

### What's LC?

We have recently added LC for “low-carb” to the dietary advice on our menu. This year we published our twelfth book, The Diabetes Weight Loss Cookbook as Giancarlo Caldesi has followed a low-carb diet to reverse diabetes type 2. Please ask your waiter if you would like to see a copy of the book.

## CALDESI

### All day Italian Dining

*Mixed nuts £2.2*

*Nocellara olives £3.5*

*Warm deep fried salted bread £2.5*

*Fried mozzarella, arrabbiata sauce £5.9*

*Selection of bread and home-made focaccia £4.20 (available )*

### Antipasti

*Today's soup £9 LC*

*Aubergine parmigiana £8 LC*

*Salt-baked onion, hot cashew cheese, rosemary and garlic LC £9*

*Avocado, mango, onion, radicchio, sesame seeds £11*

*Pan fried king prawns, garlic, chilli, brandy, vegetable ribbons £16 LC*

*Beef carpaccio, rocket, Grana shaving, mustard dressing £14 LC*

*Burrata from Andria with Sicilian caponata, toasted pine nuts £14 LC*

*Deep fried calamari, courgettes, gremolata sauce £15*

*Poached egg, parmesan fondue, black truffle, croutons £15 (available LC)*

*Antipasto misto: Finocchiona salami, coppa, truffled mortadella, bresaola, Parma ham, grilled vegetables £16 LC*

### Insalate

*Spicy roast chickpea polpettine, red pepper sauce, farro, herb, spinach salad, caponata, lemon aquafaba mayonnaise £ 11.50*  

*Tomato, buffalo mozzarella, avocado, basil pesto, puffed polenta £12*

*Warm chicken salad, rocket, rosemary, chilli and balsamic dressing £ 15 LC*



vegan



vegetarian



gluten free

LC Low carbs



dairy free

## Primi

*Homemade pappardelle, Tuscan beef and pork ragu £ 14 / 17 (available )*

*Buttered Savoy cabbage ribbons, Tuscan beef and pork ragu £14 LC*

*Tuscan Tortelli filled with ricotta and spinach, butter and sage sauce £ 13 / 16*

*Sea bass ravioli, lemon and butter sauce £ 14 / 17*

*Carnaroli risotto, spring vegetables, parsley and lemon pesto £ 13 / 16*

*Caldesi linguine, tomato, cream, basil £ 10 / 12 Add king prawns £ 5*

*Buttered verza ribbons, tomato, cream, Parmesan and basil £12 LC*

*Courgetti spaghetti – cherry tomato, basil, garlic and chilli £ 13 LC*

*Sedanini pasta, duck ragu £14 / £17 (available LC)*

## Secondi

*Sea-bass al cartoccio, cherry tomatoes, olives, capers, vegetables £ 25 LC*

*Seared yellowfin tuna steak, Sicilian caponata, salmoriglio oil £28 LC*

*30 day dry-aged grass-fed sirloin steak, roast potatoes alla Nonna £ 28*

*Corn-fed chicken breast stuffed with truffled pecorino, Parma ham, cannellini beans, roasted shallots, jus £ 19*

*Calves' liver, mashed potato, sage and butter £24*

*Veal Milanese, salad leaves, roast potatoes alla Nonna £ 26*

## Contorni £4.80

*Sauteed spinach, garlic and chilli*

*Roasted potatoes alla nonna*

*Pan fried green beans*

*Zucchini fritti*

*Mashed potato*

*Green salad*

*Mixed salad*



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