

PRANZO - LUNCH

PANINI

V, GFO, DFO, VGO OPTION AVAILABLE
WRAP +2

ORSOGNA 19.5

Crumbed chicken breast, avocado, tomato, mozzarella, salad

FRANCAVILLA 19.5

Prosciutto di Parma, tomato, green olives and mozzarella

TERAMO 19

Prosciutto di Parma and buffalo mozzarella

CHIETI 19

Mortadella, pistacchio cremino and stracciatella cheese

FILETTO 19.5

Grandmother ham, provolone, sun dried tomato, olives, salad

L'AQUILA 19

Crumbed chicken, mayo and salad

VASTO 19.5

Felino salami, mozzarella, peppers, olives, salad

CAMPLI 19.5

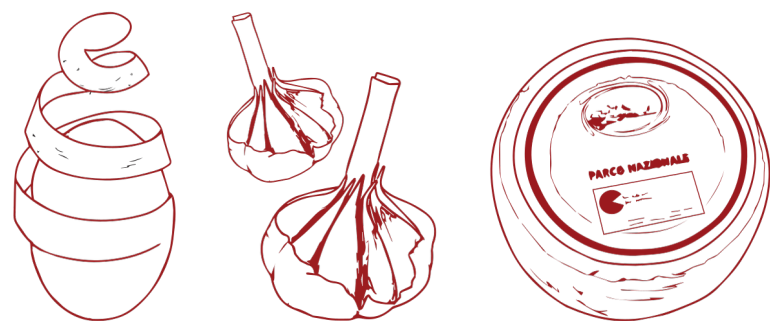
Free range porchetta with crackle, baked ricotta, peppers, salsa verde

ROSELLO VEG 19

Crumbed scamorza cheese, grilled veg, salad and mayo

SULMONA 20

BBQ'd in house sausage, caramelised onion, mayo



SORRY, NO SPLIT BILLS.

10% WEEKEND SURCHARGE

ANTIPASTO - STARTERS

ANTIPASTO ABRUZZO LAB - 25(1) 38(2) 60(4)

A selection of imported/local cheeses and cold meats with lupini, fiadone cheese puff, olives and fresh bread - V, GFO, DFO

BRUSCHETTA 3 WAYS - 25

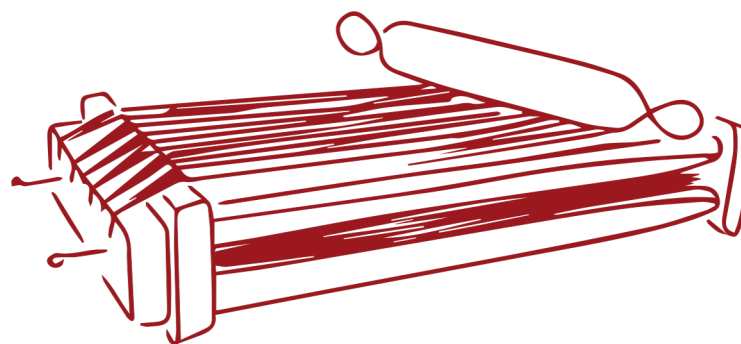
Sausage, pomodoro mozzarella, stracciatella and roasted peppers - VO, GFO, DFO, VGO

OLIVE ASCOLANE - 18

Crumbed olives with meat filling

PALLOTTE CACE E OVE - 24

In house cheese balls with rich tomato sugo and grilled Italian bread - (V)



PRIMI - PASTA

GF +4

TIMBALLO - 28

Traditional Abruzzese lasagna made with savoury crepes, mozzarella and slow cooked beef ragu - VO, GFO, DFO, VGO

SPAGHETTI AGLIO E OLIO - 24

Abruzzo Lab infused garlic olive oil, with crispy sweet chilli and toasted panko crumb - V, GFO, DF, VG

PASTA AL POMODORO - 24

Pasta with tomato and basil sugo - V, DF, VG, GFO

SECONDI - MAIN

CRUMBED CHICKEN SALAD - 26

Mixed salad, avocado mousse, olives, sun dried tomatoes, shaved parmesan, bocconcini VO, GFO, DFO, VGO

ABRUZZO LAB CAPRESE - 26

Buffalo mozzarella with mixed tomatoes, extra virgin olive oil, basil and fresh bread (add prosciutto 8) - GF, DFO

PORCHETTA ABRUZZO LAB - 35

Free range crackled pork with rosemary roasted chat potatoes and garden salad (add melted caciocavallo cheese 3)

CONTORNI - SIDES

CHIPS SEASONED WITH ABRUZZO LAB HERB SALT - 12

TRUFFLE FRIES - 14

With parmesan cheese and truffle mayo

GARDEN SALAD - 16

Cucumber, cherry tomatoes, carrot with balsamic dressing

VERDURA - 15

Wilted greens with crispy sweet chilli and lemon

FROM THE FORNACELLA - (LIVE BARBEQUE)

ARROSTICINI

PECORA 2.5EA - TRADITIONAL (22gr - 25gr)

MAIALE 2.5EA - PORK (22gr - 25gr)

VENTRICINA 2.5EA

PORK MARINATED IN HOT CHILLI, FENNEL POWDER (22gr - 25gr)

POLLO 2.5EA

CHICKEN (CRUMBED) (22gr - 25gr)

PESCE SPADA 3.5EA

SWORDFISH (CRUMBED) (22gr - 25gr)

MANZO 4EA - BEEF

MB2+ SCOTCH FILLET, HANDMADE (30gr-35gr)

FEGATO E CIPOLLA 4EA

LIVER AND ONION HANDMADE (50gr - 60gr)

SALSICCIA E PATATE 4.5EA

SAUSAGE AND POTATO (100gr - 120gr)

WITH EVERY 20 ARROSTICINI RECEIVE A COMPLIMENTARY CHIPS OR LEAF SALAD

