

ANTIPASTI

- SELECTION OF OLIVES WITH BREAD **4.5**
 GARLIC PIZZA WITH CHEESE OR TOMATO **5.5**
 BRUSCHETTA WITH TOMATO AND BASIL **5.5**
 ANTIPASTI PLATTER **9**
 A SELECTION OF MIXED ITALIAN MEATS, PICKLES, ITALIAN VEGETABLES, WARM BREAD AND OIL.

STARTERS

- SOUP OF THE DAY **4.5**
 SERVED WITH WARM CIABATTA
- HOMEMADE CHICKEN LIVER PATÉ **5.5**
 WITH TOASTED CIABATTA AND CRANBERRY COMPOTE
- BURRATA POMODORI E BASILICO **6.5**
 FRESH BURRATA WITH STICKY ROASTED TOMATOES, PINE NUTS AND BASIL
- 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 **8**
 KING PRAWNS WRAPPED IN SMOKED SALMON WITH GARLIC IN A WHITE WINE AND CREAM SAUCE
- COSTINE DI MAIALE **7**
 TENDER BABYBACK RIBS COOKED IN LA TABELLA'S OWN RECIPE BARBECUE SAUCE
- COZZE CARBONARA **8**
 FRESH STEAMED MUSSELS WITH SMOKED PANCETTA IN A WHITE WINE & CREAM SAUCE
- MELONE E PROSCIUTTO **7**
 COOL SLICED GALIA MELON WITH PARMA HAM GAMBRETTI

SALADS

- INSALATA CAESAR **12**
 A CLASSIC ITALIAN CHICKEN SALAD, WITH CRUNCHY CROUTONS AND CREAMY GARLIC AND PARMESAN DRESSING.
- INSALATA SALMONE **12**
 SMOKED SALMON AND POUCHED FRESH SALMON WITH ITALIAN DRESSING.

GRILL

- GRILLED CHICKEN BREAST **17.5**
 WITH SKINNY FRIES, ROASTED TOMATOES & GREEN BEANS
- BURGER TABELLA **14.5**
 HOMEMADE BEEF BURGER TOPPED WITH MOZZARELLA, DRIED CURED PANCETTA SERVED ON FRESH BRIOCHE BUN WITH SKINNY AND HOMEMADE COLESLAW
- THE MOVING MOUNTAINS® BURGER **14.5**
 THE ULTIMATE VEGGIE BURGER, TOPPED WITH MOZZARELLA, SERVED ON A TOASTED BUN WITH SALAD AND SKINNY FRIES

- SIRLOIN STEAK **24**
 8OZ SIRLOIN COOKED TO YOUR LIKING, THICK-CUT CHIPS, SAUTÉED MUSHROOMS, ROAST TOMATOES AND GREEN BEANS

SIDES

- SAUCES – **3**
 - PEPPERCORN
 - DIANE
 - GARLIC AND HERB
- SKINNY FRIES **3.5**
 CHUNKY CHIPS **3.5**
 HOMEMADE ONION RINGS **3.5**
 HALLOUMI FRIES **3.5**
 SWEET POTATO FRIES **3.5**
- SIDE SALAD **4**
 TOSSED ROCKET & PARMESAN **3.5**
 TOMATO & ONION SALAD **3.5**
 TOMATO & MOZZARELLA SALAD **3.5**

A DISCRETIONARY 10% SERVICE CHARGED 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.

LA TABELLA

PIZZA & PASTA

PASTA

PASTA PAPPARDELLE ALLA BISTECCA **11.5**
FILLET STEAK, ONIONS, MUSHROOMS, FRESH CHILLI IN A
TOMATO SAUCE

POLLO CREMOSA E PANCETTA **10.5**
SPAGHETTI SERVED WITH CREAMY CHICKEN, CRISPY PANCETTA
FINISHED WITH BASIL

SPAGHETTI CON GAMBERETTI **11.5**
KING PRAWNS, GARLIC, CHILLI AND TOMATO

SPAGHETTI CARBONARA **10.5**
PANCETTA, EGG AND PARMESAN IN A RICH CREAM SAUCE

PENNE ARRABIATA (V) **10.5**
TOMATOES, ONIONS, GARLIC AND CHILLI

LASAGNE AL FORNO **10.5**
THE CLASSIC ITALIAN PASTA DISH HOMEMADE TO LA
TABELLA'S SPECIAL RECIPE

PAPPARDELLE SALMONE **11.5**
FRESH SALMON, MUSHROOMS, MIXED PEPPERS AND PINE NUTS

SPAGHETTI BOLOGNAISE **10.5**
THE CLASSIC ITALIAN FAVOURITE

LINGUINE VONGOLE **10.5**
CLAMS IN WHITE WINE, GARLIC, CHILLI AND FRESH PARSLEY

LINGUINE CARCIOFO GAMBERETTI **11.5**
FRESH ARTICHOKE AND KING PRAWNS TOSSED IN FRESH LEMON
JUICE

RISOTTO

RISOTTO SALMON **12.5**
SMOKED SALMON, PEAS, CREAM CHEESE WITH ARBORIO RICE
AND FISH STOCK

TOMATO AND BASIL **10.5**
TOPPED WITH FRESH CHERRY TOMATOES, ROSEMARY AND
BASIL

RISOTTO TABELLA **12.5**
SLOW COOKED HAM HOCK WITH FRESH GARDEN PEAS

PIZZA

MARGHERITA (V) **10**
TOMATO AND BUFFALO MOZZARELLA TOPPED WITH FRESH BASIL

PROSCIUTTO E FUNGHI **11**
HAM WITH MUSHROOMS

VEGETARIANO (V) **11**
FRESH VEGETABLES

MARINARA **11.5**
FRESH SEASONAL SEAFOOD

PICCANTE **11.5**
PEPPERONI, MUSHROOMS, ONIONS AND CHILLI

FIorentINE **11**
PARMA HAM, FRESH TOMATOES, SPINACH AND AN EGG

POLLO PICCANTE **11.5**
SPICED CHICKEN, ONIONS, PEPPERS AND FRESH CHILLI

ANATRA **11.5**
SHREDDED ROAST DUCK, SPRING ONIONS WITH A HOI SIN SAUCE
BASE

CAPRICCIOSA **12**
SALAMI, HAM, PEPPERONI AND RED ONIONS

PIZZA TABELLA **13**
THE ULTIMATE PIZZA WITH FILLET STEAK, FRESH KING PRAWNS,
TARRAGON MAYO AND ROCKET

MEAT FEAST CALZONE **13.5**
FOLDED PIZZA WITH FILLET STEAK, CHICKEN, HAM, PEPPERONI
AND ONIONS

EXTRA TOPPINGS ON ANY OF OUR PIZZAS - FROM **1**

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