



STRADA

NON-GLUTEN MENU



ITALIAN INSPIRED AND FRESHLY PREPARED,
OUR MENU PROMISES A STRADA FAVOURITE FOR EVERYONE.

♥ WE LOVE THIS DISH

STARTERS

ENJOY WITH A GLUTEN FREE PERONI
FOR 4.95

LARGE GREEN OLIVES (V)

3.25

MARINATED OLIVES (V) 3.45

Nocellara and kalamata olives, marinated in-house with fresh rosemary, lemon and garlic.

ANTIPASTI 6.95 ♥

A selection of Italian cured meats including prosciutto, spianata piccante, salami napoli and mortadella with baby mozzarella, semi-dried tomatoes and olives. Served with gluten free bread.

ANTIPASTI VEGETARIAN (V)

6.95

A selection of marinated grilled vegetables, olives, mozzarella, semi-dried tomatoes and avocado. Served with gluten free bread.

SOUP OF THE DAY (V) 5.95

CAPRESE (V) 6.45

A classic Italian dish made with slices of fresh tomato and rich buffalo mozzarella.

SEARED KING PRAWNS 7.45

Shell-on king prawns fried with chilli, parsley and garlic in a lemon and white wine sauce. Served with gluten free bread.

SALADS

CHICKEN CAESAR SALAD

12.25

Our twist on the classic Italian salad. Grilled chicken breast on a bed of crisp lettuce with smoked pancetta and anchovies. Finished with Parmesan shavings and Caesar dressing.

SUPERFOOD SALAD (V) 10.75 ♥

A delicious salad packed full of baby spinach, kale, broccoli, rocket and semi-dried tomatoes. Finished with toasted seeds, pine nuts and house dressing.

ADD A PROTEIN:

Chicken. 3.00

Goat's cheese. 2.50

PASTA & RISOTTO

ENJOY THESE DISHES WITH OUR NON-GLUTEN
FUSILLI PASTA, COOKED TO ORDER AND SERVED
'AL DENTE'.

STARTER SIZE PORTIONS ARE ALSO AVAILABLE.

BOLOGNESE 11.45 ♥

Our slow cooked pork and beef ragù recipe, simmered with red wine and herbs, finished with Parmesan.

POMODORO (V) 9.45

Tomato and garlic sauce with basil and torn mozzarella.

SEAFOOD POMODORO 13.95

Tomato and white wine sauce with mussels, prawns, squid, capers, a little chilli and parsley.

CARBONARA 11.45

Creamy egg, crispy pancetta, black pepper, Parmesan and a squeeze of lemon.

GOATS CHEESE RISOTTO (V)

12.95 ♥

Our classic vegetable risotto with leeks, courgettes and peas finished with creamy goats cheese and a drizzle of herb oil.

RISOTTO LUGANICA 13.45

Herby spiced luganica meatballs, pancetta, chestnut mushrooms. Finished with Parmesan.

SEAFOOD RISOTTO 13.95

Creamy risotto with mussels, prawns, squid, chilli and tomato. Finished with fresh lemon, garlic and parsley.

SIDES

MIXED LEAF & PARMESAN

SALAD 3.95

Watercress, rocket, baby spinach and Parmesan with olive oil and aged balsamic vinegar.

HOUSE SALAD (V) 3.95

Rocket, cherry tomatoes, red onion, kalamata olives, baby spinach and house dressing.

GARLIC KALE (V) 3.95

Fresh kale sautéed with garlic and butter.

ROSEMARY POTATOES (V) 3.95

Roast potatoes with rosemary and garlic.

MEAT & FISH

ALL OUR MEAT IS HIGHER WELFARE. OUR
FISH IS RESPONSIBLY CAUGHT AND FROM
SUSTAINABLE SOURCES.

POLLO FUNGHI 13.95

Pan-roasted chicken breast in a creamy mushroom sauce with fresh rocket and crushed potatoes.

8oz SIRLOIN STEAK 18.95

Marinated in-house with herbs and garlic. Served with a mixed leaf and Parmesan salad and herby potatoes.

CHOOSE YOUR SAUCE: Peppercorn or mushroom and tarragon. 2.00

SALTIMBOCCA 15.95 ♥

Pork fillet wrapped in crisp prosciutto with fresh sage. Served with crushed potatoes and green beans in a white wine and butter sauce.

SEA BASS 15.95

Pan-fried sea bass fillets served with kalamata olives, cherry tomatoes and herby potatoes.

SALMON MARKET SALAD

15.95

Pan-seared salmon fillet with lentils, broccoli, avocado, rocket and roasted butternut squash. Finished with fresh lemon, garlic and parsley.

DESSERTS

ICE CREAM & SORBET (V)

3.95

Any three scoops of Jude's artisanal ice cream and sorbet.

Ice cream: Very Vanilla, Truly Chocolate, Salted Caramel, Strawberry Tease, Honeycomb.

Sorbet: Raspberry, Mango, Lemon.

GOLDEN POLENTA CAKE (V)

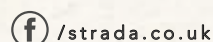
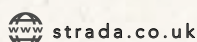
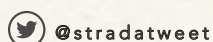
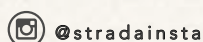
5.95

Served with whipped cream and crème fraîche, lemon thyme and runny honey.

PANNA COTTA 5.95

Homemade panna cotta with fresh vanilla. Served with smashed honeycomb and a mixed berry compote.

(V) SUITABLE FOR VEGETARIANS.



Food Allergies & Intolerances: Please always inform your server about any allergens or intolerances which may affect you. Strada provide allergen information for the 14 allergens recognised in the legislation. Whilst this means that allergens, such as nuts or gluten, are not contained in the ingredients themselves, they are still present in the kitchen and therefore some traces may still be found. We accept all major credit cards. Our prices include VAT at the current rate. An optional service charge of 10% will be added to parties of 8 or more. Visit www.strada.co.uk for full details.