

ANTIPASTI

A Selection of Starter Dishes that are Traditional Street Food From Palermo Keeping to the Honoured Traditions
Whilst use Fresh Locally Sourced Seasonal Ingredients

"Every Dish they serve you in Sicily is never simply food. It is also, above all, a library of history, culture & mythology"

CAMPAGNIA - VEG

From the Fields of the High Peak & When Available, Sicily

OLIVE SICILIANE £2.50

CUCUZZA IN PASTEDDA £8.50 (V/VG)

Deep Fried Mix of Courgette Sticks Coated in Flour and Served with Vegetarian Salsa Verde and a Tomato & Dill Dip

PANE DI ALTA MURA £3.50 Freshly Baked Bread

FOCACCIA CU L'AGGHIA £7.50 (VG)
Focaccia Bread Baked with Fresh Garlic, Rosemary,
Sicilian Sea Salt & EVOO

PANIELLI SICILIANI £7 (VG/GF)
Traditional Street Food from Palermo.
Deep Fried Chickpea Fritters, Sicilian Sea Salt & Fresh Lemon
Typically Eaten in a Sandwich Called 'Pane Panelle'

BRUSCHETTA PUMARORU £8.50 (VG)
(Can be Made Gluten Free)
Toasted Alta Mura Bread Topped with a Fresh Tomato, Garlic & Basil Salad

BRUSCHETTA CA CAPUNATA £10.50 (VG)
(Can be Made Gluten Free)
Toasted Bread Topped with a Traditional Sicilian Cold Dish of
Sweet & Sour Aubergines, Celery, Onions, Olives, Capers & Fresh Basil

PURPETTE CHI MILINCIANE £9.50 (V)
Breaded Aubergine & Mozzarella Balls Served with Fresh Tomato Sauce,
Topped with Grated Sicilian Salted Ricotta & Fresh Basil

FORMAGGIO FRITTO £9.50
Sicilian Fresh Cows Cheese Coated in Breadcrumbs & Deep Fried.
Served with a Sweet Tomato & Dill Dip

BURRATA CA CAPUNATA £12.50 (V)
(Can be Made Gluten Free)
Fresh Cow's Milk Creamy Mozzarella Ball Served with our Homemade Caponata
& Fresh Alta Mira Bread

BURRATA E BASIRIKÒ £10.50 (V)
(Can be Made Gluten Free)
Fresh Cow's Milk Creamy Mozzarella Ball filled with Homemade Basil Pesto.
Served with a Fresh Tomato, Garlic & Basil Salad & Alta Mura Bread

ANTIPASTI

A Selection of Starter Dishes that are Traditional Street Food From Chef Alessio's Hometown of Palermo.
We use Fresh Locally Sourced Seasonal Ingredients

MARE - FISH

All our Fish Arrives Fresh Daily, or is Frozen Fresh on Board and is Sustainably Sourced.

SFINCIUNE £9.50

(Contains Gluten & Dairy)

Traditional Sicilian Street Food from from the Ancient Markets of Palermo

Focaccia Bread Baked with an Anchovy, Tomato & Onion Sauce,
Topped with Sicilian Ragusano DOP Cheese & Sicilian Dried Oregano, Breadcrumbs & EVOO

TRIGLIA FRITTA £10.50

(GF) (Contains Gluten & Dairy)

Gluten Free Beer Battered Red Mullet Fillets.
Served with a Fresh Tomato & Dill Dip & Wedge of Lemon

FRITTO MISTO £19.50

(Contains Gluten & Dairy)

Deep-Fried Fish Feast of Whitebait, Calamari, Sardine Fillet, Baccala & Argentinian King Prawns
Served with House Mayo, Tomato & Dill Dip & Fresh Lemon

4 GAMBERONI ROSSI £13.50 (GF/DF)

4x Large Wild Caught Argentinian Red King Prawns. Cooked with Heads on for Maximum Flavour
Dressed in Fresh Seasonal Orange, Garlic & Ginger

TERRA - MEAT

All our Meat is Either Sourced Locally or Imported from Sicily

BRASAOLA £12.50

Thin Slices of Cured Beef Fillet with Citrus Balsamic, Topped with Sicilian Pecorino DOP Cheese,
Drizzled in a Truffle Honey. Served with Bread Sticks

TAGLIERE

To Share For 2 £22 or For 4 £40

(Contains NUTS)

A Selection of Top-Quality Sicilian Cured Meats & Cheese, Sicilian Olives,
Homemade Caponata & Sicilian Pickled Vegetables. Served with Fresh Sliced Bread

ADD BRASAOLA +£6 ADD BURRATA +£6

BURRATA E COPPA SICILIANA £12.50

(Can be Served without Bread for GF)

Fresh Cow's Milk Creamy Mozzarella Ball & Sicilian Cured Meat Similar to Parma Ham.
Served with Freshly Baked Bread

MANGIA E BEVI £9.50 (GF/DF)

Traditional Sicilian Street Food from from the Ancient Markets of Palermo

Chargrilled Spring Onions Wrapped in Guanciale (Sliced, Cured Pork Cheek)
Dressed in Salmoriglio Served with a Wedge of Fresh Lemon

PURPETTE DI VITEDDU £9.50

(Contains Gluten & Dairy)

Soft & Lean Homemade British Meatballs with Parmesan & Basil
Baked in our Homemade Sweet & Spicy Tomato Sauce

PRIMI- PASTA

Authentic Sicilian Pasta Dishes Honouring the Traditions of Sicilian Food Culture & History

Please see Specials Page for some Seasonal Pasta Dishes & Ravioli of the Day

Unfortunately due to logistic reasons and therefore risk of contamination we are Not able to offer our Pasta Dishes as Gluten Free. However our Pasta is made in house using a Slow Grown, Very Low Gluten Flour

"Sicily is one of those regions where harvest begins during the summer, when people are still Swimming at the Beach, and ends in October, when Mount Etna is covered in Snow"

MARE - FISH

OUR HOMEMADE FRESH FISH PASTA DISHES - SEE SPECIALS FOR MORE SEASONAL DISHES

CASARECCE BRONTE £24.50

(Contains NUTS, Dairy & Shellfish)

Homemade Pasta Twists & Fresh Crab Meat. Cooked in a Rich & Creamy 100% Sicilian Pistachio Sauce made with Bechamel, Saffron, Spring Onions & Topped with Fresh Dill

CASARECCE SPADA £24.50

(DF) (Contains NUTS & Shellfish)

Homemade Pasta Twists in a Fresh Tomato Sauce with Pieces of Fresh Swordfish, Aubergine, Spring Onions, Flaked Almonds, Fresh Mint with a Little Fresh Chilli

CASARECCE AMMARU A TRAPANISI £24.50

(DF) (Contains NUTS) (Can Be Made Vegan)

Homemade Pasta Twists with Shell Off Wild Caught Argentinean Red Prawns Cooked in a Trapanisi Pesto.

(A Pesto from Trapani Made with Local Vine Tomatoes, Almonds, Garlic, Chilli & Fresh Mint)

SPAGHETTI AMMARU E CUCUZZA £25.50

Homemade Long Thin Pasta with Shell Off Wild Caught Argentinean Red Prawns & Courgettes Cooked in a Creamy Saffron Sauce made with Bechamel. Topped with Fresh Dill

TERRA - MEAT

OUR HOMEMADE MEATY PASTA DISHES - SEE SPECIALS FOR MORE SEASONAL DISHES

RAVIOLI BRASATO AL NERO D'AVOLA £25.50

(Contains Egg & Dairy)

Homemade Fresh Pasta Parcels Filled with Braised British Beef & Sicilian Red Wine. Served in a Sweet Tomato Sauce with a Hint of Chilli & Tiny Sicilian Raisins Called "Passolina"

CASARECCE PISTACHIOSA £24.50

(Contains NUTS, & Dairy)

Homemade Short Pasta Twists with Sauteed Pancetta (Cured & Diced Pork Belly) Cooked in a Rich & Creamy Sicilian Pistachio Sauce made with Bechamel

MARGHERITE CA SASIZZA £23.50 (DF)

Homemade Long, Flat, Frilly Pasta with Sautéed Sicilian Pork & Fennel Sausage. Cooked in a Fresh Tomato Sauce with Sicilian Sweet Marsala Wine, Onions, Chilli & Peas Topped with Fresh Dill

MARGHERITE AL RAGU DI GIORNU

Please See our Specials Page for our Slow Cooked Rich, Meaty Ragù of the Season

PRIMI DI PASTA

Authentic Sicilian Pasta Dishes Honouring the Traditions of Sicilian Food Culture & History
Our Pasta is Made in House Using a Slow Grown, Low Gluten Flour

PETRA FLOUR 'EVOLUTIVA' A SYMBOL OF DIVERSITY

*Born from the meeting between the farmers of the Semenza -
Campagna Siciliana Sementi Contadine Assosiation (Sicilian Company of Farming Seeds)
and the Qualia's, A Family of Millers.*

*Having Established an Alliance with the Climate of their Land to Bring Back Wheat
Landraces @ Ancient Grains to Contemporary Cuisine. Using the best Technology for Clean
Wheat Selection @ Flour Calibration. Petra Flour is Traced from Seed to Bag, and it Contains
Taste @ Nutrients of Extraordinary Variety. It's a Flour that Makes us think of the Land @
those who Cultivate it as the most Important Stage of the Connection between our Wellbeing @
What We Eat. The Thread Linking the Wheat Seed to our Tables runs along a Shared way of
Thinking. Reconnecting Local Farming Culture, Respect for the Environment @ the Search for
Healthy Nutrition in the Traditional Dishes of Sicilian Cuisine. Hope you Enjoy*

PASTA DI CAMPAGNIA - VEG

OUR HOMEMADE VEGETARIAN & VEGAN PASTA DISHES
PLEASE SEE SPECIALS PAGE FOR RAVIOLI OF THE DAY

CASARECCE ALLA NORMA £21.50

(V) (Can Be Made Vegan/GF)

Classic Sicilian Dish of Short Homemade Pasta Twists in a Rich Tomato Sauce &
Fried Aubergines. Topped with Fresh Mint & Salted Ricotta

CASARECCE A TRAPANISI £21.50

(VG) (Contains NUTS) (Can Be Made GF)

Homemade Traditional Sicilian Pasta Twists in a Sicilian Tomato Pesto Originating from Trapani
Made from Fresh Local Cherry Tomatoes, Almonds, Garlic, Chilli & Fresh Mint

BUCCATINI AL PISTU £19.50

(VG) (Contains NUTS) (Can Be Made GF & Nut Free)

Homemade Long Thick Pasta Straws in a Fresh Basil, Rocket & 100% Sicilian Pistachio Pesto.
Topped with Fresh Rocket & Sicilian Pecorino Cheese Shavings

PIZZA AL TAGLIO

A14"x7" Hand Stretched Pizza Slab made with Italian Biological Flour, Water, Salt & EVOO

Sorry No Chicken or Pineapple Allowed on our Pizza as per Strong Italian Tradition

Gluten Free Pizza Bases Available. Vegan Mozzarella Available

"Every Dish they serve you in Sicily is never Simply food. It is also, above all, a library of History, Culture & Mythology"

MARGARITA £13.50 (V)

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte & Homemade Basil Oil

TUMMAZZU £16.50 (V)

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Selection of Sicilian Cheese from the Deli & Sautéed White Onions

TRINACRIA £17.50 (V)

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Fried Aubergines & Cherry Tomatoes Topped with Sicilian Salted Ricotta & Fresh Basil

RIGANATA £16.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Anchovies, Capers, Olives & Sicilian DOP Ragusano Cacio Cavallo Cheese

AFFUNCIATA £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte & Garlic Mushrooms. Topped with Freshly Sliced Sicilian Parma Ham & Fresh Rocket Leaves

MANCIUNE £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Topped with a Selection of Sicilian Cured Meats & Salame from the Deli & Fresh Rocket Leaves

PORCHETTA £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Topped with Roast Pork Belly, Sautéed White Onions & Fresh Rocket Leaves (Subject to Availability)

LARIA £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Sicilian Pork & Fennel Sausage, Spinach, Roast Potatoes, Sautéed White Onions & Fresh Chilli

ETNA £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Nduja, Roast Peppers & Fresh Chilli. Topped with Fresh Rocket Leaves

IN PIU

Some Extra Toppings to Add to Your Pizza

BURRATA £5 (V)

Fresh Creamy Cow's Milk Mozzarella Ball

NDUJA £3

Rich Spicy Calabrian Chilli & Salame Paste

PROSCIUTTO CRUDO £3

Freshly Sliced Sicilian Parma Ham

VERDURA MISTA £3

Chargrilled Peppers, Courgettes & Aubergines

FUNCI TRIFOLATI £3

Garlic Mushrooms

SPINACI £3

Sautéed Italian Spinach

SECONDI - MAINS

A Selection of Traditional Sicilian Main Course Dishes
All Secondi Dishes Include a Side of Choice

*"It is by Strolling Through Smaller Towns, Going to Markets, Talking to People
& Eating the Food that you Find the Real Sicily"*

TERRA - MEAT

All our Meat is Either Sourced Locally or Imported from Sicily. All Dishes Include a Side of Your Choice
Our Sicilian Pork & Fennel Sausage is Made From 97% Italian Pork and is GF

SASIZZA ALLA BRACE £23.50 (GF/DF)

A Sicilian Speciality Sausage Sicilian made with 97% Sicilian Pork Infused with Fennel Seeds
Cooked on our Chargrill. Dressed in Salmoriglio. A Simple Sicilian Dressing of
EVOO, Garlic, Lemon Juice, Sea Salt, Pepper & Fresh Herbs

SASIZZA CU PUMARORU £24.50 (GF/DF)

Traditional Dish of Sicilian Pork & Fennel Sausage Cooked in a Rich Tomato Sauce
with Sweet Sicilian Marsala Wine, Sautéed White Onions & Peas

VITEDDU SALTIMBOCCA £26.50

(Contains Gluten & Dairy)

A Traditional Muccio Family Dish Cooked by Nonna Adriana, Honouring her Roman Roots
Parcels of Thin British Veal Escalope's Filled with Parma Ham & Fresh Sage
Cooked in a Sweet Sicilian Marsala Wine Sauce.

AGNETTU A TRAPANISI £26.50 (GF/DF)

(Contains NUTS)

Chargrilled Local Lamb Chops. Marinated in Sicilian Spices.
Served with a Traditional Pesto From Trapani made from Fresh Tomato, Garlic, Almond & Mint

GRIGLIATA DI CARNI £29.50 (GF/DF)

A Chargrilled Meat Feast of Lamb Chops, Chicken Breast Fillet, British Rose Veal Escalope
& Sicilian Pork Sausage

VITEDDU IMPANATO £24.50

(Can be Made GF)

Chargrilled British Veal Escalopes Lightly Coated in Breadcrumbs.
Served with Fresh Lemon & Herbs

POLLO IMPANATO £22.50

(Can be Made without Breadcrumbs for GF)

Chargrilled Butterflied Free Range Chicken Breast
Lightly Coated in Breadcrumbs Served with Fresh Lemon & Herbs

THANK YOU TO OUR FANTASTIC LOCAL SUPPLIERS

DARREN'S FRUIT & VEG, New Mills Market
JOE KEMP, Hayfield
REDFERNS, Buxton
SAILBRAND, Huddersfield

SECONDI - MAINS

Traditional Sicilian Main Course Fish Dishes

Sicily is Famous for its Swordfish & Tuna & Invented the Tin Canned Tuna that we Use Worldwide Today

All Secondi Dishes Include a Side of Choice

*"Sicily is an Island that has Been Conquered & Inhabited by so Many People.
Different in Ethnicity, Religion & Food Cultures...
Differences Can Only Bring Good"*

MARE - FISH

All our Fish Arrives Fresh Daily Sourced from the British Isles or the Mediterranean Sea
And from Sustainable Sources. Our Argentinian King Prawns are Frozen Fresh on Board.

GRIGLIATA DI PISCI £29.50

(GF/DF (Contains NUTS))

A Mixed Grill of Fresh Mediterranean Swordfish, Sashimi Grade Tuna, Sea Bream Fillet & King Prawns (Shell On). Dressed in Salmoriglio. Served with A Trapanisi Pesto Dip (Fresh Tomato, Almonds, Garlic & Chilli)

SPADA ALLO SFINCIONELLO £26.50

(Contains Gluten & Dairy) (Can be Made GF/DF)

Fresh Swordfish Steak. A Popular Sicilian Fish Cooked on our Chargrill
Topped with our Sficiune Sauce made from Fresh Tomatoes, Anchovies, Onions,
Sicilian Ragusano DOP Cheese, Sicilian Dried Oregano & Breadcrumbs

TONNU ALLA GRIGLIA £26.50

(DF) (Contains NUTS & Gluten) (Can be Made GF/NF)

Fresh Sashimi Grade Tuna Steak. Cooked Pink on our Chargrill. Dressed in Salmoriglio.
Served on a Bed of Sweet & Sour White Onions. Topped with a Pistachio Bread Crumb.

9 GAMBERONI ROSSI £28.50 (GF/DF)

9x Large Argentinian Red King Prawns. Cooked with Heads on for Maximum Flavour
Dressed in Fresh Seasonal Orange, Garlic & Ginger

CONTORNI

Side Dishes to Complement your Meal (GF/DF)

FUNCI TRIFOLATI £6.50

Mixed Wild Mushrooms Cooked in Garlic &
Sicilian EVOO

PATATI U FURNU £4.50

Sicilian Style Roast Potatoes Baked with White
Wine, Onions, Rosemary & Sicilian EVOO

SPINACI ALL'AGGHIA £4.50

Italian Spinach Leaves Cooked in Garlic, Chilli
& Sicilian EVOO

CAPUNATA £6.50

Aubergines in a Sweet & Sour Tomato Sauce with
Onions, Olives, Capers & Fresh Basil Served Cold

INSALATA DI RUCOLA £4.50

Fresh Rocket Salad Leaves, Cherry Tomatoes &
Sauteed Sweet Onions Dressed in Salmoriglio

VERDURA MISTA £6.50

Chargrilled & Oven Roasted Peppers, Courgettes &
Aubergines Dressed in Salmoriglio

EVOO - Extra Virgin Olive Oil (Sicilian Of Course)

SALMORIGLIO - EVOO, Lemon Juice, Garlic, Sicilian Dried Oregano, Sea Salt & Pepper

A Simple but Important Sicilian Dressing for Meat, Fish & Vegetables. Passed Down Through Generations



DOLCI



**WARNING: We are Very Nutty Here at A Tavola So We Cannot Guarantee 100% Nut Free in Any of our Dishes
Please ask about Take Home Desserts (20% Discount)**

CANNOLI SICILIANI

1x LARGE £7.50

1x MINI £2.50 / 2x Mini £4.50 / 4x Mini £8.50

The Famous Sicilian Deep Fried Dark Bitter Biscuit Shell
Made with Sicilian Marsala Wine & Cocoa.

Please Choose from the Following Fillings:

CLASSIC

Sweet Sicilian Sheep's Ricotta.

Topped with Chocolate Chip & Candied Orange Peel

PISTACHIO (N)

Sicilian Pistachio Flavoured Ricotta Topped with Pistachios

CANNOCCI SICILIANI (N) (GF)

1x £3.50 / 2x £6 / 4x £10.50

A Gluten Free Nutty Twist on the Classic Cannoli
Made with Sicilian Almonds, Hazelnuts & Dark Chocolate

Please Choose from the Following Fillings:

CLASSIC

Sweet Sicilian Sheep's Ricotta.

Topped with Chocolate Chip & Candied Orange Peel

PISTACHIO (N)

Sicilian Pistachio Flavoured Ricotta Topped with Pistachios

TARTINE (N)

1x £2.50 / 2x £4.50 / 4x £8.50

Homemade Small Sweet Pastry Tarts

Choose from the Following Fillings:

**Lemon Curd Cream / Chocolate Cream & Toasted Hazelnuts /
Patisserie Cream / Sicilian Pistacchio Ricotta (N)**

BIGNÉ (N)

1x £2.50 / 2x £4.50 / 4x £8.50

Homemade Choux Buns

Choose from the Following Fillings:

**Lemon Curd Cream / Chocolate Cream & Toasted Hazelnuts /
Patisserie Cream / Sicilian Pistacchio Ricotta (N)**

A' GUANTIERA (N)

£14 for 2 People (7 Pieces)

£24 for 4 People (14 Pieces)

A Selection of Homemade Miniature Cakes to Share
Includes Cannoli, Tartine & Bigne

CAKE OF THE DAY £9.50

Vegan Option Available

See Specials Board for Details

PANNA COTTA £9.50

(GF) (V)

Homemade Cooked Vanilla Cream Dessert
Please ask for the Seasonal Flavour of the week

FORMAGGI (N)

£12 for 1 Person OR £20 for 2 People

A Selection of Sicilian Cheese

Served with Crackers, Fruit Chutney & Grapes

PASTA DI MANDORLE (N) £3 Each

(GF) (Contains NUTS & Egg Whites)

Small Handmade Soft Sicilian Almond Biscuits.
Perfect with a Coffee, Liquor or Dessert Wine

GELATO

GF/VG Option Available

Homemade Sicilian Style Gelato.

Made with Local Milk & Sicilian Ingredients.

1 SCOOP £3.50 / 2 SCOOP £6 / 3 SCOOP £9

BRIOSCIA CON GELATO £9.50

(Contains Dairy, Gluten & Egg)

Traditional Sicilian Ice Cream Sandwich

Add 2 Scoops of Gelato to Our Warm Brioche Bun

AFFOGATO £10.50

(VG/GF & DECAF Available)

Homemade Gelato, Hot Espresso, Liquor & Dipping Biscuit.

Choose From or Design your Own:

Classic Vanilla Gelato & Amaretto Liquor

Sicilian Pistachio Gelato & Pistachio Cream Liquor

Cherry & Almond Gelato & Sicilian Almond Cream Liquor

Kinder Bueno Gelato & Frangelico Hazelnut Liquor

GRANITA £3.50

TRADITIONAL SICILIAN FRESH CITRUS SLUSH

The History of Granita can be Traced Back 4,000 years. It is Said that the Sicilians Began to
use the Snow & Ice from Mount Etna, Storing it in Ice Caves Carved into the Mountain,

Using Salt to Keep it Frozen. It was then Brought Down to the Coasts where it was

Flavoured with Fruit Syrups, Honey, Flowers, Aromatic Herbs & Spices. The Arab Conquest
in the 9th Century Brought Lemons & Sugar Cane to the Island & the Granita

