

PIZZA **12 inch**

MARGHERITA (v) £7.20

Classic tomato and mozzarella cheese.

ZIA ROSA £9.20

Tomato, mozzarella, chicken, sweet Italian peppers and cherry tomatoes.

BOSCAIOLA £10.20

Tomato, mozzarella, mixed wild mushrooms, Italian sausage, rocket and parmesan shavings.

QUATTRO FORMAGGI (v) £9.20

Tomato with four cheeses: mozzarella, gorgonzola, talegio, and emmental.

CAMPAGNOLA £9.20

Chicken, sweetcorn, porcini wild mushrooms, Italian sausage and truffle oil.

AL SALMONE £10.20

Tomato, mozzarella with salmon and prawns.

DELLO STRETTO £9.20

Tomato, mozzarella, cherry tomato, pachino tomato, olives, capers, anchovies, tuna and oregano.

QUATTRO STAGIONI £10.20

Tomato, mozzarella, mushrooms, ham and artichokes.

PRIMAVERA £10.20

Tomato, mozzarella, Parma ham and cherry tomatoes.

VEGETARIANA (v) £8.20

Tomato, mozzarella, mushrooms, cherry tomatoes, grilled courgette and mixed peppers.

PARMIGIANA (v) £8.20

Tomato, mozzarella, aubergines, fresh basil and parmesan shavings.

PICCANTE £9.20

Salami, chicken, red onion, nduja and chilli. Hot.

CALZONE TRADIZIONALE £9.20

Mushroom, spicy sausage, ham and parmesan.

HAGGIS £8.20

Tomato, mozzarella and haggis.

HAWAIIANA £8.20

Tomato, mozzarella, ham and pineapple

NDUJA £9.20

Mozzarella, splash of tomato, Italian sausage, spinach, chopped tomato, nduja and red onion. Very hot.

DOLCI

GELATO MISTO £3.20

Mix of Italian ice cream.

COPPA FRAGOLA £3.60

Vanilla and strawberry ice cream with fresh strawberries.

BANOFFEE PIE £3.60

Bananas, cream and toffee pie with a crumbly biscuit base.

APPLE PIE £3.60

Served hot or cold with choice of cream or ice cream.

AFFOGATO CAFFE £3.20

Vanilla with espresso.

COPPA AFFOGATO £3.80

Vanilla ice cream with liqueur of your choice.

TARTUFO NERO £3.20

Chocolate ice cream with zabaglione centre.

TARTUFO BIANCO £3.20

Vanilla ice cream with meringue.

SEMIFREDDO TORRONCINO £3.20

Nougat ice cream topped with crumbled hazelnut praline.

SORBET £2.50

Lemon sorbet.

PANNA COTTA £3.30

Vanilla flavoured panna cotta.

TIRAMISU (HOMEMADE) £3.40

A rich treat blending the bold flavours of cocoa and espresso with savoury mascarpone cheese, layered with biscuit.

CHEESECAKE £3.60

PROFITEROLES £3.50

SPECIAL SELECTION OF ITALIAN CHEESES £6.50



LA SALUTE

RISTORANTE ITALIANO

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An Authentic Italian Eating Experience.

Opening Hours:

Mon - Fri: 4:30pm - late

Sat - Sun: 12:00pm - late

Takeaway Menu

Food must be collected from the restaurant

01506 872040



La Salute offers vegetarian (v) and gluten free dishes. Please ask a member of staff regarding your requirements. At this restaurant, we serve Scottish Aberdeen Angus beef, which has been 28 days matured. We also use fresh vegetables from quality local suppliers.

Our authentic regional dishes are selected from Central South Italy, so we can serve our customers quality, traditional Italian cuisine.

All main courses are served with choice of potatoes or chips and fresh vegetables, except pizza and pasta dishes.

PANE e FOCACCE

PANE ALL'AGLIO (v) £2.60

Homemade bread, smothered with fresh garlic butter.

BRUSCHETTA AL POMODORO e BASILICO (v) £3.50

Homemade garlic bread, topped with diced vine ripened tomato, basil and extra virgin olive oil.

BRUSCHETTA AI FUNGHI £3.50

Homemade garlic bread, topped with wild mushrooms.

BRUSCHETTE MISTE £3.80

A selection of three Homemade garlic breads, Italian sausage & mozzarella, wild mushrooms and cherry tomatoes.

FOCACCIA ALL'AGLIO (v) £3.95

Freshly baked round focaccia, with garlic butter.

FOCACCIA AL ROSMARINO £3.60

Freshly baked pizza bread, with fresh garlic, olive oil and rosemary.

FOCACCIA PACHINO £4.10

Freshly baked pizza bread, with cherry tomatoes, buffalo mozzarella and rocket.

FOCACCIA PROSCIUTTO E PARMIGIANO £5.20

Freshly baked pizza bread, with Parma ham, rocket and shaved parmesan cheese.

ZUPPE

MINISTRONE DI VERDURE (v) £3.50

Classic Italian soup of mixed seasonal vegetables with pasta shapes.

FUNGHI E CREMA (v) £3.50

Mushroom soup made with fresh cream.

ARAGOSTA £5.80

Lobster bisque soup.

ANTIPASTI DI TERRA

PASTA £4.80

See our pasta section for your choice of a starter portion.

ANTIPASTO ITALIANO £8.20

A selection of salami, Parma ham and mozzarella.

FUNGHI ALEX £9.50

Stuffed mushrooms with brandy and mushroom sauce.

PATÈ DELLA CASA £7.50

Homemade smooth chicken liver pate, served with toasted bread.

MELANZANE ALLA PARMIGIANA (v) £8.20

Grilled aubergine with buffalo mozzarella chesse, tomato and parmesan.

FUNGHI TRIFOLATI (v) £7.20

Wild mushrooms cooked in olive oil and garlic, served on toasted bread.

POLPETTE CON CROSTINI £9.50

Homemade meatballs cooked in a tomato sauce, served with toasted crostini bread.

CAPRESE (v) £8.80

Buffalo mozzarella with fresh tomato and basil with olive oil dressing.

ANTIPASTI DI MARE

MISTO DI MARE (for 2 to share) £25.00

Hot and cold selection of six types of seafood.

SALMONE CON GAMBERI £9.50

Smoked salmon with prawns and Marie Rose sauce.

INSALATA DI MARE £10.50

Mixed seafood salad.

GAMBERONI ALL'ARANCIO £9.50

King prawns pan fried in an orange sauce.

GAMBERONI ALL'AGLIO £9.50

King prawns pan fried in garlic and olive oil.

COZZE CON PACHINO £6.90

Fresh mussels, cooked with white wine and a cherry tomato sauce.

COZZE AL LIMONE £6.90

Fresh mussels, cooked with Italian herbs and lemon sauce.

CALAMARI FRITTI £8.20

Squid rings, lightly dusted in seasoned flour and deep fried until crisp, served with tartare sauce and fresh lemon.

SPECIAL DEL GIORNO

Special Starter of the Day. Please ask a member of staff for details.



PASTA

PASTE CLASSICHE £7.50

Pasta, choose from:	Sauce, choose from:
Penne	Bolognese
Rigatoni	Napoli
Linguine	Piccante
Spaghetti	Amatricana
Tagliatelle	Crema di Funghi
	Carbonara

PASTA DELLA TRADIZIONE £11.50

Linguine Gamberoni and Zuchine. King prawns, courgette, cherry tomatoes, garlic olive oil and white wine.

PENNE ALLA GENOVESE £9.50

King prawns, pesto and cherry tomatoes with white wine.

TAGLIATELLE ALLA SALSICCIA £8.20

Italian sausage, cherry tomatoes and rocket salad.

GNOCCHI ALLA SORRENTINA (v) £8.50

Potato dumpling with cream and tomato. Cooked in oven.

RIGATONI ALLA BOSCAIOLA £8.20

Ham, mushroom, peas, onion and tomato cream sauce.

PASTE RIPIENE

AGNOLOTTI ALL'ARAGOSTA £11.50

Pasta fusilli stuffed with lobster and prawns in a cream sauce.

RAVIOLI AL SUGO £9.20

Meat filled ravioli with tomato sauce.

TORTELLONI AURORA (v) £9.20

Snail pasta stuffed with spinach and ricotta in a cream and tomato sauce.

LASAGNE £8.50

Homemade classic lasagne bolognese

RISOTTI

RISOTTO DELLO CHEF £10.50

Risotto cream of prawns and pine nuts.

RISOTTO AI FRUTTI DI MARE £12.50

Seafood risotto with fresh mixed seafood, cooked with white wine.

RISOTTO AI PORCINI (v) £10.50

Risotto cooked with wild mushrooms.

POLLI

POLLO ALL'AGLIO £13.50

Chicken breast in breadcrumbs with garlic sauce.

POLLO AGLI ASPARAGI £14.50

Chicken breast cooked with shallots and asparagus in a cream sauce.

POLLO ALLE MELANZANE £13.50

Grilled chicken breast topped with aubergine and buffalo mozzarella.

POLLO ALLA CACCIATORA £13.50

Pieces of chicken on the bone, baked in oven with olives, celery, onions and carrots with a tomato sauce.

POLLO CON CREMA DI FUNGHI £13.50

Chicken cooked with mushrooms in a cream sauce.

VITELLO

AL LIMONE £15.50

Veal cooked with lemon and white wine.

MILANESE £15.50

Veal cooked in breadcrumbs.

CREMA DI FUNGHI £15.50

Veal cooked with mushrooms in a cream sauce.

NODINO DI VITELLO £22.50

Pan fried T-bone 14oz veal steak with white wine and rosemary.

SALTIMBOCCA ALLA ROMANA £15.50

Veal scallops topped with Parma ham, cooked with sage and white wine.

AGNELLO

COSTOLETTE DI AGNELLO £17.50

Grilled lamb chops with vegetables and potatoes of the day.

SPEZZATINO AL TIMO £16.50

Lamb stew cooked with garden peas, white wine and thyme.

STINCO DI AGNELLO £21.50

Homemade lamb shank, served with mash potato and vegetables of the day.



CARNE

Choice of filet, ribeye or sirloin. Grilled or with a sauce.

ALLA GRIGLIA

Grilled steak.

BALSAMICO

Balsamic vinegar.

PEPE

Cream of peppercorns.

DIANA

Mushrooms, garlic and brandy.

FILETTO ALLA STROGANOFF £22.50

Diced filet steak cooked with mushrooms, peppers and stroganoff. Served with rice.

	FILET 9oz	RIBEYE 10oz	SIRLOIN 8oz
	£23.50	£20.50	£18.50
	SAUCE		
	£2.50		

PESCE

All fish is served with your choice of rice or vegetables.

GAMBERONI CON PACHINO £16.50

King prawns with cherry tomatoes in white wine.

CALAMARI FRITTI £16.50

Fried squid.

SPIGOLA £17.50

Seabass fillet cooked with cherry tomatoes, capers and olives.

ORATA £17.50

Seabream grilled with olive oil and fresh wedge of lemon.

ASK STAFF FOR SPECIALS

SALAD

MIXED SALAD (v) £3.50

TOMATO & ONION SALAD (v) £3.50

ROCKET SALAD (v) £3.50

Dressed with parmesan shavings and balsamic dressing.

SIDE ORDERS

VEGETABLES OF THE DAY £3.20

CHIPS OR POTATOES £3.20