

MENU

ANTIPASTI

SELECTION OF OLIVES	3
GARLIC BREAD	3
GARLIC BREAD WITH CHEESE	3.5
GARLIC BREAD WITH CHILLI TOMATO	3.5
GARLIC PIZZA	4
WITH CHEESE OR TOMATO	5
BRUSCHETTA WITH TOMATO AND BASIL	5
BRUSCHETTA WITH GOATS CHEESE AND ROCKET	5
BRUSCHETTA WITH DOLCELATTE & MUSHROOM	5

SOUP OF THE DAY	4.5
SERVED WITH WARM CIABATTA	

HOMEMADE CHICKEN LIVER PATÉ	5.5
SERVED WITH TOASTED CIABATTA AND CRANBERRY COMPOTE	

AL FORNO FUNGHI DI CAMPO PIATTA	5.5
OVEN BAKED FLAT FIELD MUSHROOM FILLED WITH PATÉ	

FUNGHI AL'AGLIO (V)	5.5
BUTTON MUSHROOMS SERVED IN A RICH CREAMY GARLIC SAUCE	

ALI DI POLLO	6.5
FRIED CHICKEN WINGS SERVED WITH SWEET CHILLI OR LA TABELLA BARBECUE SAUCE	

SALMONE PALLE DI PESCI	6
CRISPY SALMON FISHBALLS SERVED ON A BED OF ROCKET DRIZZLED WITH CHILLI SAUCE	

CALAMARI FRITTI	6
DEEP FRIED CALAMARI RINGS SERVED WITH LEAF SALAD AND HOMEMADE TARTARE SAUCE	

GAMBRETTI LA TABELLA	7
KING PRAWNS WRAPPED IN SMOKED SALMON WITH GARLIC IN A WHITE WINE AND CREAM SAUCE	

COSTINE DI MAIALE	6
TENDER SPARE RIBS COOKED IN LA TABELLA'S OWN RECIPE BARBECUE SAUCE	

FRITELLE DI PARMIGIANO	6
PARMESAN FRITTERS WITH HOMEMADE CHILLI JAM	

COZZE CARBONARA	6.5
FRESH STEAMED MUSSELS WITH SMOKED PANCETTA IN A WHITE WINE & CREAM SAUCE	

MELONE E PROSCIUTTO	7
COOL SLICED GALIA MELON WITH PARMA HAM	

GAMBRETTI LA ROMA	7
KING PRAWNS IN A SPICY TOMATO SAUCE	

ANTIPASTI PLATTER - PER PERSON	8.5
A SELECTION OF MIXED ITALIAN MEATS, GHERKINS, BUFFALO MOZZARELLA, FRESH CHILLIES, ARTICHOKEs, SUNDRIED TOMATOES, SUNDRIED PEPPERS, OLIVES SERVED WITH FRESH CIABATTA	

ANY PASTA OR SALAD DISH CAN BE SERVED AS A STARTER	6
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INSALATE

INSALATA DI POLLO E PANCETTA	11
WARM CHICKEN BREAST, PANCETTA AND MIXED LEAVES	

INSALATA GRECA (V)	11
FETA CHEESE, BLACK OLIVES, RED ONION, CUCUMBER, TOMATO, WITH MIXED LEAVES AND GREEK YOGHURT DRESSING	

NOÛOISE SALMON	12
POACHED SALMON FILLET, NEW POTATOES, GREEN BEANS, BLACK OLIVES, EGG AND LETTUCE LEAVES	

INSALATA SALMONE AFFUMICATO	11.5
SMOKED SALMON AND FLAKED FRESH SALMON WITH MIXED LEAVES AND LA TABELLA DRESSING	

INSALATA DI POMODORI PANCETTA E AVOCADO	11.5
BUFFALO TOMATO, CRISPY PANCETTA, SLICED AVOCADO WITH MIXED LEAVES AND LA TABELLA DRESSING	

PIATTA DI MAGGIORI

ALL MAIN COURSES ARE SERVED WITH CHEF'S CHOICE OF POTATO DISHES AND SEASONAL VEGETABLES, UNLESS STATED

POLLO TABELLA	18
CHICKEN BREAST STUFFED WITH FRESH SPINACH AND MOZZARELLA, WRAPPED IN PARMA HAM WITH A RICH WHITE WINE & CREAM SAUCE	

POLLO CAPRESE	18
CHICKEN BREAST COOKED IN WHITE WINE, TOPPED WITH MOZZARELLA, TOMATO, FRESH BASIL AND A BALSAMIC GLAZE	

BURGER TABELLA	12.5
HOMEMADE BURGER, TOPPED WITH BUFFALO MOZZARELLA, PANCETTA, ONION, SERVED ON A BRIOCHE BUN WITH SKINNY FRIES OR CHUNKY CHIPS AND COLESLAW	

CONTROFILETTO PIZZAIOLA	19.5
10OZ SIRLOIN STEAK COOKED TO YOUR LIKING, WITH AN ITALIAN PIZZAIOLA SAUCE, SERVED WITH THICK CUT CHIPS AND GREEN BEANS	

GARNI FILETTO DI MANZO	22.5
8OZ FILLET STEAK COOKED TO YOUR LIKING, SERVED PLAIN OR WITH A RICH PEPPERCORN SAUCE WITH THICK CUT CHIPS AND GREEN BEANS	

HERB SALMON IN CROSTA	17.5
HERB CRUSTED SALMON FILLET WITH A CREAM & BASIL SAUCE	

SPIGOLA CON SALSAL VERDE	17.5
SEABASS FILLETS SERVED WITH A FRESH SALSAL VERDE	

SPALLA DI AGNELLO	18.5
FALL OFF THE BONE LAMB SHOULDER COOKED IN A TOMATO & ROSEMARY SAUCE	

PETTO D'ANATRA ARROSTO	17.5
ROASTED DUCK BREAST SERVED WITH A CHERRY & PORT SAUCE	

CONTORNI

SKINNY FRIES	3
CHUNKY CHIPS	3
HOMEMADE ONION RINGS	3
SIDE SALAD	4
TOSSED ROCKET & PARMESAN	3
TOMATO & ONION SALAD	3
TOMATO & MOZZARELLA SALAD	3
HOMEMADE COLESLAW	2
MIXED VEGETABLES	4
ANY SALAD FROM THE MENU AS A SIDE	6

LUNCH SPECIALE

12NOON - 2PM, TUES - SAT

ANY PIZZA OR PASTA DISH
WITH GLASS OF HOUSE WINE OR
CHOICE OF STILL OR SPARKLING CORDIAL

ONLY £7.50

LA TABELLA
PIZZA & PASTA

PIZZA & PASTA

PASTA

PAPPARDELLE ALLA BISTECCA FILLET STEAK, ONIONS, MUSHROOMS, FRESH CHILLI IN A TOMATO SAUCE	11
POLLO CREMOSA E PANCETTA SPAGHETTI SERVED WITH CREAMY CHICKEN, CRISPY PANCETTA FINISHED WITH FRESH BASIL	10
SPAGHETTI CON GAMBERETTI KING PRAWNS, GARLIC, CHILLI AND TOMATO	11
CARCIOFO E GAMBERETTI ARTICHOKES AND PRAWNS SERVED WITH LINGUINE, PARMESAN, OLIVES AND LEMON	10.5
SPAGHETTI CARBONARA PANCETTA, GARLIC, EGG AND PARMESAN IN A RICH CREAM SAUCE	10
PENNE ARRABIATA (V) TOMATOES, ONIONS, GARLIC, CHILLI AND PARMESAN	10
LASAGNE AL FORNO THE CLASSIC ITALIAN PASTA DISH HOMEMADE TO LA TABELLA'S SPECIAL RECIPE	10
SALMON E BRÓCOLI AL FORNO FRESH SALMON AND BROCCOLI CREAMY PASTA BAKE	11
PAPPARDELLE SALMONE FRESH SALMON, MUSHROOMS, MIXED PEPPERS AND PINE NUTS	11
TORTELLINI ALLA PANNA MEAT FILLED PASTA WITH PROSCIUTTO IN A RICH CREAM SAUCE	10.5
TORTELLINI VEGETARIANO SPINACH & RICOTTA FILLED PASTA WITH A SPRING ONION & CREAM SAUCE	10.5
SPAGHETTI BOLOGNAISE THE CLASSIC ITALIAN FAVOURITE	10
LINGUINE VONGOLE CLAMS IN WHITE WINE, GARLIC, CHILLI AND FRESH PARSLEY	10
LINGUINE POLPETTA LA TABELLA'S HOMEMADE MEATBALLS WITH A RICH TOMATO SAUCE	10
RISOTTO ALLA PESCATORA MIXED SEAFOOD AND SHELLFISH IN A SEAFOOD STOCK	11
RISOTTO VEGETARIANO (V) LEMON, PEAS AND PARMESAN	10
RISOTTO TABELLA HAM HOCK AND PEAS WITH ARBORIO RICE IN A RICH STOCK	10

PIZZA

ALL FRESHLY PREPARED TO ORDER WITH AN AUTHENTIC
THIN & CRISPY BASE WITH FRESH INGREDIENTS

ALL PIZZAS AND SELECTED PASTA CAN BE PREPARED GLUTEN FREE

MARGHERITA (V) TOMATO AND MOZZARELLA CHEESE	9
PROSCIUTTO E FUNGHI HAM WITH MUSHROOMS	10
VEGETARIANO (V) FRESH VEGETABLES	10
MARINARA FRESH SEASONAL SEAFOOD	10.5
PICCANTE PEPPERONI, MUSHROOMS, ONIONS AND CHILLI	10.5
FIorentINE PARMA HAM, FRESH TOMATOES, SPINACH AND AN EGG	10
POLLO PICCANTE SPICED CHICKEN, ONIONS, PEPPERS AND FRESH CHILLI	10.5
POLPETTA LA TABELLA'S HOMEMADE MEATBALLS WITH A BARBECUE SAUCE BASE	10.5
ANATRA SHREDDED ROAST DUCK, SPRING ONIONS WITH A HOI SIN SAUCE BASE	10.5
GRECO SHREDDED LAMB, FETA CHEESE, ROCKET, OLIVES WITH A YOGHURT DRIZZLE	10.5
POLLO TANDOORI TANDOORI CHICKEN, SPRING ONION AND FRESH CORIANDER SERVED ON A MANGO CHUTNEY BASE	10.5
POLLO SATAY SATAY CHICKEN, ONIONS, PEPPERS, FRESH CORIANDER, SESAME SEEDS WITH A HOMEMADE SATAY SAUCE BASE	11
CAPRICCIOSA SALAMI, HAM, PEPPERONI AND RED ONIONS	11
PIZZA TABELLA THE ULTIMATE PIZZA WITH FILLET STEAK, FRESH KING PRAWNS, TARRAGON MAYO AND ROCKET	12
MEAT FEAST CALZONE FOLDED PIZZA WITH FILLET STEAK, CHICKEN, HAM, PEPPERONI AND ONIONS	12.5
SPINACI E RICOTTA CALZONE (V) FOLDED PIZZA WITH SPINACH AND RICOTTA FILLING	11
EXTRA TOPPINGS ON ANY OF OUR PIZZAS	1
ANY PASTA OR PIZZA DISH CAN BE SERVED IN A CHILD'S PORTION INCLUDING ICE CREAM DESSERT	5

 FOLLOW US ON FACEBOOK FOR OUR LATEST OFFERS

MIDWEEK 2 COURSE SPECIAL

TUES - THURS 5PM - 10PM

ANY PIZZA OR PASTA
WITH A STARTER OR DESSERT
ONLY £10

ALL DAY SUNDAY

3PM - 9PM

ANY PIZZA OR PASTA DISH
ONLY £5

All party bookings of 10 people and over will be required to pay a deposit of £5 per person. Pre-orders for food should be submitted 5 days prior to your booking.
NO OFFERS AVAILABLE on Valentine's Day, Mother's Day, Christmas Eve and New Year's Eve. Please ask for full terms and conditions.

We cannot guarantee that all of our dishes are free from the following allergenic ingredients:- Fish, Eggs, Crustaceans, Sesame Seeds, Milk, Nuts, Soya Beans, Celery, Mustard, Lupin, Molluscs, Cereals containing Gluten or Sulphur Dioxide. Please feel free to communicate any worries you may have concerning any of the listed items or discuss any food allergies to a member of our staff.