

MENU

ANTIPASTI

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| 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 | 5.5 |
| BRUSCHETTA WITH GOATS CHEESE AND ROCKET | 5.5 |
| BRUSCHETTA WITH GRILLED CHICKEN & MOZZARELLA | 5.5 |
| SOUP OF THE DAY | 4.5 |
| SERVED WITH WARM CIABATTA | |
| HOMEMADE CHICKEN LIVER PATÉ | 5.5 |
| WITH TOASTED CIABATTA AND CRANBERRY COMPOTE | |
| FUNGHI AL'AGLIO (v) | 6 |
| BUTTON MUSHROOMS IN A CREAMY GARLIC SAUCE | |
| POLPETTE TOSCANE | 6.5 |
| HANDMADE MEATBALLS IN A TOMATO & ROSEMARY SAUCE | |
| ALI DI POLLO | 6.5 |
| FRIED CHICKEN WINGS COATED IN SWEET CHILLI OR LA TABELLA BARBECUE SAUCE | |
| SALMONE PALLE DI PESCI | 6.5 |
| 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 | 7.5 |
| KING PRAWNS WRAPPED IN SMOKED SALMON WITH GARLIC IN A WHITE WINE AND CREAM SAUCE | |
| COSTINE DI MAIALE | 6.5 |
| TENDER BABYBACK RIBS COOKED IN LA TABELLA'S OWN RECIPE BARBECUE SAUCE | |
| FRITELLE DI PARMIGIANO (v) | 6.5 |
| PARMESAN FRITTERS WITH CHILLI JAM | |
| COZZE CARBONARA | 7 |
| 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 (£2 SUPP ON MIDWEEK OFFER) | 9 |
| A SELECTION OF MIXED ITALIAN MEATS, GHERKINS, BUFFALO MOZZARELLA, ARTICHOKE, SUNDRIED TOMATOES, SUNDRIED PEPPERS, OLIVES SERVED WITH FRESH CIABATTA | |
| SELECTED PASTA & SALAD DISHES SERVED AS A STARTER | 6 |

INSALATE

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| INSALATA DI POLLO CAESAR | 11 |
| CHICKEN BREAST PIECES WITH PARMESAN AND CROUTONS ON A BED OF ICEBERG LEAVES AND HOMEMADE CAESAR DRESSING | |
| INSALATA GRECA (v) | 11 |
| FETA CHEESE, BLACK OLIVES, RED ONION, CUCUMBER, TOMATO, WITH MIXED LEAVES AND GREEK YOGHURT DRESSING | |
| NOÏOISE SALMON | 12 |
| POACHED SALMON PIECES, 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 | |

PIATTA DI MAGGIORI

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| BRANZINO ALLA GRIGLIA | 19 |
| GRILLED SEABASS FILLETS WITH A CAPER & OLIVE BUTTER PARSLEY NEW POTATOES AND SICILIAN ASPARAGUS | |
| POLLO TABELLA | 18.5 |
| CHICKEN BREAST STUFFED WITH FRESH SPINACH AND BUFFALO MOZZARELLA, WRAPPED IN PARMA HAM WITH SAUTÉED POTATOES AND BROCCOLI IN A WHITE WINE SAUCE | |
| BURGER TABELLA | 12.5 |
| HOMEMADE BEEF PATTY TOPPED WITH BUFFALO MOZZARELLA, DRIED CURED PANCETTA SERVED ON FRESH BRIOCHE BUN WITH CHOICE OF SKINNY OR CHUNKY CHIPS AND HOMEMADE COLESLAW | |
| SPALLA DI AGNELLO | 19 |
| FALL OF THE BONE LAMB SHOULDER COOKED IN A TOMATO & ROSEMARY SAUCE, WITH THYME MASH AND GLAZED CARROTS | |
| CONTROFILETTO CON SALSADIANE | 20 |
| 8OZ SIRLION COOKED TO YOUR LIKING, WITH DIANE SAUCE, THICK-CUT CHIPS, SAUTÉED MUSHROOMS, ROAST TOMATO AND GREEN BEANS | |
| GARNI FILETTO DI MANZO | 25 |
| 8OZ FILLET STEAK COOKED TO YOUR LIKING WITH PEPPERCORN SAUCE, THICK-CUT CHIPS, SAUTÉED MUSHROOMS, ROAST TOMATO AND GREEN BEANS | |

CONTORNI

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| SKINNY FRIES | 3.5 |
| CHUNKY CHIPS | 3.5 |
| HOMEMADE ONION RINGS | 3.5 |
| HALLOUMI FRIES | 4.5 |
| SWEET POTATO FRIES | 4.5 |
| SIDE SALAD | 4 |
| TOSSED ROCKET & PARMESAN | 3.5 |
| TOMATO & ONION SALAD | 3.5 |
| TOMATO & MOZZARELLA SALAD | 3.5 |
| HOMEMADE COLESLAW | 2.5 |
| MIXED VEGETABLES | 4 |
| ANY SALAD FROM THE MENU AS A SIDE | 6 |

TABELLA SUNDAY ROAST

12 NOON - 8PM

ONLY £8.50

ANY PIZZA OR PASTA DISH

ONLY £5

LA TABELLA
PIZZA & PASTA



PIZZA & PASTA

PASTA

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| 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 |
| SPAGHETTI CARBONARA PANCETTA, EGG AND PARMESAN IN A RICH CREAM SAUCE | 10 |
| PENNE ARRABIATA (v / VEGAN) TOMATOES, ONIONS, GARLIC AND CHILLI | 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 |
| PASTA DI PESCE A MIX OF KING PRAWNS, MUSSELS AND SQUID IN TOMATO & GARLIC SAUCE WITH SQUID INK PASTA | 11 |
| SPAGHETTI CON AGLIO (v / VEGAN) SPAGHETTI TOSSED IN FRESH GARLIC AND OLIVE OIL | 9.5 |
| SPAGHETTI BOLOGNAISE THE CLASSIC ITALIAN FAVOURITE | 10 |
| LINGUINE VONGOLE CLAMS IN WHITE WINE, GARLIC, CHILLI AND FRESH PARSLEY | 10 |
| GNOCCHI CON AGLIO E PANCETTA ITALIAN POTATO DUMPLINGS IN A CREAMY GARLIC & PANCETTA SAUCE | 10.5 |
| POLLO CUOCERE CREAMY CHICKEN & LEEK PASTA BAKED WITH A CRUNCHY TOP | 11 |
| LINGUINE CARCIOFO GAMBERETTI FRESH ARTICHOKE AND KING PRAWNS TOSSED IN FRESH LEMON JUICE | 11 |
| RISOTTO SALMON SMOKED SALMON, PEAS, CREAM CHEESE WITH ARBORIO RICE AND FISH STOCK | 10 |
| RISOTTO TABELLA HAM HOCK AND PEAS WITH ARBORIO RICE IN A RICH STOCK | 10 |
| ANY PASTA OR PIZZA DISH CAN BE SERVED IN A CHILD'S PORTION INCLUDING ICE CREAM DESSERT | 6 |

PIZZA

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| MARGHERITA (v) TOMATO AND MOZZARELLA CHEESE | 9.5 |
| PROSCIUTTO E FUNGHI HAM WITH MUSHROOMS | 10.5 |
| VEGETARIANO (v) FRESH VEGETABLES | 10.5 |
| VEGANO (VEGAN) NO CHEESE PIZZA WITH MUSHROOM, ARTICHOKE, RED ONION, OLIVES AND SLICED TOMATO FINISHED WITH BALSAMIC GLAZE & ROCKET | 10.5 |
| MARINARA FRESH SEASONAL SEAFOOD | 11 |
| PICCANTE PEPPERONI, MUSHROOMS, ONIONS AND CHILLI | 11 |
| FIorentINE PARMA HAM, FRESH TOMATOES, SPINACH AND AN EGG | 10.5 |
| POLLO PICCANTE SPICED CHICKEN, ONIONS, PEPPERS AND FRESH CHILLI | 11 |
| POLPETTA LA TABELLA'S HOMEMADE MEATBALLS WITH A BARBECUE SAUCE BASE | 11 |
| ANATRA SHREDDED ROAST DUCK, SPRING ONIONS WITH A HOI SIN SAUCE BASE | 11 |
| GRECO SHREDDED LAMB, FETA CHEESE, ROCKET, OLIVES WITH A YOGHURT DRIZZLE | 11 |
| POLLO TANDOORI TANDOORI CHICKEN, SPRING ONION AND FRESH CORIANDER SERVED ON A MANGO CHUTNEY BASE | 11 |
| CAPRICCIOSA SALAMI, HAM, PEPPERONI AND RED ONIONS | 11.5 |
| PIZZA TABELLA THE ULTIMATE PIZZA WITH FILLET STEAK, FRESH KING PRAWNS, TARRAGON MAYO AND ROCKET | 12.5 |
| MEAT FEAST CALZONE FOLDED PIZZA WITH FILLET STEAK, CHICKEN, HAM, PEPPERONI AND ONIONS | 13 |
| QUATTRO STAGIONI (v) FOUR SEASONS PIZZA WITH ARTICOKES, BASIL, MUSHROOMS AND OLIVES | 10.5 |
| EXTRA TOPPINGS ON ANY OF OUR PIZZAS - FROM | 1 |
| <i>SELECTED PIZZA & PASTA DISHES CAN BE PREPARED GLUTEN FREE</i> | |

LUNCH SPECIALE

TUES-SAT FROM 12NOON - 1.45PM (LAST ORDERS)

ANY PIZZA OR PASTA DISH
WITH GLASS OF HOUSE WINE OR
CHOICE OF STILL OR SPARKLING CORDIAL
ONLY £7.50

MIDWEEK 2 COURSE SPECIAL

TUES - THURS 5PM - 10PM

ANY PIZZA OR PASTA
WITH A STARTER OR DESSERT
ONLY £12

A discretionary 10% service charge will be added to groups of 8 or more. 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.