



Tavistock

ITALIA

sleek | vibrant | chic

www.tavistockleisure.com

La Pietra ha Infornata i Pane ed il Ciabattas

STONE BAKED BREADS & CIABATTAS

Pane dell'Allio

Garlic Bread with Rosemary and Sea Salt, plain and simple
£3.95

Con Formaggio

Garlic Bread with Mozzarella and Caramelised Onion
£4.75

Con Formaggio e Pomodoro

Garlic Bread with Mozzarella and Tomato
£5.25

Con Pomodoro

Garlic Bread with Tomato and Chilli
£4.75

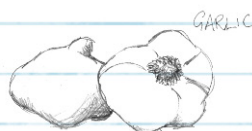
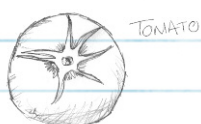
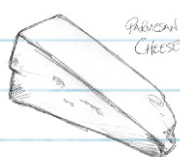
Con Pomodoro e Pesto

Garlic Bread with Tomato and Pesto
£4.75

- *Bigger. The difference in Tavistock Italia bread but we're not talking size here, we're talking what we add to up the quality.*
- *Take our dough. Fermented beforehand then added to the breadmaking along with Alimonti Italian flour, virgin olive oil and sea salt. It's a lengthy process - fewer calories, less yeast, more protein.*
- *Espresso-style cooking means that all of our meals are freshly prepared from scratch, using only the freshest and finest ingredients."*

Bruschetta Pomodoro

Tavistock use only the finest vine tomatoes, red onions and Italian herbs, once they are mixed together with just a hint of garlic and olive oil all the flavours combine to give a truly mouthwatering taste.



Anti Pasti Caldi e Freddi HOT & COLD STARTERS

Bruschetta Pomodoro

Tomato, Red Onion, Basil, Garlic and Parmesan Flakes
£5.75

Zuppa el Giorno

Chef's Soup of the moment, served with homemade Italian Bread
£4.75

Insalata di Prosciutto di Parma

Salad of Parma Ham, fine Salami and Roasted Figs
£6.45

Calamari Fritti

Deep fried Diamonds of Squid, resting on a bed of Lime, Coriander and Chilli Spaghetti
£6.25

Funghi Prataioli Ripieni di Formaggio

Roasted Portobello Mushrooms stuffed with a blend of Goats Cheese and Sundried Tomatoes on Toasted Sourdough dressed with a Balsamic Glaze
£6.25

Beef Carpaccio

Cured Beef, Rocket, Parmesan and Lemon Oil
£6.25

Frittelle Riempito con Salmone Affumicato

Pancakes filled with Smoked Salmon and Cray Fish served in a White Wine, Cream and Herb Sauce
£6.25

Mozzarella Pomodorini e Basilico

Roasted Cherry Tomatoes and Baby Mozzarella Salad with Torn Basil served on Toasted Sourdough
£5.95

Costolette Italiane

Tender Pork Ribs, braised in Italian Herbs and Spices with a flavoursome Sauce
£6.25

Anti Pasto Misto per Due

Parma Ham, Salami, Smoked Salmon, Crayfish, Tomato and Red Onion Bruschetta, Goats Cheese and Sundried Tomatoes and Olives (serves two)
£12.50

Funghi Ripeni

Large Breadcrumbed Field Mushroom filled with Paté and served with Caramelised Red Onions
£6.25

Paté Della Casa

Homemade Chicken Liver Paté served with Ciabatta and Red Onion Marmalade
£6.25

Cozze

Mussels cooked in either White Wine, Cream and Garlic or Tomato and Chilli
£6.75

Frittura-Di-Mare

Mixed Fried Fish served with homemade Tartare Sauce
£8.25

Gamberoni

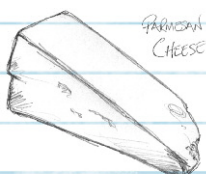
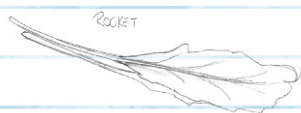
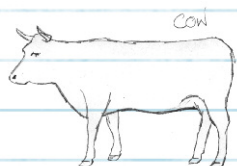
Pan Fried in Olive Oil and served with one of the following sauces:-

- Garlic Butter, White Wine and Parsley
- Tomato, Pernod and Cayenne Pepper
- Thermidor Sauce

£8.75

Beef Carpaccio

Fillet of Beef cured naturally with mustard and herbs. Sliced finely and served with dressed rocket and parmesan. Pure flavours that are enhanced with a squeeze of lemon.

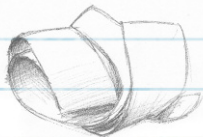
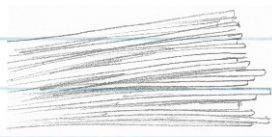
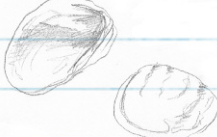
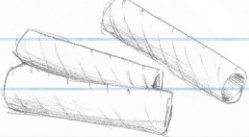


Pasta - La passione di Italia

PASTA - THE PASSION OF ITALY

* = £1.50 supplement
at Happy hour

Please choose from one of the following Pasta's

<i>Pappardelle</i>	<i>Spaghetti</i>	<i>Orecchiette</i>	<i>Rigatoni</i>
			
<i>Pappardelle pasta is an Italian flat pasta cut into a broad ribbon shape.</i>	<i>Spaghetti is a long, thin, cylindrical pasta of Italian origin.</i>	<i>Orecchiette's name comes from its shape, which is reminiscent of a small ear.</i>	<i>Rigatoni is a form of tube-shaped pasta of varying lengths and diameters.</i>

Carbonara

Diced Pancetta in a Creamy Parmesan Sauce

£7.50

Bolognese

Traditional Bolognese Sauce made with Minced Beef, Pork and Pancetta

£7.50

*Frutti di Mare

Mixed Seafood served with Cherry Tomatoes, Lemon Oil and fresh Basil

£7.95

Arrabiatta

Crushed Chillies and Cherry Tomatoes in a Tomato, Garlic and Basil Sauce

£7.25

Genovese

Roasted Peppers, Mushrooms, Baby Spinach and Cherry Tomatoes in a Pesto Sauce

£7.25

Pesto e Pollo

Chicken Breast, Green Beans and Sundried Tomatoes served with a Pesto Sauce

£7.75

Al Salmone

Pasta with Salmon, Asparagus and Spinach in a Tomato and Cream Sauce

£7.95

Selezione di Carne Speziata

Spicy Chorizo, Beef and Pancetta cooked in a Tomato Sauce with crushed Chillies and Garlic

£7.95

Contandina

Strips of Chicken, Onion and Pancetta cooked in Wild Mushroom, Cream and Parmesan Sauce

£7.95

Polpetini

Mini Pork and Beef Meatballs, homemade and hand rolled served in a Caramelised Red Onion and Tomato Sauce

£7.50

Vongole

Clams simply sauted in White Wine and Garlic and served with Parsley, Cherry Tomatoes and Spinach

£7.75

*Risotto Granchio e Gambero di Fiume

Crab and Crayfish Risotto in a White Wine Cream

£8.25

*Risotto al Funghi Porcini

Wild Mushroom, Pea and Gorgonzola Risotto

£8.25

*Risotto Chorizo e Pomodoro

Chorizo Sausage and Sundried Tomato in a Saffron flavoured Risotto

£7.75

Lasagna

Using the traditional methods of old Italy we have added a modern twist to bring you something new

Bolognese

Seafood

Mediterranean Vegetable, Spinach and Ricotta

£7.50

Pizze - La pietra ha infornato e di recente preparato

PIZZA - STONE BAKED AND FRESHLY PREPARED

* = £1.50 supplement
at Happy hour

"No ordinary pizza means no ordinary pizza base."

"Bigger. The difference in a Tavistock Italia pizza, but we're not talking size here. We're talking quality, what we add to up the quality."

Margherita

Mozzarella, Tomato and fresh Basil
£6.95

Americana

Pepperoni, Mozzarella and Tomato
£7.75

*Frutti di Mare

Tuna, Prawns, Smoked Salmon, Anchovies, Tomato and Mozzarella
£8.25

Tropicale

Tomato, Mozzarella, Ham and Chargrilled Pineapple
£7.75

Calzone

Ham, Mushrooms, Onion, Tomato and Mozzarella
£7.75

Il Fungo di Prosciutto ed il Pesto

Sliced Field Mushrooms, shaved Smoked Ham, sliced Italian Pepperoni, Olives, Capers, Tomato Sauce and grated Mozzarella
£7.75

Greco

Roasted Red Peppers, Mozzarella, Tomatoes, Spinach, Feta Cheese and Pine Nuts, all Drizzled with Pesto Sauce topped with Rocket
£7.75

*Diavolo

Mozzarella, Tomato Sauce, Spicy Pepperoni, Italian Salami, Chorizo, Sundried Tomatoes and topped with fresh Chillies
£7.95

Foresta

Torn Chicken Breast, Cherry Tomatoes and Chargrilled Italian Vegetables
£7.75

Montagna

Asparagus, Artichokes, Mushrooms, fresh Red Peppers, Cherry Tomatoes and Garlic Oil topped with Pesto
£7.45

*Salmone Afumicato

Smoked Salmon, Spring Onion and Pecorino Cheese with a Crème Fraiche Dressing
£8.25

We use Naturally Cultured Dough

Fermented beforehand and then added to the base dough along with extra virgin olive oil and coarse ground sea salt. No GMOS (Genetically Modified Organisms). It's a lengthy process but the pizza is crispier, tastier, healthier.



La Portate Principal - Una selezione di eclectic da Italia

MAIN COURSE - AN ECLECTIC SELECTION FROM ITALY

Osso Buco

Shin of Beef Braised in Red Wine, Garlic, Herbs, Tomatoes and Stock with a Milaneise Risotto

£14.50

Pollo Kiev

Chicken Kiev served with wedges of roasted Sweet Potatoes

£12.95

Pollo Parmo

Breadcrumbs Breast of Chicken topped with a Béchamel and Cheese Sauce with Sautéed Potatoes

£12.95

Salumi Italiani

Italian Sausages served on a Creamy Polenta with a Port and Gorgonzola Gravy

£10.95

Pollo Funghi et Rosmarino

Chicken Breast topped with a Creamy Mushroom, Rosemary and Garlic Sauce served with Parmentier Potatoes

£12.95

Pollo ha Cucinato

Roasted Breast of Chicken served on a bed of Puy Lentils simmered in a Creamy, Bacon and Thyme Jus

£12.95

Anatra con il Risotto di Rosmarino di Arancia

Crispy Breast of Duck, sliced onto a Creamy Orange and Rosemary Risotto

£14.50

Maiala di Senape Salsa di Mela

Slow roasted Belly Pork, served on a bed of Mustard Mashed Potato and Sage and Apple Jus

£12.95

Branzini alla Cartoccio

Sea Bass Fillets, Clams, and Queen Scallops, Sliced Fennel, Tomato and Lemon cooked in a Parcel and served with New Potatoes

£16.50

Sole Goujons del Limone

Sole Goujons cooked in a Tempura Batter served with a really Garlicky Mayo

£15.25

Partorisce il Fegato con la Pancetta

Calves Liver Venetian style, served with Crispy Pancetta, Sautéed Onions and an Olive Oil Pomme Puree

£12.95

Pesce Ragou

Tavistock Fish Ragout, Salmon, Cod, King Prawn, Queen Scallop served on a bed of crushed Potatoes and a Ragout Sauce with roasted Cherry Tomatoes

£15.95

Gamberoni

Pan Fried in Olive Oil and served with one of the following sauces:-

- Garlic Butter, White Wine and Parsley
- Tomato, Pernod and Cayenne Pepper
- Thermidor Sauce

All served with a Lemon & Garlic Papperdelle

£15.95

All of the above dishes are served with either Potatoes or the relevant accompaniment, we serve an additional Vegetable of the Day

Osso Buco

Osso Buco means from the bone.

We cook this on the bone so we get all the flavours running from the bones into the meat. This dish needs a long time to cook to let all the flavours infuse. This is old fashioned Italian cooking at its very best.



I Gusti di Avere Sapore Dall Griglia

TASTES TO SAVOUR FROM THE GRILL

Bistecca di Capocollo

10oz / 283grms Rib Eye Steak
£13.95

Bistecco a di Controfiletto

10oz / 283grms Sirloin Steak
£13.95

Filetto

8oz / 227grms Fillet Steak
£17.25

Tavistock Spuma di Tobra

8oz Fillet Steak topped with four Gamberoni
£22.50

Choose a sauce for £2.50

Pepper,
Diane,
Garlic Butter or
Thermidor Sauce

SIDE ORDER

Homemade Chips.....	£2.50
Mixed Leaf Salad.....	£2.50
Tomato & Red Onion Salad.....	£2.50
Cauliflower Cheese & Crispy Bacon.....	£2.95
Sauteed Green Beans with Crispy Bacon and Garlic Butter.....	£2.95
Sautéed Mushrooms in Garlic Butter.....	£2.95
Onion Rings.....	£2.95

"Tavistock only select the best meat from one of four farms within the Durham postcode which have been matured for a minimum of 21 days, this means we can supply the best in quality whilst maintaining our commitment to reducing our energy consumption and our carbon footprint."

Fillet

The fillet has less fat than any other cut of meat and should almost melt in the mouth.



Sirloin

We only use top sirloin as it is very tender, the top layer of fat protects and gives flavour to the meat and can be easily removed.



Rib Eye

The ribeye is one of the most popular steaks on the market. Meat from the rib section is more tender and fattier. This extra fat makes ribeye steaks and roasts especially tender and flavoursome.



Il Budino - Qualcosa di dolce

DESSERTS - SOMETHING SWEET

Le Ciance con la Salsa di Caramello

Waffles served with hot Caramel Sauce and Vanilla Pod Ice Cream
£5.25

Pannacotta alla Vaniglia

A light Vanilla Cream Mousse served with Balsamic Strawberries
£5.25

La Torta al Cioccolato di Cioccolata ed i Lamponi

Homemade Chocolate Brownie, served warm with Raspberries, Cream and Chocolate Sauce
£5.25

Sticky Toffee Pudding

Served with Butterscotch Sauce
£5.25

Panettone Italiana

Cointreau and Marmalade Bread and Butter Pudding served with Creme Anglaise
£5.25

Tiramisu

Layers of Sponge, soaked in Amaretto and Coffee with sweetened Mascarpone
£5.25

Torta di Limone

Lemon tart
£5.25

Fromaggi

A selection of Italian and Continental Cheeses
£5.25

Tiramisu

It's more than just pudding, it's the perfect finale to any meal or even the meal itself - no one has to know!

Fresh, moist, rich, creamy - consider your craving completely satisfied.

Gelato Certina ICE CREAM

Choose any three scoops from the following flavours

Vanilla Pod

Lemon Cheesecake

Christmas pudding

Strawberry

Chocolate chip

Three Scoops served with Homemade Biscotti
£3.95

We serve Archer's ice-cream which is a family business located just outside of Darlington. The ice creams are all made on a real working dairy farm with milk produced from their own pedigree Jersey cows.

Caffé COFFEE

Filter Coffee.....	£1.95
Espresso.....	£1.95
Double Espresso.....	£2.35
Cappuccino.....	£2.50
Latte.....	£2.50
Hot Chocolate.....	£2.35
Liqueur Coffee.....	£4.50

Vino Blanco

WHITE WINE

Bin

1 **Tavistock House White**

An easy drinking wine that has a soft finish

£3.45 per 175ml glass £4.65 per 250ml glass £12.95 per bottle

2 **Vita Chardonnay-Pinot Grigio del Veneto**

Italy

Excellent, fresh, rich fruit Chardonnay balanced by the natural Peardrop finish of the Pinot Grigio

£3.90 per 175ml glass £5.10 per 250ml glass £14.25 per bottle

3 **La Campagne Chardonnay**

VdP d'Oc France

Soft, green apple-scented unoaked Chardonnay with a refreshing finish

£4.00 per 175ml glass £5.40 per 250ml glass £15.25 per bottle

4 **Pinot Grigio delle Venezie**

San Floriano, Italy

Delicate flavours of apples and pears on a refreshingly dry palate

£16.95 per bottle

5 **Kleine Zalze Sauvignon Blanc**

Stellenbosch, South Africa

Superbly aromatic with mouthwatering grapefruit crispness and lingering herbaceous freshness

£17.55 per bottle

6 **Soave Classico**

Bolla, Italy

Bouquet of apricot and pepper, dry yet with soft acidity and a creamy almond palate, a blending of the highly prized Trebbiano di Soave Grape

£18.75 per bottle

7 **Orvieto Classico Secco**

Bigi, Italy

Secco is a dry style, this is bright and fresh with hints of spring blossom and almonds

£19.95 per bottle

8 **Gavi di Gavi la Toledana**

Villa Lanata, Italy

This excellent producer crafts refreshing gooseberry and mineral style with delicate floral hints, dry but not austere

£23.95 per bottle

Vino Rosso

RED WINE

Bin

12 **Tavistock House Red**

An easy drinking wine that has a soft finish

£3.45 per 175ml glass £4.65 per 250ml glass £12.95 per bottle

13 **Vita Sangiovese-Merlot**

Sicilia, Italy

From a less prominent area of Italy, showing a supple blueberry Merlot with the firmer Cherry Sangiovese character

£3.90 per 175ml glass £5.10 per 250ml glass £14.25 per bottle

14 **La Campagne Cabernet Sauvignon**

VdP d'Oc France

All the classic blackcurrant aromas and flavours, balanced with a soft, tannic finish

£4.00 per 175ml glass £5.40 per 250ml glass £15.25 per bottle

15 **Chianti Celsus**

Trambusti, Italy

A high quality family house producing a soft vibrant fruit with wild hedgerow berry character

£18.25 per bottle

16 **Boschendal Pavillion Shiraz-Viognier**

Coastal Region, South Africa

Shows rich, full-flavoured bramble fruit, with a touch of spice, the palate has a refreshing streak and apricot notes

£19.25 per bottle

17 **Salice Salentino 35 Parallelo**

Puglia, Italy

Made from the Negroamaro Grape this has juicy, ripe brambly fruit with a slightly smoky finish

£19.55 per bottle

18 **Montepulciano d'Abruzzo**

Valle Reale Vigna Nuove, Italy

Exuding spectacular blueberry and plum flavours, very rich mouth-filling, warm and upfront with liquorice hints

£20.25 per bottle

19 **Barolo I Siglati**

S. Orsola, Italy

One of the great red wines of Italy, Nebbiolo Grapes offer powerful aromas of violets and black cherries enveloped in powerful richness

£26.25 per bottle

Champagne, Vino Rosé e Prosecco

CHAMPAGNE, ROSÉ & SPARKLING WINES

Bin

9 Tavistock House Rosé

An easy drinking wine that has a soft finish

£3.45 per 175ml glass £4.65 per 250ml glass £12.95 per bottle

10 La Campagne Rosé de Cinsault

VdP d'Oc, France

Harvested in the cool of the morning and cool fermented in stainless steel tanks to ensure that the flavours of fresh summer fruit are retained in the bottle - delicious

£4.00 per 175ml glass £5.40 per 250ml glass £15.50 per bottle

11 Boschendal Pavillion Shiraz Rosé

Coastal Region, South Africa

Ripe strawberry on the nose with citrus peel notes, the palate is slightly off-dry with a hint of richness

£20.95 per bottle

20 Prosecco Extra Dry

Fantinel, Italy

Fresh, dry and fruity. A pleasant and extremely elegant bouquet with delightful, floral-based hints. A smooth, velvety and poetic flavour

£21.50 per bottle

21 Mercier NV

Champagne, France

Tavistock House Champagne. Delicate with a full flavoured finish

£36.50 per bottle

22 Moët NV

Champagne, France

Rich, tasty aromas coupled with freshness and fruit

£41.50 per bottle

23 Veuve Clicquot Yellow Label Brut

Champagne, France

Full bodied, rich and fruity with great elegance and a delightful finish

£53.95 per bottle

24 Moët et Chandon Vintage

Champagne, France

Succulent fruits expand into a firm, crisp flavour with a subtle, yet invigorating freshness

£61.00 per bottle

25 Moët Rosé

Champagne, France

Soft, fruitful and flavoured finish

£68.25 per bottle

Ora a Prezzo Ridotto

HAPPY HOUR MENU 5pm - 6.45pm, Monday to Saturday Lunchtime: 12noon - 2.30pm

ANTI PASTI

Zuppa del Giorno

Chef's Soup of the moment, served with homemade Italian Bread
£2.95

Bucce di Patate

Potato Skins with a Garlic Mayonnaise or Sweet Chilli Dip
£3.50

Crocchette al Fromaggio

Deep Fried Breadcrumbs Applewood Cheese
£3.50

Funghi Trifolati

Sautéed Garlic Mushrooms
£3.50

Melone

Melon dressed with Raspberry Coulis and Forest Fruits
£3.25

Costolette Italiane

Pork Ribs braised in a rich Tomato Sauce with Herbs and a little Spice
£3.95

SEAFOOD ANTI PASTI

Cocktail Gamberetti

Small Prawns with a Cocktail Sauce, topped with Crisp Salad
£3.95

Calamari Fritti

Deep Fried Squid served with Garlic Mayonnaise
£3.95

SECONDI PIATTI

Any Pizza or Pasta

£4.95 (* = £1.50 supplement at Happy hour)

Bistecca di Capocollo

6oz Sirloin served with a Diane, Pepper, Pizziola or Red Wine Jus
£7.75

Bistecca di Girello

8oz Rump served with a Diane, Pepper, Pizziola or Red Wine Jus
£8.50

Crocchette di Pescé

Homemade Fishcakes served on a rich Bloody Mary Sauce
£6.75

Petto di Pollo al Rosmarino

Grilled Breast of Chicken with a Creamy Rosemary Sauce
£7.50

Gamberoni

King, Tiger and Greenland Prawns served either in Garlic and White Wine, Tomato and Basil or Thermidor Sauce
£8.75

Burger Italiano

Beef Burger served with Ciabatta Bread, Mozzarella Cheese, Chips, Salad Garnish and Relish Sauce
£6.50

Pollo Parmo

Pan Fried Breast of Chicken Breadcrumbs and topped with a Béchamel and Parmesan Cheese Sauce
£7.50

Pollo Cacciatora

Strips of Chicken cooked in Tomatoes, Peppers, Mushrooms and Italian Spices served with Risotto
£7.50

Beef Stroganoff

Strips of Beef cooked in Onions, Gherkins, Peppers, Mushrooms and Paprika
£7.50

DOLCI

Gelato

Mixed Ice Cream
£2.75

Pasticceria di Choux

Choux Pastry Profiteroles filled with Cream and Topped with Chocolate Sauce
£3.25

Sorbetto al Limone

Lemon Sorbet
£3.25

Pannacotta alla Vaniglia

A light Vanilla Cream Mousse served with a Rhubarb Compoté
£3.50

Tiramisu

Layers of Sponge, soaked in Amaretto and Coffee with Mascarpone Cheese
£3.50

CAFFÉ

Filter Coffee.....	£1.75
Espresso.....	£1.75
Double.....	£2.25
Cappuccino.....	£2.25
Latte.....	£2.25
Hot Chocolate.....	£2.25
Coffee Liqueur.....	£3.95

HAPPY HOUR DRINKS

Bottle of House Wine

Available in White, Red or Rosé
£10.50