

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	5.5
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 TOSCANI	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	6.5
DEEP FRIED CALAMARI RINGS SERVED WITH LEAF SALAD AND HOMEMADE TARTARE SAUCE	
GAMBRETTI LA TABELLA (£2 SUPP ON 2 COURSE OFFER)	8
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	7.5
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 (£2 SUPP ON 2 COURSE OFFER)	7.5
KING PRAWNS IN A SPICY TOMATO SAUCE	
ANTIPASTI PLATTER (£2 SUPP ON 2 COURSE 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	7

INSALATE

INSALATA DI POLLO CAESAR	12
CHICKEN BREAST PIECES WITH PARMESAN AND CROUTONS ON A BED OF ICEBERG LEAVES AND HOMEMADE CAESAR DRESSING	
INSALATA GRECA (v)	12
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	12
SMOKED SALMON AND FLAKED FRESH SALMON WITH MIXED LEAVES AND LA TABELLA DRESSING	

PIATTA DI MAGGIORI

BRANZINO ALLA GRIGLIA	19
GRILLED SEABASS FILLETS WITH A CAPER & OLIVE BUTTER PARSLEY NEW POTATOES AND SICILIAN ASPARAGUS	
POLLO TABELLA	19.5
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	21
FALL OFF THE BONE LAMB SHOULDER COOKED IN A TOMATO & ROSEMARY SAUCE, WITH THYME MASH AND GLAZED CARROTS	
CONTROFILETTO CON SALSADIANE	22.5
8OZ SIRLION COOKED TO YOUR LIKING, WITH DIANE SAUCE, THICK-CUT CHIPS, SAUTÉED MUSHROOMS, ROAST TOMATO AND GREEN BEANS	
GARNI FILETTO DI MANZO	27.5
8OZ FILLET STEAK COOKED TO YOUR LIKING WITH PEPPERCORN SAUCE, THICK-CUT CHIPS, SAUTÉED MUSHROOMS, ROAST TOMATO AND GREEN BEANS	

CONTORNI

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 SUNDAYS

12 NOON - 8PM

ANY PIZZA OR PASTA
WITH A STARTER OR DESSERT

£12

SUNDAY ROAST £9.50

(£2 SUPP ON 2 COURSE OFFER)

LA TABELLA
PIZZA & PASTA



PIZZA & PASTA

PASTA

PAPPARDELLE ALLA BISTECCA FILLET STEAK, ONIONS, MUSHROOMS, FRESH CHILLI IN A TOMATO SAUCE	11.5
POLLO CREMOSA E PANCETTA SPAGHETTI SERVED WITH CREAMY CHICKEN, CRISPY PANCETTA FINISHED WITH BASIL	10.5
SPAGHETTI CON GAMBERETTI (£2 SUPP ON 2 COURSE OFFER) KING PRAWNS, GARLIC, CHILLI AND TOMATO	11.5
SPAGHETTI CARBONARA PANCETTA, EGG AND PARMESAN IN A RICH CREAM SAUCE	10.5
PENNE ARRABIATA (v / VEGAN) TOMATOES, ONIONS, GARLIC AND CHILLI	10.5
LASAGNE AL FORNO THE CLASSIC ITALIAN PASTA DISH HOMEMADE TO LA TABELLA'S SPECIAL RECIPE	10.5
SALMON E BRÓCOLI AL FORNO FRESH SALMON AND BROCCOLI CREAMY PASTA BAKE	11.5
PAPPARDELLE SALMONE FRESH SALMON, MUSHROOMS, MIXED PEPPERS AND PINE NUTS	11.5
LINGUINE DI PESCE A MIX OF KING PRAWNS, MUSSELS AND SQUID IN TOMATO & GARLIC SAUCE	11.5
SPAGHETTI CON AGLIO (v / VEGAN) SPAGHETTI TOSSED IN FRESH GARLIC AND OLIVE OIL	10
SPAGHETTI BOLOGNAISE THE CLASSIC ITALIAN FAVOURITE	10.5
LINGUINE VONGOLE CLAMS IN WHITE WINE, GARLIC, CHILLI AND FRESH PARSLEY	10.5
GNOCCHI CON AGLIO E PANCETTA ITALIAN POTATO DUMPLINGS IN A CREAMY GARLIC & PANCETTA SAUCE	11
POLLO CUOCERE CREAMY CHICKEN & LEEK PASTA BAKED WITH A CRUNCHY TOP	11.5
LINGUINE CARCIOFO GAMBERETTI (£2 SUPP ON 2 COURSE OFFER) FRESH ARTICHOKE AND KING PRAWNS TOSSED IN FRESH LEMON JUICE	11.5
RISOTTO SALMON SMOKED SALMON, PEAS, CREAM CHEESE WITH ARBORIO RICE AND FISH STOCK	10.5
RISOTTO TABELLA HAM HOCK AND PEAS WITH ARBORIO RICE IN A RICH STOCK	10.5
ANY PASTA OR PIZZA DISH CAN BE SERVED IN A CHILD'S PORTION INCLUDING ICE CREAM DESSERT	7

PIZZA

MARGHERITA (v) TOMATO AND MOZZARELLA CHEESE	10
PROSCIUTTO E FUNGHI HAM WITH MUSHROOMS	11
VEGETARIANO (v) FRESH VEGETABLES	11
VEGANO (VEGAN) NO CHEESE PIZZA WITH MUSHROOM, ARTICHOKE, RED ONION, OLIVES AND SLICED TOMATO FINISHED WITH BALSAMIC GLAZE & ROCKET	11
MARINARA FRESH SEASONAL SEAFOOD	11.5
PICCANTE PEPPERONI, MUSHROOMS, ONIONS AND CHILLI	11.5
FIorentINE PARMA HAM, FRESH TOMATOES, SPINACH AND AN EGG	11
POLLO PICCANTE SPICED CHICKEN, ONIONS, PEPPERS AND FRESH CHILLI	11.5
POLPETTA LA TABELLA'S HOMEMADE MEATBALLS WITH A BARBECUE SAUCE BASE	11.5
ANATRA SHREDDED ROAST DUCK, SPRING ONIONS WITH A HOI SIN SAUCE BASE	11.5
GRECO SHREDDED LAMB, FETA CHEESE, ROCKET, OLIVES WITH A YOGHURT DRIZZLE	11.5
POLLO TANDOORI TANDOORI CHICKEN, SPRING ONION AND FRESH CORIANDER SERVED ON A MANGO CHUTNEY BASE	11.5
CAPRICCIOSA SALAMI, HAM, PEPPERONI AND RED ONIONS	12
PIZZA TABELLA (£2 SUPP ON 2 COURSE OFFER) THE ULTIMATE PIZZA WITH FILLET STEAK, FRESH KING PRAWNS, TARRAGON MAYO AND ROCKET	13
MEAT FEAST CALZONE (£2 SUPP ON 2 COURSE OFFER) FOLDED PIZZA WITH FILLET STEAK, CHICKEN, HAM, PEPPERONI AND ONIONS	13.5
QUATTRO STAGIONI (v) FOUR SEASONS PIZZA WITH ARTICOKES, BASIL, MUSHROOMS AND OLIVES	11
EXTRA TOPPINGS ON ANY OF OUR PIZZAS - FROM	1

SELECTED PIZZA & PASTA DISHES CAN BE PREPARED GLUTEN FREE

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 £8.50

MIDWEEK 2 COURSE SPECIAL

TUES - THURS 5PM - 9:30PM

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.