



## Crostini, Bruschetta, Pane & Suppa

**Minestrone**  . . . . . £3.85  
Fresh vegetables in a traditional Italian soup. *Please specify no pasta in the soup.*

## Verdure & Insalate

**Polenta Chips with Parmesan**  . . . . £3.45  
Crispy polenta chips fried and sprinkled with fine flakes of Parmesan.


**Burrata Hand Tied Mozzarella**  . . . . £7.95  
Delivered from Italy every week directly to La Vita. Hand made mozzarella basket hand tied, with a soft cream released when cut open. Served with sliced cherry tomatoes and dressed with extra virgin olive oil, fresh basil, lemon zest and balsamic.


**Asparagi Alla Griglia**  . . . . . £3.95  
Grilled asparagus sprinkled with sweet balsamic and Parmesan shavings.


**Spezzatino Con Olive e Peperoni**  . . . . £3.95  
Italian stew with mixed peppers and olives in a basil tomato sugo.

**Carciofi Alla Genovese**  . . . . . £4.65  
Artichoke served with pine nuts and thick pesto dressed with Parmesan shavings.

**Insalata di Cesare** . . . . . £4.45  
Italian caesar salad with egg, anchovy, garlic and caesar dressing.  
*Please specify you don't want croutons.*

**Rugola e Parmigiano**  . . . . . £3.95  
Rocket salad marinated with olive oil and chilli topped with Parmesan shavings and balsamic.

**Patate Arrosto**  . . . . . £3.25  
Roast potatoes with herbs tossed in a garlic Napoli sauce.


**Insalata Miste**  . . . . . £3.25  
Italian mixed salad with our own house dressing.

**French fries**  . . . . . £3.25  
Thin cut potato chips deep fried in vegetable oil

## Italian Baked Eggs

SERVED IN FRYING PAN  
*Please specify you don't want garlic bread.*

**The Sicilian** . . . . . £9.25  
2 eggs oven baked in our casserole of Italian meatballs, borlotti beans, onion, touch of chilli and San Marzano tomatoes.

**The Vegetariana**  . . . . . £8.75  
2 eggs oven baked in our casserole of roasted Mediterranean vegetables, borlotti beans, onion, touch of chilli, pesto and cooked in a rich tomato sauce.

**The Hot Americian** . . . . . £9.95  
2 eggs oven baked in our casserole of crumbled Italian sausage, pepperoni sausage and spicy beef chunks with borlotti beans, touch of chilli cooked in a San Marzano tomato sauce.

**The Pescatore** . . . . . £11.95  
2 eggs oven baked in our casserole of mixed seafood, borlotti beans, touch of chilli, pesto and cooked in a rich tomato sauce.

## Pasta & Riso

*Please specify you would like Gluten Free Pasta.*  
A BOWL OF PASTA PLACED IN THE MIDDLE OF THE TABLE

**Pennette Salsiccia** . . . . . £10.95  
Italian crumbled sausage and sliced pepperoni sausage pan fried with pesto and garlic tossed in a Romano sauce of tomato and cream mixed with De Cecco penne pasta.

**Fusilli Rosso**  . . . . . £10.95  
Red pesto and mascarpone cheese sauce served with rocket and fresh Parmesan cheese mixed with twisty De Cecco pasta.

**Pennette Mia Casa** . . . . . £11.25  
La Vita's very own best seller; chunks of chicken, broccoli, mushroom, garlic, cream and hint of chilli.

**Pennette Arrabbiata**  . . . . . £9.95  
A hot and spicy tomato sauce, cooked with chillies and fresh basil leaves.

**Pennette Davido** . . . . . £11.25  
Pan fried chunks of Italian sausage, red onion and cherry tomatoes, finished in a cream sauce.

**Spaghetti Gamberetti** . . . . . £13.95  
**Olio Peperoncino**  
King prawn pan fried in garlic, chilli and white wine and olive oil tossed in a thin long pasta.

**Spaghetti Polpette** . . . . . £10.25  
Italian meat balls made to our own recipe in a rich San Marzano sugo sauce.

**Spaghetti Cozze** . . . . . £11.95  
West coast mussels sautéed in a spicy tomato sauce with a touch of pesto, garlic and fresh chillies, tossed with De Cecco spaghetti pasta.

**Pennette Spuntini** . . . . . £11.25  
Italian sausage, pine nuts, olive oil, wild mushrooms, fresh garlic and sun dried tomatoes, finished with balsamic vinegar.

**Risotto Con Cozze e Gamberetti** . . . . £14.95  
Italian rice cooked with fresh herbs and onions, tossed with fresh west coast mussels and black tiger prawns in a garlic, red chilli, cream and tomato sauce.

**Spaghetti Frutti di Mare** . . . . . £14.95  
**al Pomodoro or al Bianco**  
Fresh seafood cooked in a lightly spiced tomato sauce for a delicate flavour or a white wine herb cream sauce.


**Penne Diavolo al forno** . . . . . £11.45  
Spicy pepperoni sausage and sliced Italian sausage, with béchamel cheese sauce and tomato, oven baked.

**Pollo Carbonara** . . . . . £13.95  
Whole supreme roasted of chicken butterflied and served on a bed of pasta noodles, topped with a rich cream sauce with bacon.

**Fusilli Il Latino** . . . . . £11.25  
Fresh smoked bacon, pine nuts, savoy cabbage, feta cheese, olive oil, garlic and finished with Parmesan cheese totally wonderful and full of flavour.

**Risotto Monte Verde** . . . . . £11.95  
Chunks of chicken, courgettes, spinach, garlic, Parmesan cheese and cream.

**Pennette Con Manzo** . . . . . £13.45  
Strips of Scotch beef sautéed in extra virgin olive oil and butter with fresh chillies, garlic, touch of pesto and sliced cherry tomatoes. Tossed with De Cecco pasta tubes (La Vita Spuntini healthy option).

**Spaghetti Abruzzo**  . . . . . £10.95  
Long thin pasta tossed with fresh cherry tomatoes, garlic, extra virgin olive oil and butter with plenty of chilli flakes and finished with peppery rocket (a spicy hot pasta).

# Gluten Free Menu

Spuntini



## Carne E Polso

### Italian Beef Stew . . . . . £5.45

Chunks of beef pan fried with mixed peppers and a touch of chilli, San Marzano tomato sauce on Italian roast potatoes.

### Pork Belly . . . . . £5.25

World famous Ramsey of Carluke pork belly char grilled and oven roasted, drizzled with balsamic vinegar.

### Salsiccia Ucelletto . . . . . £4.85

Italian sausage with barlotti beans in a slightly spicy tomato sauce.

### Anatra al Nero. . . . . £6.95

Duck and Stornoway black pudding with a red currant jus.

### Schiacciata di Polso . . . . . £5.95

½ baby chicken roasted with garlic and rosemary.

### Frittata con Pepparoni e Patate . . . £4.95

Italian pepperoni sausage and sliced potato frittata.

### Dospette formaggio . . . . . £4.85

Italian meatballs topped with mozzarella and Napoli sauce.

### Alette di Polso . . . . . £4.55

Chicken wings oven roasted, tossed with sticky sweet sauce and jalapeño peppers.

### Spaghetti Bolognese . . . . . £4.45

Classic pork and beef ragu served with thin long pasta.

**Please specify you would like Gluten Free Pasta.**

### Coniglio Cacciatore . . . . . £6.95

Rabbit cooked in a tomato and herb sauce comes mixed with potatoes.

### Pate Della Casa . . . . . £4.95

Fresh chicken liver cooked with onion, sweet Italian wine blended until smooth served with homemade chutney and Scottish oatcakes.

## Pesce E Frutti Di Mare

### Coda di Rospo e Calamaretti . . . . . £5.95

Baked monkfish and baby squid with tomato and touch of chilli sugo sauce.

### Cacciucco. . . . . £5.95

Mixed seafood Italian stew slowly cooked in a San Marzano sauce with fresh basil and red chilli.

### Cozze Vapore (please allow 15mins to cook) . . . . . £4.95

Fresh west coast mussels in a traditional Italian tomato herb sauce or white wine cream sauce with chilli.

PLEASE NOTE THAT ALL DISHES BELOW ARE SERVED AS A MAIN COURSE FOR 1 PERSON

All our meats fish and chicken main course dishes are cooked in a real flame charcoal oven to give a true BBQ flavour.

## Bistecca Al forno

### Scotch fillet Spuntini. . . . . £24.95

9oz Scotch bread fillet steak butterflied with Stornoway black pudding covered with a cream peppercorn sauce.

### Porchetta . . . . . £15.95

Slow cooked pork belly from award winning Ramsey of Carluke. Served with a light sauce of Parma ham, garden peas and Mediterranean vegetables.

### Surf and Turf . . . . . £29.95

Fantastic 9oz Scotch fillet steak cooked to your liking with half lobster in a cream sauce with a touch of chilli, served with Italian roast potatoes.

### Also sauce available on the side:

Barolo wine sauce, peppercorn cream sauce or wild mushroom cream sauce. All £2.50 each.

## Polso Al forno

### Polso Calabrese . . . . . £14.95

Supreme of chicken breast butterflied and stuffed with hot and spicy salami spread with mozzarella cheese wrapped with bacon served with pesto potato mash and San Marzano tomato sauce.

### Polso Saltimbocca . . . . . £15.95

Escalopes of chicken breast topped with San Danielle salted Parma ham and Bocconcini Italian mozzarella finished with a white wine and sage sauce. Served with tuscan roast potatoes.

### Polso Spuntini . . . . . £14.95

Supreme of chicken breast wrapped with Stornoway black pudding and mozzarella cheese pan-fried in a white wine, mustard, whisky cream sauce, served with French fries.

## Pesce Al forno

### Sea Bass . . . . . £16.75

Grilled Scottish sea bass fillets served with a fricassée of Shetland mussels and spring vegetables, finished with lemon and pesto.

### Salmone Spuntini . . . . . £16.45

A darne of oven baked Scottish salmon, served on a bed of seafood Italian risotto sautéed in a white wine butter sauce with a touch of chilli and dressed with fresh parsley (light and wonderful).

### Branzino Scozzese . . . . . £16.95

Pan-fried sea bass fillets served on a bed of mash potato and Stornoway black pudding drizzled with a spinach and cream sauce, sprinkled with fresh chives.

## Cozze

### Cozze Vapore Piatto Grande . . . . . £13.95

Fresh Scottish mussels, cooked in a tomato herb sauce and served with a touch of chilli or cream and white wine sauce with chilli (please allow 15 mins to cook).

**Please specify no garlic bread.**