LOVITALY

Authentic food • Fine wines • Good times

Colazioni - Breakfast

Breakfast - served all day.

CRISTINA SPECIAL (V GFO)
Two eggs cooked in a rich tomato sauce with Parmesan, served with homemade bread. £10.50

UOVA STRAPAZZATE AL PARMIGIANO (GFO)
Creamy scrambled eggs with Parmesan cheese and black pepper, served with homemade bread. £8.95

PANCETTA & UOVA (GFO)
Crispy Italian pancetta with two fried eggs, served with grilled cherry tomatoes and homemade bread. £9.90

CAPRESE ON TOAST (V)
Buffalo mozzarella, sliced tomato, basil, extra virgin olive oil and oregano, served with focaccia bread. £11.50

FOCACCIA COLAZIONE (MFO) Sandwich
Warm focaccia with prosciutto cotto, melted fontina cheese and a fried egg, served with homemade bread. £10.50

FULL ENGLISH BREAKFAST (GFO)
Two eggs, bacon, sausage, mushrooms, baked beans, grilled tomato and served with homemade bread. £13.00

FOCACCIA BACON Sandwich
Crispy bacon served with cheese in homemade focaccia. £10.50

FOCACCIA SAUSAGE Sandwich
Italian sausage and cheese served in homemade focaccia. £10.50

Side Dishes

MIXED LEAVES SALAD (V) £5.95

ROCKET & PARMISAN SALAD (V) £6.95

TOMATO & ONION SALAD (V) £6.95

Focaccia - Sandwich

Made with our homemade focaccia

FOCACCIA WIMBORNE
Mortadella, burrata, pistachio pesto and rocket. £13.50

FOCACCIA LOVITALY
Parma ham, buffalo mozzarella, rocket, fresh tomato, olive oil. £13.50

FOCACCIA CALABRESE
Spicy salame, melted mozzarella, rocket, fresh tomato, 'nduja. £11.95

FOCACCIA TONNO
Tuna in olive oil, red onions, mayonnaise, tomatoes, lettuce. £11.95

FOCACCIA MILANESE
Breaded chicken escalope, mixed salad, tomato, mayonnaise. £13.50

FOCACCIA RUSTICA
Taleggio cheese, caramelised onion, parmesan, Italian sausage. £13.50

FOCACCIA VEGETARIANA (V)
Grilled vegetables, melted mozzarella, pesto, fresh tomato. £11.95

Taglieri & Aperitivo

PLATTER LOVITALY
Finest selection of Italian cured meats and cheeses, homemade sweet chilli jam and homemade bread. (NS GFO MFO SFO) £19.00

PLATTER VEGETARIANO (V)
Assorted vegetarian delights selected by our chef. (V GFO MFO VE NSO SFO) £19.00

Prima Piatti - Mains

Mains

LASAGNA
Traditional lasagna with 100% beef , béchamel sauce, parmisan cheese, served with salad. £16.90

PARMIGIANA DI MELANZANE (V)
Layers of aubergine, tomato and basil sauce, parmigiano reggiano, served with salad. £16.90

PECORINO, PERA E NOCI
Pecorino cheese, fresh pear, toasted walnuts, mixed leaves and honey mustard dressing. £17.50

CAPRESE SALAD (V GF)
Fresh buffalo salad, tomato, basil dressing, rocket. £15.50

POLLO LOVITALY
Breaded chicken breast topped with tomato sauce, burrata cheese and pesto basil served with chips and salad. £21.90

CANNELLONI DI PESCE
Filled with cramy beachamel sauce, fresh salmon and cod, served with a tomato sauce and parmisan cheese, served with salad. £18.50

Pizza

See our evening menu for more choices.

MARGHERITA (V) £13.50
Tomato sauce, mozzarella and fresh basil.

CALABRIA £17.50
Tomato sauce, mozzarella, spicy salami, nduja, roasted peppers, caramelized onion.

TOSCANA £18.90
Tomato sauce, mozzarella, Parma ham, rocket, parmisan shavings cherry tomatatoes.

LOVITALY £18.90
Tomato sauce, mozzarella, spicey salami, sausage, cooked ham.

ALLERGENS

V	Vegetarian	**MFO**	Milk Free Option
VE	Vegan	**C**	Celery
GF	Gluten Free	**SO**	Soya
GFO	Gluten Free Option	**NS**	Nuts

With over 20 years of experience in authentic Italian cuisine, I bring the true flavours of Italy and Sardinia to our kitchen. Every dish is prepared with love, using quality ingredients and traditional recipes passed down through generations.

Cristina

CHALLANGE CRISTINA!!!

All our dishes are freshly prepared, showcasing the authenticity of traditional Italian cuisine. You're welcome to choose any product from our deli counter - Cristina will be delighted to prepare it especially for you.We hope you enjoy the taste of Italy with every bite.

EVENING DINING BY RESERVATION ONLY

Book your table for an intimate dining experience, inspired by flavours of Italy and Sardinia ask our team for more information or book your table online.

COOKERY SCHOOL

Learn the secrets of Italian & Sardinian cuisine in our hands-on cookery classes. Perfect for individuals, couples and groups. Ask our team for more information or visit our website.

LOVITALY EST 2014 AUTHENTIC SARDINIAN CUISINE