

ANTIPASTI STARTERS

GRILLED SARDINIAN CHEESE ④ **£7.95**
Soft grilled Pecorino cheese, seved on crostini with jam.

MELANZANE PARMIGIANA ④ **£6.95**
Slices of aubergines baked in tomato sauce & Pecorino cheese.

CAPRESE SALAD ④ **£5.95**
Italian salad, made of sliced fresh mozzarella, tomatoes and green basil, seasoned with salt, and olive oil.

FUNGHI AL FORNO ④ **£6.95**
Mushrooms filled with garlic butter & breadcrumbs, tomato and a touch of besciamella sauce.



BARBEQUE RIBS **£7.95**
Spare ribs in a delicious, tangy barbeque sauce.

ANTIPASTO SARDO **£11.95**
A selection of Sardinian cured meat, Pecorino cheese & sun-dried tomatoes and olives.

FEGATINI DI POLLO **£6.95**
Chicken livers with onions, in demi-glace, chilli & white wine sauce.

SALSICIA SARDA **£7.95**
Hand made aromatic sausage, grilled, served with tomato sauce.

PATE DELLA CASA **£7.95**
Home made smooth chicken livers pate, served with garlic bread.

INSALATA DI GAMBERI **£8.95**
Served the Terra Nostra Way, prawn cocktail in Marie Rose sauce on a bed of salad leaves.

POLPETTE **£6.95**
Meatballs served in tomato sauce.

CONTORNI SIDE DISHES

GARLIC BREAD ④
Oregano **£3.95**
Tomato **£4.95**
Cheese **£5.95**
Cheese & Tomato **£7.95**



BRUSCHETTA ④ **£4.95**
Chopped fresh tomato with extra virgin olive oil, garlic & basil.

MIXED SALAD **£4.50**
ONION RINGS **£3.95**
CHIPS **£3.95**



LE ZUPPE SOUPS

MINISTRONE ④ **£5.95**
Home-made vegetable soup served with home-made bread.

SOUP OF THE DAY **£5.95**
Served with home-made bread. Please ask your table attendant for details.

Allergy Advice

Some of our foods may contain nut traces and ingredients produced from genetically modified soya and/or maize. Please ask staff for details about ingredients in your meal when ordering.

LE PASTE

PASTA

RAVIOLI ALLA SARDA

Freshly made pasta parcels filled with ricotta & spinach, sage, cream & white wine.

£11.95

CANNELLONI

Ricotta cheese with spinach in Béchamel and tomato sauce.

£11.95

TAGLIATELLE ALLO ZAFFERANO E FUNGI

Saffron, wild mushroom with a touch of cream & white wine.

£12.95

VEGETARIAN RISOTTO

With wild mushrooms, asparagus and a touch of cream.

£11.95

TAGLIATELLE CARBONARA

Pasta tossed in smoked bacon, black pepper, cream & Parmesan cheese.

£11.95

PENNE ARRABIATA

Mushrooms, onions, salami, hot chilli, fresh basil & tomato.

£11.95



TAGLIATELLE TERRA NOSTRA
With grilled king prawns and basil pesto sauce.

£11.95



LASAGNE AL FORNO

Baked in the oven the traditional way.

£11.95



LOBSTER RAVIOLI
WHEN AVAILABLE

In garlic and white wine, with cherry tomato, cream and a touch of chilli

£13.95



SPAGHETTI MARINARA

Mixed seafood in garlic white wine, tomato sauce.

£13.95

SPAGHETTI BOLOGNESE

In traditional minced meat sauce.

£13.95

CULURGIONES DI FORMAGGIO E PATATE

Parcels filled with Pecorino cheese & potatoes, mint, garlic with a sauce of fresh tomatoes and basil.

£11.95



RISOTTO MARINARA

Mixed seafood in garlic, white wine & tomato sauce.

£13.95

SPAGHETTI BOLOGNESE

In traditional minced meat sauce.

£11.95

MALLOREDDUS ALLA CAMPIDANESE

Traditional Sardinian pasta, made with durum wheat, in a tomato and aromatic sausage sauce.

£11.95

SPAGHETTI ALLA PUTTANESCA

Garlic, anchovies, olives, capers and chilli in a cherry tomato sauce.

£11.95

PENNE AL SALMONE

In garlic, white wine, tomato and cream sauce.

£12.95


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PIZZE

PIZZA

Make It Your Own
Customise your pizza and extras for £1 per topping

MARGHERITA  **£10.95**
Tomato sauce, oregano & mozzarella.

CONTADINA  **£11.95**
With mixed vegetables.

SALMONE **£12.95**
With smoked salmon & blue cheese.



SARDA **£12.95**
With slices of parma ham, topped with rocket salad and flakes of Pecorino cheese.

CALZONE PIZZA **£12.95**
Folded pizza with spicy salami, peppers, onions, mushrooms & ham, topped with Napoli sauce.

SASSARESE **£11.95**
With ham & aubergines.

OGLIASTRA **£11.95**
With ham, mushrooms & olives.

FRUTTI DI MARE **£13.95**
With mixed seafood and a touch of garlic.

TROPICANA **£11.95**
With ham & pineapple.

TONNO **£11.95**
With tuna & onions.

SALAME **£11.95**
With spicy salami, chilli & peppers.

POLLO

CHICKEN

All speciality dishes are served with fresh vegetables of the day

POLLO ALLA CREMA **£15.95**
Chicken breast with mushrooms, onion, white wine & cream sauce.

POLLO CACCIATORA **£15.95**
Chicken breast with mushrooms, onions, basil, white wine in tomato sauce.

POLLO PIZZAIOLA **£15.95**
Chicken fillet with garlic, olives, capers, white wine in tomato sauce.



POLLO TERRA NOSTRA **£17.95**
Chicken fillet filled with mozzarella, wrapped in smoked bacon, in demi-glace, red wine and thyme sauce.

• **100%** •

ALWAYS FRESH PIZZA DOUGH

Pizza dough is hand made on the premises with natural ingredients.

All our pizza bases consist of fresh tomatoes, basil and 100% mozzarella cheese.

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MANZO BEEF

All speciality dishes are served with fresh vegetables of the day

FILETTO ALLA GRIGLIA £24.95

Grilled fillet steak.

FILETTO PIZZAIOLA £25.95

Fillet steak with olives, capers, garlic, oregano, white wine in tomato sauce.

FILETTO ROSSINI £25.95

Fillet steak with rich vermouth sauce, topped with a slice of pate.



FILETTO TERRA NOSTRA £26.95

Fillet steak on shallots, smoked pancetta, Cannonau wine & topped with grilled soft Sardinian cheese.

FILETTO DIANA £25.95

Fillet steak in a sauce of onion, mushroom, cherry tomato, French mustard & cream, flamed in brandy.

FILETTO AL PEPE £25.95

Fillet steak with mixed peppercorns, red wine & cream.

FILETTO DOLCE LATTE £26.95

Fillet steak on Dolce latte cheese and wild mushrooms in cream sauce.



PESCE & FRUTTI DI MARE FISH & SEAFOOD

ALWAYS
DELICIOUSLY FRESH

You won't see any fish or seafood on our menu at Terra Nostra, this is because we are so proud of our fish dishes, we will only cook fresh fish of the day.

You can be sure it will be fresh, and cooked to perfection, how our customer wishes.

Please see the blackboard for fresh fish and seafood.



VITELLO SALTIMBOCCA £17.95

Veal escallop with Parma ham, in demi-glace, fresh sage and white wine sauce.

VITELLO VEAL

VITELLO TERRA NOSTRA £17.95

Veal escallop with smoked bacon and mushrooms, in demi-glace and Vermentino wine sauce.

VITELLO ALLA MILANESE £17.95

Veal escallop in bread crumbs, served on spaghetti napoli.

All speciality dishes are served with fresh vegetables of the day

VITELLO AL LIMONE £17.95

Veal escallop with light lemon & white wine sauce.

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