		
<b>PEPENERO BURGER</b>		9.95
BEEF PATTY, SPICY SALAMI, GORGONZOLA CHEESE, BACON, MAYO		
<b>BUFFALO BURGER</b>		10.95
BEEF PATTY, BUFFALO MOZZARELLA, CRISPY BACON, RELISH, MAYO, CRISPY RED ONION		

### LUNCH OFFER & EXTRAS

LUNCH OFFER £5.....CLASSIC CHEESEBURGER OR VEGAN-ONE AND CHIPS  
MONDAY-FRIDAY 12-3.30PM

### EXTRA TOPPINGS

BACON	1.50	BEEF PATTY - PULLED PORK - CHICKEN	3.90
MOZZARELLA CHEESE	0.90	CRISPY RED ONION	0.60
BUFFALO MOZZARELLA	1.50	CARAMELISED RED ONION	0.60
GORGONZOLA CHEESE	1.50	SAUCES	1.00

BEEF BURGERS ARE TYPICALLY COOKED MEDIUM UNLESS SPECIFIC REQUESTED OTHERWISE.  
ALL BURGERS ARE SERVED WITH CHUNKY WEDGES AND THE BUNS ARE FRESHLY PROVIDED  
BY MARK'S BREAD, SOUTHVILLE - BRISTOL.

ASK OUR STAFF

TO **GO LARGE**

FOR A **20" FAMILY**  
**SIZE PIZZA**

..SHARE IT..ENJOY IT..

### LUNCH OFFER

MONDAY TO FRIDAY 12.30PM - 3.30PM  
12" PIZZA WITH TWO TOPPINGS  
ON MOZZARELLA & TOMATO BASE  
SMALL GLASS OF WINE OR HALF A BEER  
OR A SOFT DRINK.

**7.99**

## SIDE-LIGHT BITE

<b>SALAD</b> (TWO PEOPLE)	V VV	4.50
LETTUCE, TOMATOES, CUCUMBER, CARROTS, ROCKET, OLIVES, EVOD & BALSAMIC GLAZE		
<b>CHIPS</b>	V VV	2.90
CHUNKY CHIPS		

## PASTA AL FORNO

<b>LASAGNA CON VERDURE</b>	V	8.95
<b>LASAGNA VEGAN</b>	V VV	8.95
<b>LASAGNA CON CARNE</b>		8.95
<b>CANNELLONI VEGAN</b>	V VV	7.95
<b>CANNELLONI RICOTTA &amp; SPINACH</b>	V	7.95
<b>CANNELLONI CON CARNE</b>		7.95

## DESSERTS

### PEPENERO'S HOMEMADE GELATO V

2 SCOOPS 3.50    3 SCOOPS 4.95

POMEGRANATE - BANANA - HEMP - STRAWBERRY COCONUT

FOREST FRUIT - DARK CHOCOLATE - VANILLA - TIRAMISU

PEANUT - COFFE - PISTACHIO - PASSION FRUIT - HAZELNUT

<b>PEPENERO'S MILKSHAKES</b>	V	3.95
COCONUT MILK WITH ANY GELATO'S FLAVOUR		

<b>RASPBERRY RIPPLE CHEESECAKE</b>	V	3.95
FRESH BRITISH RASPBERRIES WITH CASHEW CREAM MAKES THIS PLANT BASED CHEESECAKE UNIQUE		

<b>SPUMONE</b>	V	4.95
PISTACHIO AND DARK CHOCOLATE GELATO'S CAKE FILLED WITH FIGS MARMALADE		

<b>DOUBLE CHOCOLATE CAKE</b>	V	5.50
SERVED WARM WITH A SCOOP OF GELATO		

<b>PANNA COTTA</b>		3.95
HOMEMADE PANNA COTTA SERVED WITH CHOCOLATE OR RASPBERRY FLAVOURS		

GLUTEN FREE **G**    CONTAINS NUTS **N**    SUITABLE FOR VEGETARIANS **V**    SUITABLE FOR VEGANS **VV**

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