

PRANZO - LUNCH

PANINI

V, GFO, DFO, VGO OPTION AVAILABLE

WRAP +2 - FOCACCIA +4

ORSOGNA 20

Crumbed chicken breast, avocado, sun dried tomato, mozzarella, salad

FRANCAVILLA 19.5

Prosciutto di Parma, tomato, green olives and mozzarella

TERAMO 19

Prosciutto di Parma and buffalo mozzarella

CHIETI 19.5

Mortadella, pistacchio cremino and stracciatella cheese

FILETTO 19.5

Ham, provolone, sun dried tomato, olives, salad

L'AQUILA 19.5

Crumbed chicken, mayo and salad

VASTO 19.5

Felino salami, mozzarella, peppers, olives, salad

CAMPLI 20

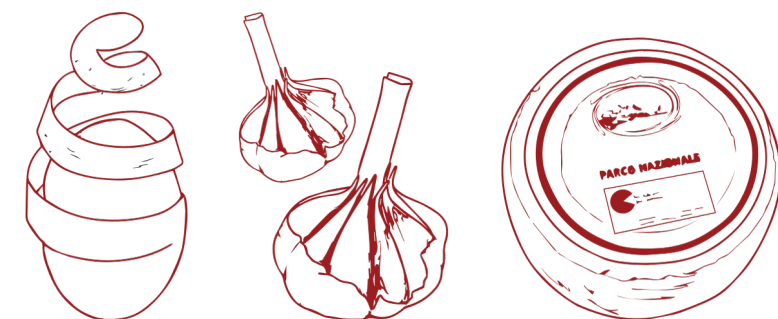
Free range porchetta with crackle, baked ricotta, peppers, salsa verde

ROSELLO VEG 19.5

Crumbed scamorza cheese, peppers, salad and mayo

SULMONA 20

BBQ'd in house sausage, caramelised onion, mayo



SORRY, NO SPLIT BILLS.

10% WEEKEND SURCHARGE

ANTIPASTO - STARTERS

PIATTO SALUMI - 25

Parma Prosciutto, casalingo salami, mortadella
add burrata 8 // buffalo mozzarella 9

GOLDEN CRISP FLAT BREAD - 18

Whipped parmesan butter and sea salt
add prosciutto 7

BRUSCHETTA 3 WAYS - 26

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

BURRATA ARRABBIATA - 19

Spicy sugo, pangratto, olive powder, charred crostini

PALLOTTE CACE E OVE - 25

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

SALSICCIA - 19

Chargrilled cocktail Sausages, caramelised onion, aioli (3pcs)

CRISPY POLENTA CROQUETTES - 18

Cacio e pepe sauce, grated parmigiano
add mortadella 6

PRIMI - PASTA

GF +4

TIMBALLO - 29

Traditional Abruzzese lasagna made with savoury crepes,
mozzarella and slow cooked beef ragu

SPAGHETTI AGLIO E OLIO - 26

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

PASTA AL POMODORO - 26

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

IN HOUSE GNOCCHI - 30

Slow-cooked Parwan Valley lamb ragu

SECONDI - MAIN

CRUMBED CHICKEN SALAD - 29

Mixed salad, avocado mousse, olives, sun dried tomatoes,
grated parmigiano, bocconcini VO, GFO, DFO, VGO

STOZZA - STEAK SANDWICH - 33

MB2 scotch, salad, cheese, fresh tomato, mayo with chips

PORCHETTA ABRUZZO LAB - 36

Free range crackled pork with chips and garden salad
(add melted caciocavallo cheese 3)

BOMBA PLATE - 35

Crumbed chicken cotoletta, sugo, mortadella, grated provolone
and chips

CONTORNI - SIDES

CHIPS SEASONED WITH ABRUZZO LAB HERB SALT - 12

PARMESAN FRIES - 15

With truffle mayo

GARDEN SALAD - 16

Cucumber, tomatoes, carrot with balsamic dressing

VERDURA - 17

Wilted greens with crispy sweet chilli and lemon

FROM THE FORNACELLA - (LIVE BARBEQUE)

ARROSTICINI

PECORA 2.6EA

TRADITIONAL - Parwan Valley lamb (22gr - 25gr)

MAIALE 2.6EA - PORK (22gr - 25gr)

VENTRICINA 2.6EA

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

POLLO 2.6EA

CHICKEN (CRUMBED) (22gr - 25gr)

DIAVOLA 2.6EA

SPICY UNCRUMBED CHICKEN (22gr-25gr)

PESCE SPADA 3.6EA

SWORDFISH (CRUMBED) (22gr - 25gr)

MANZO 4.5EA - BEEF

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

FEGATO E CIPOLLA 4.5EA

LIVER AND ONION, HANDMADE (50gr - 60gr)

SALSICCIA E PATATE 4.8EA

SAUSAGE AND POTATO (100gr - 120gr)

**WITH EVERY 20 ARROSTICINI RECEIVE A
COMPLIMENTARY CHIPS OR LEAF SALAD**

