

## **FERMENTO – FOOD MENU**

*A small introduction:*

*The traditional Italian meal has 4 courses – a small starters, two mains and a dessert.*

*Our two mains are named first and second courses.*

*First courses – such as pasta, risotto, lasagna, etc, are usually served on their own as they might be followed by something else.*

*Second courses – such as meat or cheese and are served with a small side.*

*You might be full enough with just a starter and a main, especially if you want to save some room for one of our delicious homemade desserts, but if you want to go for the full meal, please have a look at our “Italian experience”.*

*It's also tradition in Italy to have a small basket of bread on the table, to nibble waiting for the food, but most of the time to clean the plate after your mains.*

*It's what we would call “scarpetta” (literally “little shoe”).*

*But if you like to dip it in oil and vinegar or spread some butter on it, please ask!*

*If after reading the menu you feel like you are a bit confused after all those words and don't know what to order...*

*Please, don't hesitate to ask Carla or a member of our staff for any advice, we will be more than happy to help you choosing the right meal for you!*

### **GLI ANTIPASTI – Starters**

TAGLIERE DI AFFETTATI E FORMAGGI DELL'EMILIA (gf on request)	6.95 £
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*Freshly Sliced Parma Ham, 24 Months aged Parmesan Cheese and Balsamic Vinegar with Homemade Focaccia Bread and some weekly special additions!*

BRUSCHETTE CON FRIGGIONE (Vegan)	3.95 £
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*Toasted homemade Sourdough Bread slices with a topping of tomato and onion sauce.*

MALTAGLIATI E FAGIOLI (v)	4.95 £
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*“Badly cut” eggpasta sheets in a thick beans soup.*

FLAN DI ZUCCA CON MIELE, ACETO BALSAMICO E SEMI TOSTATI (v) (gf)	5.25 £
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*Squash flan with honey, Balsamic Vinegar and mixed toasted seeds*

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## PORTATE PRINCIPALI – Main Courses

### I PRIMI – First Main Courses

RISOTTO AL RADICCHIO ROSSO CON SCAMORZA (V) (gf)	11.95 £
<i>Carnaroli Rice with a slightly bitter Red Radicchio sauce cooked in red wine finished with smoked Scamorza cheese.</i>	
TAGLIATELLE AL RAGU'	10.95 £
<i>Egg pasta with homemade slowly cooked beef and pork ragù sauce.</i>	
LASAGNE ALLA BOLOGNESE	11.95 £
<i>Sheets of homemade egg pasta layered with beef and pork ragù, creamy besciamella and Parmesan Cheese – made the traditional Bolognese way!</i>	
CAPPELLACCI DI ZUCCA BURRO E SALVIA (v)	13.95 £
<i>Homemade egg pasta big sized tortelloni with a squash and Parmesan Cheese filling, sautéed with butter and fresh sage</i>	
PASTA IN CREMA DI CECI (vegan)	9.95 £
<i>Durum Wheat Pasta in Chickpeas Sauce with Roasted Pinenuts and toasted Sesame seeds.</i>	
CHILDREN'S PASTA	6.95 £
<i>Durum Wheat Pasta with a choice of Butter and Parmesan Cheese or Ragù</i>	

### I SECONDI – Second Main Courses

PARMIGIANA DI MELANZANE (V) (gf)	11.95 £
<i>Slices of grilled aubergines layered with tomato sauce, mozzarella, Parmesan cheese and fresh basil and a mixed salad on the side.</i>	
SALSICCIA CON FAGIOLI IN UMIDO	13.95 £
<i>Stew of slowly cooked Italian Pork Sausages and beans with a side of bread</i>	
POLLO ALLA CACCIATORA DELLA NONNA ARGENTINA (gf)	12.95 £
<i>Family recipe based on the famous hunter's style chicken with onion and bell peppers, served with a side of roasted potatoes.</i>	

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## I CONTORNI – Sides

CESTINO DI PANE FATTO IN CASA 3.00 £

*Basket of Homemade Bread*

INSALATA MISTA (gf) 3.50 £

*Mixed Green Salad, with carrots and cherry tomatoes*

FRIGGIONE (gf) 3.95 £

*White onion, tomatoes and Extra Virgin Olive Oil sauce*

PATATE ARROSTO (gf) 3.50 £

*Roasted Potatoes*

<i>ITALIAN EXPERIENCE</i> <i>(minimum of two people)</i>	<i>Selection of specialties – 6 dishes in a tasting menu of 4 courses – £22 each person – Excluding drinks</i>
<p><u><i>Bruschette con friggione Bolognese</i></u> <i>Toasted homemade Sourdough Bread slices with a topping of tomato and onion sauce.</i></p> <p><u><i>Sformatino di zucca con miele, riduzione di balsamico e semi tostati</i></u> <i>Squash flan with honey, Balsamic Vinegar and mixed toasted seeds</i></p>	
<p><u><i>Risotto al Radicchio Rosso e Scamorza</i></u> <i>Carnaroli Rice with a slightly bitter Red Radicchio sauce cooked in Red Wine finished with smoked Scamorza cheese.</i></p> <p><u><i>Tagliatelle al ragù</i></u> <i>Egg pasta with homemade slowly cooked beef and pork ragù sauce.</i></p>	
<p><u><i>Salsiccia in umido con fagioli</i></u> <i>Stew of slowly cooked Italian Pork Sausages and beans with a side of bread</i></p>	
<p><u><i>Tiramisu</i></u> <i>Ladyfingers dipped in coffee, layered with a sweet mascarpone mousse and chocolate powder</i></p>	

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## **I DOLCI –**     *Home-Hand-Made Desserts*

MASCARPONE (v) (gf)	4.95 £
<i>Mascarpone Mousse with a topping of berries, chocolate chips or amaretti biscuits crumble</i>	
TORTA TIPO BAROZZI (v) (gf)	5.95 £
<i>Rich low rise peanuts, dark chocolate and coffee cake – traditionally savoured with a spoon of Mascarpone Mousse.</i>	
TIRAMISU' (v)	5.25 £
<i>Ladyfingers dipped in coffee, layered with a sweet mascarpone mousse and chocolate powder. Literally means “pick me up”</i>	
CANTUCCI	3.95 £
<i>Almond crunchy biscuits.</i>	

## **CAFFE' E AMMAZZACAFFE' –**     *Coffee and liquors*

CAFFE' ESPRESSO / AMERICANO	2.00 £
<i>Double Shot</i>	2.25 £
CAFFE' MACCHIATO	2.25 £
<i>Espresso with foamed milk. A mini cappuccino, for a small treat!</i>	
CAPPUCCINO / LATTE / FLAT WHITE	2.50 £
TEA	1.95 £
<i>British Tea, Earl Grey, Camomile, Peppermint Tea</i>	
ITALIAN LIQUORS	4.00 £
<i>Limoncello, Grappa Stravecchia, Amaretto, Vecchia Romagna, Amaro Montenegro, Martini Rosso, Sanbuca, Nocino, Strega, Liquirizia</i>	
CAFFE' CORRETTO	3.50 £
<i>Caffè espresso with a drop of your favourite liquor.</i>	

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