

ANTIPASTI

Start as you mean to go on by wetting your appetite with one of our delicious antipasti dishes. Freshly prepared and cooked to order, these perfectly proportioned dishes make a great start to your authentic experience.

Can't decide? Why not order a few and share amongst friends?

- Calamari Fritti** £5.95
Fried squid rings coated in a seasoned flour and served with garlic mayonnaise
- Polpette Siciliane** £5.25
Homemade Sicilian meatballs, smothered in a traditional Napoli Sauce
Served with crusty bread
- Tiger Prawn Skewers** £6.60
With roasted peppers, lemon & sweet chilli sauce, and a mixed salad
On a side
- Marinated Mixed Olives** £3.50
Served with crisp bread
- Garlic Pizza Bread** £3.35
- Garlic Pizza Bread with Mozzarella** £3.95
- Mixed Basket of Italian Bread** £4.75
Focaccia, Biga, Crisp bread and Grissini. served with Olive Oil
And Balsamic Vinegar
- European Meat & Cheese Platter**
Indulge in a feast of fine meats & cheeses – Chorizo, prosciutto di Parma, pecorino romano, selection of cheese accompanied with our house Italian pesto, extra virgin olive oil, balsamic vinegar, mixed tuscan olives and a basket of warm, freshly baked breads.
- Platter For One** £6.25 **Platter For Two** £9.95
- Minestra Del Giorno** £4.75
Soup of the Day served with sliced Focaccia bread

FROM THE GRILL

All of our Grill dishes are tasty and fresh-great if you are feeling really hungry...

Gios Burger

Our Chefs superb blend of beef, seasoning and spices makes for one of the best burgers around. Served on a freshly toasted focaccia bun with chips and salad

Original	£7.75	With Cheese	£8.15
With Bacon	£8.75		

Lemon & Thyme Chicken Burger

Marinated breast of chicken served on a freshly toasted focaccia bun with chips and salad

Plain	£7.95	With Cheese	£8.25
With Bacon	£8.95		

Choose an accompaniment from: house dressing, garlic mayo, sweet chilli or tomato salsa

Old English Sausage and Mash £8.25

A real homely comfort, done the Gios way- Locally produced pork & sage sausages on a bed of creamy mashed potato with onion & wholegrain mustard gravy. Why not add a portion of seasonal vegetables on the side? Just add £1.00

Beef Goulash £7.25
Served with Homemade Bread

Marinated Lamb Loín Chops £10.95
In Mustard & Rosemary, served with
Roasted Garlic Mash & Braised Red Cabbage

Grilled Salmon Fillet in Saffron Cream £10.50
Served with seasonal vegetables
and your choice of either creamy mashed potato or seasoned chips.

Please be aware that our chef's lovely burger recipe does include parmesan and chili. Due to the colour of these ingredients your burger may have pink appearance throughout, but we assure you that no burger would leave our kitchen anything less than perfectly cooked through.

Sides

Seasoned Chips £3.25
Chips Topped with Melted Cheese £3.95
Roasted Mediterranean Vegetables £3.75
Mixed Side Salad drizzled with our house dressing £3.50

Focaccia or Panini

All our breads are freshly made in house. Try toasted Sandwich or stone baked Focaccia loaded with a choice of fillings. Served with a mixed salad on a side.

Mozzarella and Tomato £5.25
Roasted Vegetables and Goats Cheese £5.95
Parma Ham and Mozzarella £5.95
Tuna Mayo, Roasted Red Onion & Peppers £5.95

CHEF'S SPECIAL

Gios Club Sandwich £6.95

Chicken Breast, Bacon, Tomato, crunchy Cos Lettuce
& Mayonnaise sandwiched between Toasted Slices of
Our In-House Bread

INSALATE

Fresh, light and delicious- as salads should be.

Our freshly prepared, authentic Italian salads are great for a lighter lunch, or why not add some gorgeous garlic pizza on the side?

Gios Caesar Salad **£6.95**
Crunchy fresh Cos lettuce with crispy croutons and our own Caesar dressing, topped with Parmesan shavings. A real house favorite.

Gios Chicken Caesar **£8.50**
Crunchy fresh Cos lettuce, crispy croutons and our own Caesar dressing topped with Parmesan shavings and perfectly grilled, succulent chicken breast- a real favorite

Gios Salmon Caesar **£9.25**
Crunchy fresh Cos lettuce, crispy croutons and our own Caesar dressing topped with Parmesan shavings and flakes of poached salmon

Pollo E Pancetta **£8.50**
Succulent strips of chicken and crispy pancetta scattered through a salad of mixed leaves, red onion, tomato, olives and our house dressing

Formaggio Di Capra **£7.50**
Grilled Goat's Cheese On a salad of mixed leaves, cherry tomatoes, red onion and olives

Winter Salad **£7.50**
Roasted squash with caramelized red onions and grilled peppers, on a bed of mixed leaves, with our honey and mustard dressing

PIZZE

What's more Italian than a really traditional pizza? Our chef has spent his time sourcing the finest, freshest and healthiest ingredients and the most truly authentic recipes to bring the true taste of Italy through our delicious pizzas....

Margherita £5.95

Tomato sauce, mozzarella and fresh basil

Napoletana £6.95

Tomato sauce, mozzarella, fresh anchovies, capers and olives

Funghi £6.95

Tomato sauce, mozzarella, mushrooms and herbs

Quattro Formaggi £7.95

Tomato sauce, provolone, Parmesan, mozzarella and ricotta

Gallipoli £7.25

Tomato sauce, mozzarella, roasted vegetables and fresh rosemary

Carne e Chili £8.95

Tomato sauce, mozzarella, seasoned Beef, onions, and fresh chilli

Fiorentina	£7.50
Tomato sauce, mozzarella, baby spinach, grana padano, black olives and fresh egg	
Funghi E Prosciutto Cotto	£7.95
Tomato sauce, mozzarella, mushrooms and Italian ham	
Sfiziosa	£8.25
Tomato sauce, mozzarella, salami and peppers	
Spuma Di Mare	£8.95
Tomato sauce, mozzarella, and selection of Seafood	
Piccante	£8.45
Tomato sauce, mozzarella, Italian sausage, fresh chilli, onions and capers	
Pollo	£8.95
Tomato sauce, mozzarella, chicken, roasted peppers and mushrooms	

PASTA

We love pasta, and believe that simplicity is the key to perfect Italian pasta dishes. We make all of our pasta sauces fresh and You can choose either- spaghetti, rigatone or pappardelle.

Pomodoro	£5.75
Our perfect pasta sauce, with Italian plum tomatoes, roasted garlic and freshly chopped basil	
Vegetariana	£7.25
Mediterranean roasted vegetables in a tomato, basil & garlic sauce	

Bolognese	£7.50
A true Italian classic-sweet wine tomatoes with lean mince and a touch of Parmesan, chilli and sage	
Spinaci e Pinoli	£7.95
Toasted Pine Nuts & Fresh Spinach tossed together With Garlic, Cream & Grana Padano	
Pollo E Mascarpone	£8.75
Tender chicken breast with smooth mascarpone cheese, spinach and fresh parmesan	
Polpette	£7.95
Homemade meatballs, slow cooked in a traditional Napoli sauce	
Gamberetti	£9.25
Fresh, succulent king prawns, tossed together with a dash of white wine And roasted garlic, finished with our rich tomato sauce	
Salsiccia e Peperoncino	£7.95
Pomodoro Sauce, with Chorizo Sausage, fresh Chilli & a dash of Cream.	

RISOTTO

A beautiful, homely dish combining traditional Arborio rice, butter
And parmigiano reggiano to create a delicious Italian classic...

❖ Pumpkin, Sage and Chilli	£7.95
❖ Goats Cheese, Pea and Porcini	£8.50
❖ Tiger Prawn, Courgette and Saffron	£9.25
❖ Chicken and Broccoli	£9.25

DESSERTS

End your meal in style by indulging in one of our delicious desserts, great for one or even to share, just ask for two spoons!

Hot Chocolate Brownie	£4.50
Served with chocolate ice cream and a rich chocolate sauce	
Drambuie & Coconut Parfait	£4.50
Served with rich chocolate sauce	
Assortment of Ice Cream	£3.95
Seasonal flavours available, ask one of our team for today's selection	

❖ Please ask to see our **Daily Dessert Specials**

COFFEES AND HOT DRINKS

No room for dessert? Why not finish your meal with a freshly ground coffee?

Café Crème	£2.10
Cappuccino	£2.25
Latte	£2.25
Chococcino	£2.25
Espresso	£1.75
Double Espresso	£2.80
Pot of Tea	£2.00
Fruit Tea	£1.75
Hot Chocolate	£2.30

Feeling a bit more indulgent? Why not ask your waiter to add a cheeky shot of your favourite liqueur to one of our coffees?

