1. **CHOOSE YOUR PASTA**
   - Gluten free penne
   - Wholewheat fusilli (gl)
   - Wholewheat spaghetti (gl)
   - Spaghetti (gl)
   - Conchiglie (gl)
   - Linguine (gl)

2. **CHOOSE YOUR SAUCE**
   - Aglio e olio – Prawns, lemon, olive oil, garlic, chilli, parsley, Parmesan (sul, e, m, cru)
   - Carbonara – Pancetta, cream, egg, fresh parsley, Parmesan (sul, e, m)
   - Bolognese ragu – Ground beef, carrot, celery, onion, tomato, fresh oregano (cel)
   - Calabrian nduja sausage – Fennel, garlic oil, lemon, ricotta cheese (m, gl)
   - Norma – Tomato ragu, onion, garlic, aubergine, ricotta cheese (m)
   - Amatriciana – Pancetta, cherry tomato, white wine, Parmesan, fresh basil (m, sul)
   - Pesto al pistachio – Pistachio and pine nut pesto with cherry tomatoes (n) (ve)
   - Alfredo – Tuscan white bean, tomatoes, wilted spinach and vegan Parmesan (ve)

3. **TOP YOUR BOWL WITH**
   - Freshly shaved Parmesan (m) or vegan Parmesan (ve)

**Sides**
- Rocket and mixed salad leaf salad box (ve) £1.50
- Grilled ciabatta garlic bread (gl) £1.00
- Cheesy ciabatta garlic bread (glu, m) £1.50
- Tiramisu (m, e, gl) £2.20
- Sicilian lemon tart (m, e, gl) £1.95