

LA TAVERNETTA



BENVENUTI! WELCOME!

La Tavernetta is a small family run business owned by Italian chef Antonio and his Yorkshire wife Jenny. Antonio runs the kitchen, sourcing only the best and freshest local ingredients, whilst Jenny manages bookings behind the scenes.

Antonio discovered his passion for Italian cooking four decades ago whilst working in his parents' restaurant in Italy. As a young boy he worked in the kitchen after school peeling potatoes and washing pots before graduating to helping his mother cook. This led him to catering college in Italy where he further mastered his art. He's since worked as a head chef in many kitchens, in both Italy and Yorkshire, before becoming a restaurant owner two decades ago.

Antonio loves to cook rustic hearty Italian food using regional recipes passed down through the generations. His family are from Monte Cassino near Rome and his menu reflects that influence. His mother Lucia taught him all her family recipes, as did his much-loved Zia Emilia, and his pizza dough recipe comes from his father Giuseppe who was a master Italian baker. Antonio's sauces are legendary, he's fussy about his tomatoes, and there is a secret in every dish!

We hope your visit is enjoyable and as authentic as possible outside of Italy.

FOOD DIETARY KEY

A	Alcohol	D	Dairy	G	Gluten	N	Nuts
C	Celery	E	Eggs	GF	Gluten free	V	Vegetarian
CR	Crustacean	F	Fish	M	Mollusc	VG	Vegan

* = Available Gluten Free

If you have a food allergy please inform your waiter before placing your order.

ANTIPASTO

BREADS

G-V	Basket of homemade Pugliese style artisan bread	£2.50
V-VG	Basket of gluten free bread	£2.50
V-D-G	Dough balls with garlic butter	£4.95

DIPS

V-VG-GF	Red pesto	£1.50
V-GF	Green pesto	£1.50
V-VG-GF	Balsamic & extra virgin olive oil	£1.50
V-VG-GF	Sundried tomato	£1.50
V-VG-GF	Roast red pepper	£1.50
V-VG-GF	Olive tapenade	£1.50

BRUSCHETTA *

V-VG-G	Chopped vine tomatoes, basil & extra virgin olive oil with garlic	£3.95
V-VG-G	Olive tapenade	£4.25
V-VG-G	Sun blushed tomatoes & rocket	£4.25
D-V-G	Provolone cheese	£4.95
F-C	Anchovy fillets & extra virgin olive oil	£3.50
G	Parma ham	£5.50

MIXED BRUSCHETTA *

D-F-G	One bruschetta of each selection above	£6.95
V-VG-G	Vegan mixed bruschetta: artichokes, roast peppers, olive tapenade, chopped tomatoes, grilled zucchini, sun blushed tomatoes	£5.95

12" GARLIC PIZZAS *

V-VG-G	Tomato, garlic, oregano & olive oil	£4.95
F-G	Tomato, garlic, anchovies & olive oil	£5.25
D-V-G	Tomato, garlic & mozzarella (vegan option available)	£5.95
D-V-G	Garlic & mozzarella (Bianco) (vegan option available)	£5.50

* Gluten free options available

SHARING ANTIPASTO

F-D-G	Traditional	£15.95
	Mixed Italian cured meats, Parma ham, Provolone, olives, sun blushed tomatoes, anchovies & bread	
V-VC-G	Vegan	£15.95
	Artichokes, roast peppers, olives, sun blushed tomatoes, grilled zucchini, grilled aubergine & bread	

STARTERS - COLD

GF-V-VG	Mixed marinated olives	£2.75
GF-F	Marinated anchovy fillets in olive oil	£3.25
GF	Salumi - platter of mixed Italian cured meats	£6.95
D-GF-V	Caprese - whole buffalo mozzarella & sliced vine tomatoes, olive oil & fresh sweet basil	£6.95
F-GF	Carpaccio di salmone - smoked salmon, wild rocket, cherry tomatoes with olive oil	£7.95
D-GF	Prosciutto e formaggio - Parma ham & provolone cheese	£7.50

STARTERS - HOT

D-V	Mozzarella in carrozza - deep fried mozzarella in breadcrumbs topped with our homemade tomato sauce	£4.95
GF-D-V	Funghi al aglio - garlic mushrooms in a creamy sauce & fresh parsley	£4.95
GF	Costole - slow cooked pork ribs in our own sticky, sweet sauce	£6.25
G-D-VE	Arancini - little rice balls deep fried in breadcrumbs with a mozzarella centre with tomato sauce	£5.95
GF-D-E	Polpette - homemade pork meatballs in tomato sauce (family recipe)	£5.95
GF-D-A-CR	Gamberoni aglio - king prawns in white wine, garlic & butter	£7.50
GF-D-A-CR	Gamberoni diavola - king prawns in white wine, garlic, smoked paprika, fresh chilli & butter	£7.95
GF-A-MU-D	Cozze - fresh mussels in garlic, white wine & cream (subject to availability)	£5.95
GF-D-V	Parmigiana - layers of aubergine & mozzarella baked lasagna style	£5.50
G-D	Lasagna - homemade with layers of pasta, meatballs & cheese	£5.50

Half sized portions from the 'Mix & Match Pasta' or 'Classic Pizza' sections can be ordered as a starter at half the listed price.

PASTA

MIX & MATCH PASTA

STEP 1 - CHOOSE YOUR PASTA SHAPE



SPAGHETTI



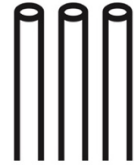
PENNE



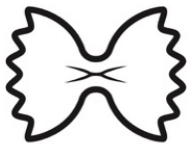
FUSILLI



LINGUINE



BUCATINI



FARFALLE



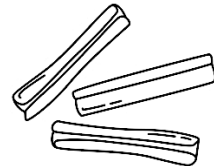
RIGATONI



CAVATAPPI



MACARONI



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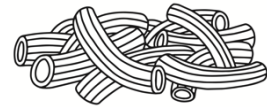
CONCHIGLIE



TAGLIATELLE



ORECCHIETTE



ZITI

All pastas contain gluten. Please check our blackboard for gluten free pasta shapes.

STEP 2 - CHOOSE YOUR SAUCE

GF-V-VG	Pomodoro - tomato, basil & onion	£7.95
GF	Bolognese - minced pork & beef in tomato sauce (cream = £1)	£8.95
E-D-GF	Carbonara - egg, cream, pancetta, parmesan & black pepper (veg option with mushrooms also available)	£9.50
V-VG-GF	Arrabiata - tomato, black olives, onion, basil & chillies	£9.50
GF	Amatriciana - tomato, pancetta, onion & basil	£9.50
V-VG-GF	Cacciatora - tomato, mushrooms, onion & basil	£8.50
V-VG-GF	Ortolana - roasted & grilled, Mediterranean veg & olive oil	£9.50
D-V-GF	4 Formaggi - 4 locally sourced cheeses in a creamy sauce	£9.50
GF	Polpette - homemade pork Italian meatballs in tomato sauce (Zia Emilia's family recipe)	£9.50
GF	Putanesca - anchovies, capers, olives, tomato, onion & garlic	£8.50
V-GF	Pesto verde - basil & parmesan	£9.50
V-GF	Pesto rosso - sundried tomatoes	£9.50
V-GF	La rucola - wild rocket, cherry tomatoes, parmesan shavings & olive oil	£8.95
G-D	Nduja - Nduja sausage & cream	£8.95

FRESH PASTA & SPECIALS

G	Orecchiette al Ragù - little ears in a rich homemade lamb ragu with onion & basil	£11.95
G-D-V	Papardelle Alfredo - clotted cream, mushrooms, peas & parmesan cheese	£10.95
G-D-V	Gnocchi Greppia - dolcelatte, parmesan, radicchio rosso & cream	£10.95
G-D-V	Cannelloni - spinach & ricotta filled tubes in tomato sauce	£9.50
G-D	Lasagna - layers of fresh pasta, tomato sauce, mozzarella, parmesan & pork meatballs (family recipe from southern Italy)	£8.95
G-D-E-V	Ravioli - parcels filled with ricotta cheese & spinach in a creamy mascarpone & tomato sauce	£11.95
G-D-V	Al forno - pasta bake with tomato sauce, mascarpone, peas, mushrooms & a crispy mozzarella top	£10.95
G-D-F-E	Agnolotti - round parcels filled with ricotta & lobster in a mascarpone & tomato sauce	£11.95
GF-V-D	Parmigiana - layers of sliced aubergine in tomato sauce, Mozzarella & parmesan cheese (baked lasagna style)	£8.95

FISH & SEAFOOD PASTA

G-MU	Spaghetti alle Cozze - fresh mussels, garlic & tomato sauce	£9.50
G-MU-A	Spaghetti alle Vongole - fresh clams, garlic, white wine, parsley & olive oil	£9.50
G-MU-CR-A	Linguine ai Frutti di Mare - medley of seafood (shell on prawns) in garlic, white wine, parsley & olive oil	£11.95
G-F	Tagliatelle al tonno - tuna, tomato sauce, olives, olive oil & basil	£9.95
G-F	Orecchiette con rucola - tuna, wild rocket, onion & olive oil	£10.95

Fish & seafood dishes are subject to availability of fresh ingredients.

All our pasta is cooked to order.

Chilli can be added to any sauce for free.

Please check our blackboard for gluten free pasta shapes.



We only use the pasta brand La Molisana who are dedicated to producing artisanal, high quality, nutritionally balanced bronze dyed, authentic pasta.

PIZZA

All our pizzas (approx. 12") are made from homemade dough and hand stretched in the Neapolitan style. We use only the best authentic ingredients, San Marzano tomatoes and buffalo mozzarella from the region of Campania, Naples.

CLASSIC PIZZA

F-G	Marinara - tomato, anchovies, capers, olives	£7.25
D-G-V	Margherita - tomato, mozzarella cheese**	£7.95
D-G-V	Funghi - tomato, cheese, mushrooms**	£8.25
D-G	Prosciutto - tomato, cheese, roast ham	£8.75
D-G	Prosciutto e funghi - tomato, cheese, mushroom, ham	£8.95
D-G	Pepperoni - tomato, cheese, pepperoni sausage	£8.75
D-G	4 Stagioni - tomato, cheese, mushroom, ham, pepperoni, olives	£9.95
D-G	Diavola - tomato, cheese, pepperoni, onion, chilli, peppers	£8.95
V-D-G	Ortolana - tomato, cheese, Mediterranean veg**	£8.75
D-G	4 Salami - tomato, cheese, 4 types of salami	£9.95
E-D-G	Capricciosa - tomato, cheese, artichoke, ham, mushroom, egg	£9.95
D-G	4 Formaggi - tomato, 4 locally produced cheeses	£8.95
D-G	Bolognese - tomato, cheese, Bolognese sauce	£8.75
D-G	Polpette - tomato, cheese, pork meatballs	£8.75
D-G	Calzone - folded pizza, tomato, cheese, roast ham	£8.75
D-G	Nduja - spicy nduja sausage, pepperoni, tomato, cheese	£9.75
D-F-G	Tonno - tuna, cheese, tomato, onion	£8.75

** = vegan option available. Extra toppings £1.25 each

PIZZA SPECIALS

D-G	Parma - tomato, mozzarella pearls, Parma ham, sundried tomato, rocket	£12.95
MU-CR F-G	Frutti di mare - tomato, olives, capers & a medley of seafood (may contain prawns in shell)	£10.95
G-D	Calzone Vesuvio - spicy nduja sausage, mozzarella, diavola sauce, roast ham	£11.95

All pizzas (except Calzone & Pizza Fritta)
available on gluten & dairy free base (£1 extra charge)

PIZZA FRITTA

When pizza first originated in Naples they were shallow fried in sunflower oil before moving to wood fired ovens some years later. Fried pizza has a savoury doughnut like base and is still today very popular in the Campania region of Italy.

G-D	Mortadella - ricotta cheese, mortadella, rocket	£10.95
G-D	Parma - dolcelatte cheese, Parma ham, sundried tomato, rocket	£11.95
G-D-F	Salmone - cream cheese (mascarpone), smoked salmon, rocket	£12.95
G-N	Nutella - smothered with hazelnut & chocolate spread	£8.95

SALADS & SIDES

LARGE SEASONAL SALADS

AVAILABLE MAY TO AUGUST (INCLUSIVE)

GF-F-E	Niçoise - new potatoes, tuna, French beans, olives, anchovies, egg, lettuce, dressing	£10.95
GF-D	Caesar - chicken, parmesan shavings, lettuce, dressing	£9.95
VG-V-GF	Ortolana - roast mixed Mediterranean veg, sundried tomatoes, French beans, lettuce, dressed with oregano & olive oil	£10.95

SIDE SALADS

VG-V-GF	Mixed salad	£3.95
V-GF-D	Greek salad - feta, olives, onion, cucumber, tomato & oregano	£4.95
VG-V-GF	Tomato salad - sliced vine tomatoes, red onion & fresh basil	£3.95
VG-V-GF	Ortolana salad - grilled veg salad in extra virgin olive oil	£4.25
V-D-GF	Caprese salad - mozzarella pearls, cherry tomatoes, basil, olive oil	£4.50

SIDES

G-VG-V	Zucchini Fritti - courgette chips fried in batter	£3.95
V-GF	Halloumi fries - halloumi cheese fries	£3.95
VG-V-GF	Sauté potatoes - sliced baby potatoes pan fried in olive oil	£3.50
VG-V-GF	Crushed potatoes - crushed baby potatoes with garlic, smoked paprika & rosemary olive oil	£3.50
VG-V-GF	Grilled veg - mixed Mediterranean veg grilled in garlic & olive oil	£3.50
VG-V-GF	French fries	£2.50

KIDS PORTIONS

Half sized portions from the 'Mix & Match Pasta' section or kids sized pizzas from the 'Classic Pizza' section are available for children for half the listed price.

SPECIAL LUNCH MENU

AVAILABLE UNTIL 3:30PM

PANINI

SERVED ON CIABATTA* OR SLICED
HOMEMADE BREAD WITH SALAD GARNI

G-D	Prosciutto - Italian roast ham, provolone cheese, vine tomato	£6.95
G-D	Caprese - sliced mozzarella, vine tomatoes, fresh basil, extra virgin olive oil	£5.95
G-D	Rustico - sundried tomato, scamorza (smoked Italian cheese), rocket	£6.50
V-VG-G	Ortolana - mixed roast Mediterranean veg, sundried tomato, oregano, olive oil	£6.50
G-D	Mortadella - sliced mortadella salami, vine tomato, provolone cheese	£6.50
G-D	Parma - Parma ham, dolcelatte cheese, rocket, olive oil	£6.95

*ciabatta available gluten free

FRITTATA

SERVED WITH SALAD GARNI

V-E-D	Frittata zucchini - Italian omelette with courgette	£5.95
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PIZZETTE

SMALL PIZZAS

D-G	Margherita - cheese, tomato	£5.50
D-G	Mortadella - ricotta cheese, mortadella	£5.95
V-VG-G	Ortolana - roast veg, sundried tomatoes	£5.95
D-G	Porchetta - cheese, Italian roast ham	£5.95
D-G	Nduja - cheese, spicy nduja sausage, onion	£5.95

TRADITIONAL DISHES

V-GF-E-D	Parmigiana - aubergine & mozzarella baked lasagna style	£5.50
G-D	Lasagna - homemade with layers of pasta, meatballs & cheese	£5.50
GF-D-E	Polpette - homemade pork meatballs in tomato sauce (family recipe)	£5.50
G-D-V	Cannelloni - spinach & ricotta filled tubes in tomato sauce	£5.50

SET MENU

2 COURSES = £14.50 / 3 COURSES = £17.50

STARTERS

Garlic pizza*
V-VG-G

Garlic mushrooms
GF-D-V

Pate - chicken liver
G-D

Tomato bruschetta*
V-VG-G

Pork meatballs
GF-E-D

Parmigiana
D-E-GF-V

Arancini
D-G-V

*gluten free option available

MAINS

ANY PASTA FROM 'MIX & MATCH PASTA' SECTION
OR
ANY PIZZA FROM 'CLASSIC PIZZA' SECTION

DESSERTS

Tiramisu
D-G

Fudge cake
D-G

Crème brûlée
GF-D

Garden tartlet
VG-G

Any two scoops of gelato / sorbet

DESSERT MENU

MAIN DESSERTS

SERVED WITH VANILLA GELATO OR WHIPPED CREAM

GF-D-E	Crème brûlée	£5.95
D-G	Tiramisu	£5.95
D-G	Salted caramel ice cream cheesecake	£5.95
GF-D	Chocolate brownie	£5.95
GF-D	Sticky toffee pavlova	£5.95
D-G	Fudge cake	£5.95
G-V-N	Fried dough balls with Nutella	£5.50
G-V-N	Fried churros with Nutella	£5.50
VG	Garden tartlet - biscuit base with apple & raspberry compote topped with forest berries	£5.95

GELATO (ITALIAN ICE-CREAM) & SORBETS

MIX & MATCH:

1 Scoop = £2.00 2 Scoops = £3.75 3 Scoops = £5.50

GF-D-V	Vanilla	GF-V-VG	Dairy Free Salted caramel
GF-V-VG	Dairy Free Vanilla	GF-D-V	Honeycomb
GF-D-V-N	Pistachio	GF-D-V	Toffee
GF-D-V-N	Nutella	GF-V-VG	Lemon sorbet
GF-D-V	Salted caramel	GF-V-VG	Blood orange sorbet

CHEESE BOARD

SERVED WITH BREAD* & GARNI

D-V	Single board	£7.50	Sharing board	£14.00
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* Gluten free option available

HOT DRINKS

COFFEE

Espresso / Double Espresso	£1.30 / £1.80	All available in Decaf. Extra shot = £1 extra. Alternative milk = 50p extra
Americano	£2.20	
Latte or Cappuccino	£2.95	

TEA

Yorkshire Tea / Decaf Yorkshire Tea	Single Pot = £1.50	Large Pot = £2.50
Flavoured & Fruit Teas	Single Pot = £1.75	Large Pot = £2.75

HOT CHOCOLATES

Italian Hot Chocolate	£2.50	Deluxe Italian Hot Chocolate	£3.00
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ALCOHOL

BEERS

BY THE BOTTLE

Peroni Red	33cl, 4.7%	£3.30	San Miguel	33cl, 5.0%	£3.30
Peroni Azzurro	33cl, 5.1%	£3.50	Estrella Damn	33cl, 4.6%	£3.40
Birra Moretti	33cl, 4.6%	£3.40	Peroni Libera	33cl, 0.0%	£3.10

CIDER

BY THE BOTTLE

Magners Apple Cider	56cl, 4.5%	£3.30
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LIQUEURS

BY THE SHOT

Sambuca	£3.50	Vecchia Romagna brandy 38%	£4.95
Limoncello	£3.50	Single Malt Whisky	£4.95
Amaretto	£3.50	All other spirits	£3.50
Amaro Averna	£3.50	Mixers	£1.00
(Digestive Liqueur)		Mixer Dash	FREE

SOFT DRINKS

San Pellegrino - blood orange, orange, lemon, grapefruit	33cl	£2.30
Coca Cola	33cl	£2.20
Fanta / Sprite	33cl	£2.10
Diet Coke / Sprite Zero	33cl	£2.00
Orange juice / Cranberry juice / Apple juice	33cl	£2.20

BOTTLED WATER

Acqua Panna	50cl	£2.00
San Pellegrino	50cl	£2.00



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INGLETON

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