



La Gourmandina

— Artisan Food and Wines from France & Italy —



LUNCH MENU

From the kitchen (from noon till 3.00 pm)

Carpaccio di tonno (gf, df) smoked tuna carpaccio, lamb lettuce, toasted seeds, red onions, orange ceviche	£10.75
Galette jambon fromage (gf) buckwheat savoury crepe, French cooked ham, emmental, poached egg, green leaves	£9.50
Galette Bleu d'Auvergne (gf, v) buckwheat savoury crepe, bleu d'Auvergne (cow blue cheese), walnut, honey, green leaves & raw beetroot	£9.75
Pollo alla Ligure (gf, df) braised chicken leg in tomato, olives, tomato and pine nuts sauce - served with warm potato salad	£11.75
Burratina (v) burratina from Puglia, carasau bread, balsamic roasted chicory, hazelnuts	£10.25
Bucatini cacio e pepe (v) Long shape pasta, cacio di Pienza cheese, freshly ground pepper	£9.25
Our Platters selection of artisan Italian&French cheeses and/or cured meats, served with assorted bread and chutneys	£11.00

From the counter (from 11.30am till 4.00 pm)

Our selection of homemade hot dishes	
Arancino	£6.25
our signature rice balls: herbs risotto, speck (pork) and fontina <i>or</i> tomato and basil risotto, scamorza (v)	
Quiche maison	£5.95
a French classic, with a gourmand' twist: salmon, green beans <i>or</i> goat cheese and spinach (v)	
Parmigiana (v, gf)	£7.95
baked aubergine millefeuille, mozzarella, tomato&basil sauce	
Lasagne	£7.50
homemade fresh lasagne pasta, layered with beef&pork ragu, tomato, homemade béchamel sauce	
Soupe du jour	£5.50
bowl of homemade soup, served with baguette	

Our salads of the day	
Side to accompany any of our other dishes	£2.75
Small , mixing up to 2 salads of the day	£6.00
Large , mixing up to 4 salads of the day	£9.00

Our Sandwiches, all served with a side salad of your choice (green or salad of the day)	
Baguette	
Parisienne	£7.50
French cooked ham, Emmental, Dijon mayo, mixed leaves	
Saucisson Beurre	£7.50
French saucisson, butter, mini cornichons	
Campione	£7.50
coppa, provola cheese, roasted baby gem	
Fresco (v)	£7.50
pea purée, asiago cheese, sun-dried tomatoes, rocket	
Focaccia	
Porchetta (df)	£7.25
herbs roasted pork belly, tasty grilled peppers	
Erbazzona (v)	£7.25
ricotta cheese, chilli-garlic greens (spinach, chard, friarielli)	
Our homemade breads	
Piadina (v, df)	£6.95
wholemeal wrap, courgettes, avocado, peanuts, homemade sweet chilli sauce	
Farinata (gf)	£7.50
chickpea flatbread, Parma ham, stracchino, basil	



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DRINKS MENU

Soft drinks

Water still/sparkling large £3.75 /small £1.95	
Coke, diet coke	£2.95
Orangina	£2.95
Santal Fruit juice apple, peach or pear	£2.75
Santal lemon ice tea	£2.75
Freshly squeezed orange juice	£3.25

Beers & ciders

Peroni nastro azzuro	£3.95
Gallia Parisian lager	£4.25
Cidre brut breton	£3.75

Italian style coffees “Miscela d’oro”

Espresso	£2.00
Caffé macchiato	£2.10
Cappuccino /Latte macchiato	£2.60
Americano	£2.15

All our coffees are done with a single shot...
Want it stronger? Add an **extra shot** £0.40

Hot Chocolate “Monbana”

Chocolat chaud milky and delicate	£2.95
Ciocolata calda thick and intense	£ 2.95

Teas & herbal teas “L’Autre The”

Breakfast, Earl grey, Darjeeling	£2.20
Jardin de Provence	£2.50
Yunnan green tea sprinkled with Provençal lavender flowers	
Blanc Mandarine	£2.50
organic white tea Pai Mu Tan, natural mandarin flavours	
Tisane Digestion	£2.50
blend of mint, rosehip, liquorice skin and marigold blooms	
Rooibos aux fruits rouges	£2.50
Rooibos with red fruits	

White wines by the glass (125 ml)

Madregale Chardonnay&Trebbianco, IT, 2014	£4.25
Pecorino Ciu Ciu Pecorino, IT, 2015	£5.50
Gavi La Smilla Gavi, IT, 2015	£5.75
Villa St Jean Sauvignon&Ugni blanc, FR, 2014	£4.25
Picpoul de Pinet Picpoul, FR, 2013	£5.25
Petit Chablis Chardonnay, FR, 2014	£6.50

Bubbles & Rose’ wines by the glass (125 ml)

Prosecco , Corte delle calli, IT	£5.95
Champagne , JP Deville, FR	£11.00
Cerasuolo rose’ Masciarelli, IT	£4.75
Cotes de Provence St Tropez, FR	£5.50

Red wines by the glass (125 ml)

Madregale Montepulciano, IT, 2014	£4.25
Valpolicella Corvina&Rondinella, IT, 2014	£5.50
Primitivo Riserva Primitivo, IT, 2008	£6.00
Donna Enrica San Giovese&Shiraz, IT, 2011	£6.50
Villa St Jean Merlot&Cinsault, FR, 2014	£4.25
St Cirice Syrah&Grenache, FR, 2014	£4.75
Cotes d’Auxerre Pinot noir, FR, 2014	£5.75
St Nicolas de Bourgueil Cab. Franc, FR, 2013	£6.00

For our wines by the bottle, please ask a member of our staff for the full wine list