

Pizzas

All pizzas are 12" with a cheese and tomato base

MARGHERITA (v)	£11.20
Classic tomato and mozzarella cheese.	
ZIA ROSA	£14.40
Tomato, mozzarella, chicken, sweet Italian peppers and cherry tomatoes.	
BOSCAIOLA	£14.40
Tomato, mozzarella, mixed wild mushrooms, Italian sausage, rocket and parmesan shavings.	
QUATTRO FORMAGGI (v)	£13.50
Tomato with four cheeses, mozzarella, gorgonzola, talegio and emmental.	
CAMPAGNOLA	£14.40
Chicken, sweetcorn, porcini wild mushrooms, Italian sausage and truffle oil.	
AL SALMONE	£16.70
Tomato, mozzarella with salmon and prawns.	
DELLO STRETTO	£14.40
Tomato, mozzarella, cherry tomato, pachino tomato, olives, capers, anchovies, tuna and oregano.	
QUATTRO STAGIONI	£14.40
Tomato, mozzarella, mushrooms, ham and artichokes.	
PRIMAVERA	£15.00
Tomato, mozzarella, parma ham, cherry tomatoes.	
VEGETARIANA (v)	£13.00
Tomato, mozzarella, mushrooms, cherry tomatoes, grilled courgette and mixed peppers.	
PARMIGIANA (v)	£13.00
Tomato, mozzarella, aubergines, fresh basil and parmesan shavings.	
PICCANTE	£15.50
Salami, chicken, red onion, nduja and chilli. Hot.	
CALZONE TRADIZIONALE	£16.40
Mushroom, spicy sausage, ham and parmesan.	
HAGGIS	£12.70
Tomato, mozzarella and haggis.	
HAWAIIAN	£12.70
Tomato, mozzarella, ham and pineapple.	
NDUJA	£15.50
Mozzarella, splash of tomato, Italian sausage, spinach, chopped tomato, nduja and red onion. Very hot.	

La
Saluté
RISTORANTE ITALIANO

À La Carte Menu

May contain traces of nuts, please consult a member of staff before ordering. Gluten free and lactose free options available.

SEE BOARD FOR DAILY SPECIALS

La Salute offers vegetarian (v) and gluten free dishes. Please ask a waiter regarding your requirements.

At this restaurant, we serve Scottish Aberdeen Angus beef. We also only use fresh vegetables from quality local suppliers. Our restaurant specialises in seafood. Award winning dishes in 1991 in Italy.

PANE e FOCCACIE

GARLIC BREAD (v)	£5.30
Homemade bread, smothered with fresh garlic butter.	
BRUSCHETTA AL POMODORO e BASILICO (v)	£6.30
Homemade garlic bread, topped with diced vine ripened tomato, basil and extra virgin olive oil.	
BRUSCHETTA AL FUNGHI (v)	£6.30
Homemade garlic bread, topped with wild mushrooms.	
BRUSCHETTE MISTE	£6.70
A selection of three Homemade garlic breads, Italian sausage & mozzarella, wild mushrooms, cherry tomatoes.	
FOCACCIA ALL'AGLIO (v)	£6.90
Freshly baked round focaccia, with garlic butter.	
FOCACCIA AL ROSMARINO (v)	£6.50
Freshly baked pizza bread, with fresh garlic, olive oil and rosemary.	
FOCACCIA PACHINO (v)	£8.90
Freshly baked pizza bread, with cherry tomatoes, buffalo mozzarella and rocket.	
FOCACCIA PROSCIUTTO E PARMIGIANO	£9.40
Freshly baked pizza bread, with Parma ham, rocket and shaved parmesan cheese.	
FOCACCIA PESTO (v)	£7.60
Pesto sauce, black olives and sundried tomatoes.	

ZUPPE

MINISTRONE DI VERDURE (v)	£6.70
Classic Italian soup of mixed seasonal vegetables with pasta shapes.	
FUNGHI E CREMA (v)	£6.70
Mushroom soup made with fresh cream.	
ARAGOSTA (v)	£9.70
Lobster bisque soup.	

PESCE

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

SEE BOARD OR ASK WAITRESS FOR SEAFOOD SPECIALS

ANTIPASTI DI TERRA

PASTA	£9.80
See our pasta section for your choice of a starter portion.	
ANTIPASTO ITALIANO	£16.30
A selection of salami, Parma ham and mozzarella.	
PATE DELLA CASA	£12.90
Homemade smooth chicken liver pate, served toasted bread.	
MELANZANE ALLA PARMIGIANA (v)	£13.60
Grilled aubergine with buffalo mozzarella cheese, tomato and parmesan.	
POLPETTE CON CROSTIN	£15.20
Homemade meatballs cooked in a tomato sauce, served with toasted crostini bread.	
BUFFALO CAPRESE	£16.70
Buffalo mozzarella with fresh tomato and basil with olive oil dressing.	
PROSCIUTTO E MELONE	£14.40
Prosciutto and melon.	
CARPACCIO BRESAOLA	£16.70
Cured beef served on a bed of rocket with parmesan shaving, lemon and balsamic dressing.	
FUNGHI ALEX	£14.40
Stuffed mushrooms with cream and brandy sauce.	

ANTIPASTI DI MARE

MISTO MARE (for 2 to share) (v)	£48.30
Hot and cold selection of six types of seafood.	
SALMONE CON GAMBERI (v)	£16.10
Smoked salmon with prawns and Marie Rose sauce.	
INSALATA DI MARE (v)	£17.30
A seafood salad with calamari, king prawns and mussels.	
GAMBERONI ALL'ARANCIO (v)	£15.50
King prawns pan fried in an orange sauce.	
GAMBERONI ALL'AGLIO (v)	£15.70
King prawns pan fried in garlic and olive oil.	
COZZE CON PACHINO (v)	£13.10
Fresh mussels, cooked with white wine and a cherry tomato sauce.	
COZZE AL LIMONE (v)	£13.10
Fresh mussels, cooked with Italian herbs and lemon sauce.	
CALAMARI FRITTI (v)	£15.50
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	£13.80
<i>Pasta, choose from:</i>	
Penne	Rigatoni
Linguine	Spaghetti
Tagliatelle	
<i>Sauce, choose from:</i>	
Bolognese	Napoli (v)
Piccante (v)	Amatricana
Crema di Funghi (v)	Carbonara
PASTA DELLA TRADIZIONE (v)	£18.60
Linguine Gamberoni and Zuchine: King prawns, courgette, cherry tomatoes, garlic olive oil and white wine.	
PENNE ALLA GENOVESE (v)	£18.60
King prawns, pesto and cherry tomatoes with white wine.	
TAGLIATELLE ALLA SALSICCIA	£13.80
Italian sausage, cherry tomatoes and rocket salad.	
GNOCCHI ALLA SORRENTINA (v)	£13.80
Potato dumpling with cream and tomato. Cooked in oven.	
RIGATONI ALLA BOSCAIOLA	£13.80
Ham, mushroom, peas, onion and tomato cream sauce.	
SPAGHETTI MEATBALL	£17.40
Spaghetti and meatballs.	
LINGUINE MARE	£21.00

PASTE RIPIENE

TORTELLONI AURORA (v)	£15.00
Stuffed with spinach, ricotta in a cream and tomato sauce.	
LASAGNE	£15.00
Home made classic lasagne bolognese.	

RISOTTI

RISOTTO DELLO CHEF (v)	£17.80
Risotto cream of prawns and pine nuts.	
RISOTTO AL FRUTTI DI MARE (v)	£19.10
Seafood risotto with fresh mixed seafood cooked with white wine.	
RISOTTO AL PORCINI (v)	£15.50
Risotto cooked with wild mushrooms.	

VITELLO

<i>All main courses are served with potatoes and vegetables excluding pastas and pizzas.</i>	
AL LIMONE	£23.40
Veal cooked with lemon and white wine.	
MILANESE	£23.40
Veal cooked in breadcrumbs.	
CREMA DI FUNGHI	£23.40
Veal cooked with mushrooms in a cream sauce.	
SALTIMBOCCA ALLA ROMANA	£23.40
Veal scallops topped with parma ham, cooked with sage and white wine.	

POLLI

<i>All main courses are served with potatoes and vegetables excluding pastas and pizzas.</i>	
POLLO ALL'AGLIO	£21.00
Chicken breast in breadcrumbs topped with garlic sauce.	
POLLO AGLI ASPARAGI	£21.00
Chicken breast cooked with shallot and asparagus in a cream sauce.	
POLLO ALLE MELANZANE	£21.00
Grilled chicken breast topped with aubergine and buffalo mozzarella.	
POLLO ALLE ERBE	£21.00
Chicken breast cooked with Italian herbs.	
POLLO CON CREMA DI FUNGHI	£21.00
Chicken cooked with mushrooms in a cream sauce.	

AGNELLO

<i>All main courses are served with potatoes and vegetables excluding pastas and pizzas.</i>	
COSTOLETTE DI AGNELLO	£25.80
Grilled lamb chops with vegetables and potatoes of the day.	

CARNE

<i>All main courses are served with potatoes and vegetables excluding pastas and pizzas.</i>	
<i>Choice of fillet, ribeye or sirloin. Grilled or with a sauce.</i>	
GRILLED	
Grilled steak.	
PEPE	
Cream of peppercorns.	
DIANA	
Mushrooms, garlic and brandy.	
FILETTO ALLA STROGANOFF	£29.30
Diced filet steak cooked with mushrooms, peppers and stroganoff. Served with rice.	
TAGLIATA DI MANZO	£29.30
Sliced sirloin, ribeye and fillet steak with rocket, shavings of Parmesan cheese and balsamic vinagrette.	
FILLET 9oz	£29.30
RIBEYE 10oz	£28.20
SIRLOIN 8oz	£24.20
SAUCE	£5.20

SALAD

MIXED SALAD (v)	£5.40
TOMATO & ONION SALAD (v)	£5.40
ROCKET SALAD (v)	£5.40
Dressed with parmesan shavings and balsamic dressing.	

SIDE ORDERS

VEGETABLES OF THE DAY	£5.00
HOMEMADE CHIPS OR POTATOES	£5.00