

# PRIMI PIATTI – Starter

<b>MINISTRONE</b> – Traditional Italian Home Made Vegetable Soup Served with Home Made Bread	<b>£3.95 (v)</b>
<b>SOUP of the DAY</b> - Home Made Recipe ( <i>please see Chefs Specials</i> )	<b>£3.95 (v)</b>
<b>PANE all'AGLIO</b> – Garlic Pizza Bread	<b>£4.25 (v)</b>
<b>PANE all'AGLIO con MOZZARELLA</b> – Garlic Pizza Bread with Mozzarella Cheese	<b>£4.75 (v)</b>
<b>PANE all'AGLIO con POMODORO</b> – Garlic Pizza Bread with Tomato Sauce	<b>£4.75 (v)</b>
<b>PANE all'AGLIO ITALIA</b> – Garlic Pizza Bread with Tomato Sauce, Pesto & Parmesan (N)	<b>£5.25 (v)</b>
<b>DOUGH BALLS</b> – Served with Garlic Butter	<b>£3.75 (v)</b>
<b>FOCACCIA al ROSMARINO</b> – Flat Oven Baked Italian Bread with Rosemary Herbs Served with Balsamic Vinegar and Extra Virgin Olive Oil	<b>£3.75 (v)</b>
<b>BRUSCHETTA</b> – Home Made Toasted Bread with Chopped Tomatoes, Garlic & Italian Herbs	<b>£4.75 (v)</b>
<b>BRUSCHETTA SAN DANIELE</b> – Home Made Toasted Bread with Chopped Tomatoes, Garlic Italian Herbs & Parma Ham	<b>£6.95</b>
<b>BRUSCHETTA NOSTRA</b> - Home Made Toasted Bread with a selection of Seasoned Chopped Tomatoes, Sauted Mushrooms & Roasted Mixed Pepper	<b>£5.25 (v)</b>
<b>BRIE FRITTO</b> - Deep Fried Brie served with Cranberry Sauce	<b>£6.95 (v)</b>
<b>FUNGHI FRITTI</b> – Deep Fried Mushrooms with a Tartar Sauce	<b>£5.85 (v)</b>
<b>ANTIPASTO ITALIANO</b> – Traditional Italian Mixed Cold Meats served with Home Made Bread	<b>£9.95</b>
<b>COPPA di GAMBERETTI</b> – Prawns with Cocktail Sauce	<b>£5.85</b>
<b>CALAMARI FRITTI</b> - Deep Fried Squid served with Home Made Tartar Sauce	<b>£8.25</b>
<b>COZZE alla MARINARA</b> – Mussels cooked in Onions, Wine & Cream Sauce	<b>£9.25</b>
<b>COZZE alla PROVINCIALE</b> – Mussels cooked in Garlic, Wine & Tomato Sauce	<b>£9.25</b>
<b>GAMBERONI all'AGLIO</b> - King Prawns in Garlic & Butter Sauce served with Fried Parsnips	<b>£9.25</b>
<b>GAMBERONI alla DIAVOLA</b> – King Prawns in Garlic, Wine, Home Made Tomato Sauce & Chilli, served with Fried Parsnips <b>(HOT)</b>	<b>£9.25</b>
<b>INSALATA CAPRESE</b> – Mozzarella & Fresh Tomatoes with Home Made Pesto Dressing (N)	<b>£6.75 (v)</b>
<b>INSALATA TRICOLORE</b> – Mozzarella, Fresh Tomatoes & Avocado with Home Made Pesto Dressing (N)	<b>£6.95 (v)</b>

**For Daily Specials, please ask your waiter**

NB: If you are sensitive or allergic to any of our ingredients, please ask for help. Also, please watch out for stray olive stones.  
(V) Suitable for Vegetarians - (N) Contains Nuts or Nut Oils - (H) Our Chicken is Halal  
Any dish not carrying this symbol is made without nuts, but there is always a possibility that traces of nuts may be found.  
All prices are inclusive of 20% V.A.T. For Parties over 5+ people a 10% Service Charge will be added to your bill- All debit/credit card payment over £15.00  
We do not accept cheques, we apologize for any inconvenience this may cause.

# PASTA

*All our pasta are cooked Italian style al dente*

<b>SPAGHETTI alla NAPOLETANA</b> – Home Made Tomato Sauce, Garlic & Basil	<b>£6.25 (v)</b>
<b>SPAGHETTI all'ARRABBIATA</b> – Home Made Tomato Sauce, Chilli & Garlic <b>(HOT)</b>	<b>£6.75 (v)</b>
<b>SPAGHETTI alla BOLOGNESE</b> – Traditional Home Made Beef Sauce	<b>£8.85</b>
<b>SPAGHETTI e POLPETTE</b> – Home Made Tomato Sauce, Garlic & Basil Served with Traditional Italian Home Made Meatballs	<b>£9.85</b>
<b>FUSILLI BARESE</b> – Mushrooms, Ham, Peas & Cream Sauce	<b>£8.75</b>
<b>PENNE AMATRICIANA</b> – Home Made Tomato Sauce, Onions and Bacon	<b>£8.95</b>
<b>SPAGHETTI alla CARBONARA</b> - Bacon, Egg, Parmesan Cheese & Cream Sauce	<b>£8.95</b>
<b>FUSILLI ALFREDO</b> - Mushrooms, Onions & Cream Sauce	<b>£7.95 (v)</b>
<b>PENNE PARADISO</b> – Chicken, Courgettes, Carrots, Spinach, Garlic & Cream Sauce	<b>£9.95 (H)</b>
<b>LINGUINE al PESTO FRESCO</b> – Home Made Pesto Sauce with a touch of Cream	<b>£7.65 (N)</b>
<b>FUSILLI alla SICILIANA</b> – Home Made Tomato Sauce, Aubergines, Garlic, Onions & Mozzarella	<b>£7.95 (v)</b>
<b>PENNE al SALMONE</b> – Smoked Salmon & Cream with a dash of Home Made Tomato Sauce	<b>£8.95</b>
<b>LINGUINE GAMBERONI (3)</b> – King Prawns, Prawns, Cherry Tomatoes, Spinach, Garlic, Chilli & White Wine Sauce	<b>£13.25</b>
<b>LINGUINE alla PESCATORA</b> – Clams, Mussels, a selection of Seafood, Garlic, Wine & Home Made Tomato Sauce.	<b>£13.25</b>
<b>GNOCCHI SORRENTINA</b> – Home Made Oven Baked Potato Dumplings topped with Home Made Tomato Sauce & Mozzarella Cheese	<b>£8.25 (v)</b>
<b>VEAL RAVIOLI alla PAESANA</b> – Home Made Ravioli stuffed with Meat & Seasoning in a Traditional Home Made Meat Sauce & Mushrooms	<b>£9.25</b>
<b>CANNELLONI DI RICOTTA</b> – Oven Baked Home Made Pancakes rolled and filled with Ricotta and Spinach, topped with Béchamel Sauce & Parmesan	<b>£8.25 (v)</b>
<b>TORTELLONI con CREMA e FUNGHI</b> – Home Made Pasta stuffed with Ricotta & Spinach in a Cream, Onions & Mushrooms Sauce	<b>£9.25 (v)</b>
<b>LASAGNA al RAGU</b> – Layers of Egg Pasta, Home Made Meat Sauce, Béchamel Sauce & Parmesan	<b>£8.25</b>
<b>RISOTTO/PASTA of the DAY</b> - <i>(please see Chefs Specials)</i>	



# STONE BAKED PIZZA- 12"-14"

*Traditional Italian Style Pizza - Our Pizza Dough is freshly made on a daily basis*

<b>MARGHERITA</b> – Mozzarella & Tomato	<b>£6.75 (v)</b>
<b>PEPPERONI</b> – Mozzarella, Tomato & Pepperoni Sausage	<b>£8.95</b>
<b>FUNGHI</b> – Mozzarella, Tomato & Mushrooms	<b>£7.85 (v)</b>
<b>FUNGHI e PROSCIUTTO</b> – Mozzarella, Tomato, Mushrooms & Ham	<b>£8.85</b>
<b>CAPRICCIOSA</b> – Mozzarella, Tomato, Ham, Peppers, Mix Peppers, Artichokes, Egg, Anchovies	<b>£9.25</b>
<b>RUCOLA</b> – Mozzarella, Tomato, Rocket, Parma Ham & Parmesan Shavings	<b>£9.95</b>
<b>FIORENTINA</b> – Mozzarella, Tomato, Olives, Spinach, Garlic & Soft Egg	<b>£8.95 (v)</b>
<b>QUATTRO STAGIONI</b> – Mozzarella, Tomato, Ham, Artichokes, Mushrooms & Pepperoni Sausage	<b>£9.25</b>
<b>QUATTRO FORMAGGI</b> – Mozzarella, Tomato, Dolcelatte, Parmesan & Brie	<b>£8.95</b>
<b>TROPICALE</b> – Mozzarella, Tomato, Pineapple & Ham	<b>£8.85</b>
<b>NAPOLI</b> - Mozzarella, Tomato, Capers, Olives, Oregano & Anchovies	<b>£8.85</b>
<b>NETTUNO</b> – Mozzarella, Tomato, Tuna, Onions, Olives & Sweetcorn	<b>£8.95</b>
<b>PICCANTE</b> – Mozzarella, Tomato, Spicy Chicken, Sweetcorn, Olives & Mixed Peppers	<b>£10.25 (H)</b>
<b>AMERICANA</b> – Mozzarella, Tomato, Pepperoni Sausage, Olives & Mixed Peppers	<b>£9.25</b>
<b>VEGETARIANA</b> – Mozzarella, Tomato & Mixed Vegetables	<b>£8.75 (v)</b>
<b>CALABRESE</b> – Mozzarella, Tomato, Pepperoni Sausage & Jalepeno Peppers <b>(HOT)</b>	<b>£9.85</b>
<b>BELLA</b> – Mozzarella, Tomato, Pepperoni Sausage, Spicy Chicken, Ham & Mushrooms	<b>£10.95 (H)</b>
<b>FAVOLOSA</b> – Mozzarella, Tomato, Ham, Gorgonzola, Onions & Olives	<b>£8.95</b>
<b>PARMIGIANA</b> – Mozzarella, Tomato, Garlic, Aubergines, Parma Ham & Parmesan	<b>£9.95</b>
<b>PASTORE</b> – Mozzarella, Tomato, Goat Cheese, Pepperoni Sausage, Olives & Onions	<b>£9.85</b>

## CALZONE

<b>CALZONE VEGETARIANA</b> – Folded Pizza stuffed with Mozzarella & Mixed Vegetables Topped with Tomato Sauce	<b>£9.95 (v)</b>
<b>CALZONE ORIGINALE</b> – Folded Pizza stuffed with Mozzarella, Ham & Mushrooms Topped with Tomato Sauce	<b>£9.95</b>
<b>CALZONE TOSCANO</b> – Folded Pizza stuffed with Mozzarella, Pepperoni Sausage, Onions, Olives Ricotta, topped with Tomato Sauce	<b>£11.25</b>
<b>CALZONE ITALIA</b> – Folded Pizza stuffed with Mozzarella, Pepperoni Sausage, Spicy Chicken, Ham Mushrooms & Jalapeno Peppers with Tomato Sauce & Pesto Sauce <b>(N) (HOT)</b>	<b>£11.25 (H)</b>

**Extra Topping    £1.00 each    -    Extra Meat/Fish Topping    £2.00 each**

# MAIN COURSES

<b>SPIGOLA PESCATRICE</b> – Sea Bass Fillet with Mixed Seafood, White Wine and Tomato Sauce served with Sauté Potatoes & Seasonal Vegetables	<b>£16.95</b>
<b>SPIGOLA al LIMONE</b> – Sea Bass Fillet with Lemon and Garlic Sauce, served with Saute Potatoes & Seasonal Vegetables	<b>£16.95</b>
<b>GAMBERONI NERONE</b> – King Prawns in Garlic, Wine, Homemade Tomato Sauce Chilli, served with Fried Parsnips & Rice <b>(HOT)</b>	<b>£16.95</b>
<b>POLLO alla MILANESE</b> – Chicken in Breadcrumbs served with Spaghetti with Tomato Sauce	<b>£13.95</b>
<b>POLLO al FUNGHETTO</b> – Chicken Breast in White Wine, Mushroom and Cream Sauce Served with Saute` Potatoes & Seasonal Vegetables	<b>£13.95</b>
<b>POLLO alla MESSICANA</b> – Pan fried strips of Chicken Breast with Peppers, Mushrooms, Courgettes Onions, Garlic, Chilli and Tomato Sauce served with Rice	<b>£13.95</b>
<b>VITELLO alla MILANESE</b> – Veal in Breadcrumbs served with Spaghetti with Home Made Tomato Sauce <b>(NO VEG)</b>	<b>£15.95</b>
<b>VITELLO al LIMONE</b> – Veal with Lemon and Butter Sauce served with Saute` Potatoes & Seasonal Vegetables	<b>£15.95</b>
<b>MANZO al STROGANOFF</b> - Sauted Cuts of Sirloin Steak with Onions, Mushrooms, Cream and Herbs, served with Rice & Vegetables	<b>£16.95</b>
<b>BISTECCA alla GRIGLIA</b> – Sirloin Steak served with Sauté` Potatoes & Seasonal Vegetables	<b>£16.95</b>
<b>BISTECCA</b> – Sirloin Steak with Sauce of your Choice, served with Seasonal Vegetables & Potatoes	
with Creamy Green Peppercorn	<b>£17.95</b>
with Sauted Mushrooms	<b>£17.95</b>
with Blue Cheese Sauce	<b>£17.95</b>

## CONTORNI – Sides

<b>INSALATA di POMODORO e CIPOLLE</b> - Tomato and Onion Salad	<b>£3.65 (v)</b>
<b>INSALATA di POMODORO e RUCOLA</b> - Tomato and Rocket Salad	<b>£3.65 (v)</b>
<b>INSALATA MISTA</b> - Mixed Salad	<b>£3.65 (v)</b>
<b>INSALATA VERDE</b> - Green Salad	<b>£3.65 (v)</b>
<b>CHIPS</b>	<b>£2.95 (v)</b>



# INSALATONE

## SALADS – The Healthy Option

- INSALATA BOSCO** – Roasted Peppers, Warm Garlic Mushrooms with Mozzarella, Avocado, Baby Spinach & Mixed Italian Leafs served with a House dressing **£9.65 (v)**
- INSALATA GRECA “GREEK”** – Lettuce, Mixed Peppers, Black Olives, Tomato, Red Onions, Cucumber, Feta Cheese & Oregano  
Served with House Dressing *(served cold)* **£9.65 (v)**
- INSALATA di NIZZA “NICOISE”** – Grilled Tuna Loin Steak, Poached Egg, Anchovies, Olives, Capers  
Green Beans, Potatoes & Mixed Italian Leafs served  
with House dressing **£11.95**
- INSALATA di SALMONE** – Grilled Salmon Chunks served on a bed of Mixed Italian Leafs,  
Cherry Tomatoes & Green Beans served with  
Mustard Mayonnaise Honey Dressing **£11.95**
- INSALATA NOSTRA** – Italian Mixed Leaf Salad, Parma Ham, Sundried Tomatoes  
Avocado & Parmesan Shavings served with House Dressing *(served cold)* **£9.45**
- INSALATA di POLLO “CAESAR”** – Grilled Chicken Breast, parmesan, Home Made Croutons  
& Lettuce served with House Caesar Dressing *(served cold)* **£11.95**
- INSALATA CLASSICA** – Grilled Chicken Breast, Crispy Bacon, Baby Spinach, Cherry Tomatoes,  
Avocado & Home Made Croutons served with House Dressing *(served cold)* **£11.95**

Visit our website: [WWW.CIAOBELLAROMFORD.COM](http://WWW.CIAOBELLAROMFORD.COM)

TAKE AWAY AVAILABLE



# Vini, Birra, Aperitivi, Liquori e Bibite

## HOUSE WINE by the GLASS

House Wine Red, White, Rose 175ml £4.25      Large Red, White, Rose 250ml £5.65  
SPRITZA Soda or Lemonade £4.55

## HOUSE WINE by the BOTTLE

House Wine Red, White 75cl £14.95

## WHITE WINE

CHARDONNAY A good all rounded citrus fruity dry wine £18.95  
PINOT GRIGIO A light a refreshing wine £19.95  
FRASCATI A fruity, crisp light golden dry wine £19.95  
VERDICCHIO A dry wine with Aromas of Green Pears and Hint of Marzipan £19.95  
ORVIETTO CLASSICO A Fruity and floral bouquet accented with hints of pears £21.95

## RED WINE

MONTEPULCIANO A soft and medium bodied wine £18.95  
NERO D'AVOLA A sweet tannins and plum flavour wine £19.95  
CHIANTI A light cherry flavour wine, with liquorice hints and slightly bitter finish £20.95  
CHIANTI RISERVA A wine of great tradition has a seductive flavour £26.95  
BAROLO A deep red thick and complex flavour wine of violets and roses £36.95  
AMARONE A rich full bodied, unfortified, dry wine £46.95

## ROSE` WINE

ROSATELLO A medium dry and refreshing wine with Strawberry hints £19.95

## CHAMPAGNES and SPARKLING WINES

PROSECCO £20.95  
PROSECCO ROSE` £

20.95

MOSCATO DOLCE £20.95  
HOUSE CHAMPAGNE £35.95  
MOET & CHANDON £59.95

## BEER

BIRRA PERONI PREMIUM £3.95      LARGE PERONI PREMIUM £6.55  
SHANDY £4.35

## SPIRITS – LIQUEURS – COGNACS

SPIRITS 25ml £3.65      PREMIUM SPIRITS 25ml £3.85  
APERITIFS 50ml £3.65      LIQUEURS 25ml £3.85  
COGNAC 25ml £4.35      MALT WHISKEY 25ml £4.35  
MIXER £0.85  
BOTTLE MIXERS Tonic, Soda £1.25

## SOFT DRINKS

MINERAL WATER 750ml Still or Sparkling £2.95  
SOFT DRINKS Cola, Diet Coca Cola, Lemonade, Fanta £1.95  
LARGE SOFT DRINK or JUICES pint £2.95  
FRUIT JUICES Orange Juice, Apple Juice, Tropical Juice £1.95

# Desserts, Ice Cream and Coffee

## HOME MADE DESSERTS

**HOME MADE TIRAMISU** Lady Fingers dipped in espresso coffee & liquor layered with Mascarpone Cream & topped with cocoa **£4.95**

**HOME MADE PANNA COTTA** An Italian invention, an eggless custard that is the most pure, simple and delightful version of cooked cream, topped with a choice of Mango or Berry Sauce **£4.95**

**HOME MADE BRULEE`** Vanilla custard base topped with a layer of hard caramel **£4.95**

**HOME MADE HOT CHOCOLATE PUDDING** Chocolate puddings, fluffy outside and molten within, a cross between a soufflé and a sponge pudding, served with a scoop of vanilla ice cream **£4.95**

## DESSERTS

**PROFITEROLES** **£4.65**

**APPLE PIE** served with a scoop of vanilla ice cream **£4.65**

**BARBARONATA** Rum Baba torte with a Italian patissiere cream centre **£4.65**

**TORTA DELLA NONNA** A double crust tart filled with a delicately flavoured pastry cream **£4.65**

## ICE CREAM

**TARTUFO NERO** Chocolate ice cream with marsala ice cream centre dusted with Italian cocoa **£4.65**

**TARTUFO BIANCO** White chocolate ice cream with Coffee ice cream centre dusted with Italian white chocolate flakes **£4.65**

**ASSORTED ICE CREAM** Vanilla, Strawberry & Chocolate topped with strawberry or chocolate sauce **£4.65**

## SORBET

**Sorbet (2 Scoops)** choice of Lemon, Mandarin, Mango and Raspberry **£4.65**

## COFFEE

Espresso	£1.70
Espresso Macchiato	£1.90
Doppio Espresso	£2.00
Doppio Espresso Macchiato	£2.00
Cappuccino	£2.00
Latte	£2.00
Mocha	£2.00
Hot Chocolate	£2.00
Tea	£1.70
Herbal Tea	£1.90

## LIQUEURS COFFEE

Italian Classico Coffee (Amaretto)	£4.75
Irish Coffee (Whisky)	£4.75
Parisienne Coffee (Brandy)	£4.75
Calypso Coffee (Tia Maria)	£4.75
Baileys Coffee (Baileys)	£4.75
Russian Coffee (Vodka)	£4.75

# CIAO BELLA LUNCH SET MENU

**AVAILABLE 12PM TO 6PM**

**1 COURSE MEAL (PIZZA or PASTA) £4.90 PP**

**1 COURSE MEAL (MAIN) + SOFT DRINK (330ml) or COFFEE £6.95 PP**

**2 COURSE MEAL + SOFT DRINK (330ml) or COFFEE £8.95 PP**

**2 COURSE MEAL + LARGE SOFT DRINK (Pint) or BOTTLED WATER (750ml) £9.95 PP**

**2 COURSE MEAL + BEER (330ml) or GLASS OF WINE (175ml) £10.95 PP**

**CHILDRENS MENU (PIZZA or PASTA) + 1 SCOOP ICE CREAM £3.90**

**Any one choice of starters from the list below:**

## **STARTERS**

- **SOUP** (v)
- **GARLIC BREAD** – Plain or Cheese or Tomato Sauce (v)
- **SALAD** – Mixed or Green Salad (v)
- **FUNGHI FRITTI** – Deep Fried Mushrooms served with Tartar Sauce (v)
- **CHICKEN WINGS** – Chicken Wings in BBQ Sauce

**Any one choice of Pizza or Pasta from the list below - £4.90**

**PIZZA – Our Pizza Dough is freshly made on a daily basis – 10”**

- **MARGHERITA** – Mozzarella and Tomato (v)
- **FUNGHI E PROSCIUTTO** – Mozzarella, Tomato, Ham and Mushrooms
- **TROPICALE** – Mozzarella, Tomato, Ham and Pineapple
- **NAPOLI** – Mozzarella, Tomato, Capers, Anchovies and Olives
- **VEGETARIANA** – Mozzarella, Tomato & Seasonal Mixed Vegetables (v)
- **PEPPERONI** – Mozzarella, Tomato and Spicy Pepperoni Sausage

**PASTA – All our Pasta are cooked Italian Style al Dente**

- **SPAGHETTI NAPOLI** – Home Made Tomato Sauce, Garlic and Basil (v)
- **FUSILLI ARRABBIATA** – Home Made Tomato Sauce, Chilli & Garlic (H) (v)
- **SPAGHETTI BOLOGNESE** – Home Made Beef Sauce
- **SPAGHETTI POLPETTE** – Home Made Meatballs in Home Made Tomato Sauce
- **FUSILLI GIARDINIERA** – Mixed Vegetables and Home Made Tomato Sauce (v)
- **FUSILLI BARESE** – Ham, Mushrooms, Peas and Cream Sauce
- **FUSILLI ALFREDO** – Mushrooms, Onions and Cream Sauce (v)

**CHILDREN SET MENU – Any One Choice of Pizza or Pasta from the list above +  
1 Scoop of Ice Cream £3.90**

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