

## PANE

### **Pane e olive (v) - £3.95**

Mixed breads with marinated Italian olives and olive oil

### **Pizza garlic bread (v) - £3.75**

With tomato or cheese - £4.25

With cheese and tomato - £4.50

### **Bruschetta pomodoro (v) - £4.50**

Toasted homemade bread topped with fresh chopped tomatoes, garlic, basil and olive oil

### **Bruschetta Prosciutto e Mozzarella - £4.95**

Toasted homemade bread topped with Parma ham and buffalo mozzarella

## ANTIPASTI

### **Zuppa del giorno (v) - £2.95**

Homemade soup of the day with bread & butter

### **Buccia di patate (v) - £2.95**

Deep-fried potato skins served with barbeque sauce, chilli

Jam or garlic mayonnaise

### **Pate de la Casa - £4.95**

Chicken liver, orange & sage pate served with toasted ciabatta and homemade chutney

### **Polpettine alla pizzaiola - £4.95**

Mini meatballs in tomato sauce, garlic and oregano

### **Terrina di salmone - £5.50**

Smoked salmon terrine served with cucumber on toasted Italian bread

### **Calamari fritti - £5.95**

Spiced chilli squid on a bed of mixed lettuce served with home-made Aioli

### **Funghi all' Aglio (v) - £4.95**

Mushrooms cooked with fresh garlic, parsley and white wine

### **Popolo's Prawn & Smoked Salmon Cocktail - £6.75**

Our prawn cocktail is served in a martini glass, finished with a crostini and Popolo's own marie rose sauce

### **Antipasto Italiano (for 2 to share) - £9.95**

A mixed selection of Italian antipastos served with bread & olives

### **Cozze Marinara (also available as a main course) - £6.50**

Steamed fresh mussels cooked in white wine, garlic and parsley

### **Cozze Pepate (also available as a main course) - £6.50**

Steamed fresh mussels cooked in garlic, tomato, white wine & chilli

### **Gamberoni aglio - £7.50**

King prawns cooked in garlic butter, white wine and parsley served on toasted ciabatta

### **Gamberoni Diavola - £7.50**

King prawns pan fried with fresh chilli, garlic & sage, served with fresh tomato's on toasted ciabatta

### **Gamberoni Pastella - £7.50**

Lightly battered Tempura king prawns with garlic mayonnaise

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## INSALATA

### **Insalata caprese (v) - £4.25 / £7.95**

Buffalo mozzarella, tomatoes and basil salad

### **Insalata tricolore (v) - £4.95 / £8.50**

Buffalo mozzarella, tomatoes, avocado and basil salad

### **Pollo Caesar - £4.95 / £8.50**

Romain lettuce, char-grilled chicken breast, fresh parmesan, croutons, anchovies with Caesar dressing

### **Insalata Veneta (v) - £4.50 / £7.95**

Italian goats cheese with toasted almonds, mixed roasted peppers, baby spinach tossed in balsamic vinaigrette

## POLLO

*All chicken dishes served with salad, vegetables or homemade chunky chips*

### **Pollo Milanese - £11.95**

Parmesan Breaded Chicken breast served with Italian artichokes, buffalo mozzarella and fresh tomato's

### **Pollo ai Funghi - £11.95**

Chicken breast with mushrooms, white wine, cream, spinach finished with Taleggio cheese

### **Pollo Piccante - £11.95**

Pan fried chicken breast with garlic, chilli, mushrooms, fresh tomato, onions and peppers

## PESCE

### **Cozze Marinara - £9.95**

Steamed fresh mussels cooked in white wine, garlic and parsley

served with homemade chips

### **Cozze Pepate - £9.95**

Steamed fresh Mussels cooked in garlic, tomato, white wine and chilli served with homemade chips

### **Salmone all romantica - £12.50**

Marinated grilled salmon on a bed of Mediterranean roasted vegetables

### **Gamberoni all' aglio - £15.95**

Pan-fried King prawns in garlic butter served with mixed spiced vegetable rice

### **Gamberoni diavola - £15.95**

King prawns pan fried with fresh chilli, garlic & sage, fresh tomato's served with mixed spiced vegetable rice

### **Branzino alla Genovese - £13.95**

Pan fried sea bass, served on a basil & parmesan mash with slow roast tomatoes

## CARNI

*All steak dishes served with salad, vegetables or homemade chunky chips*

### **10oz Rib Eye Steak - £15.95**

..... with grilled tomato & roast Portobello mushroom

### **10oz Sirloin Steak - £17.95**

..... with grilled tomato & roast Portobello mushroom

### **Choice of sauces - £1.50**

Dolcelatte Blue cheese

Peppercorn

Diane

Add King prawns - £3.00

### **Agnello - £14.95**

Lamb cutlets marinated with rosemary, garlic & lemon zest, grilled and served on a bed of fresh Italian Polenta

### **Beef stroganoff - £16.95**

Strips of beef with a red wine sauce, mushrooms, paprika, brandy

& cream served with white rice

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## PASTA

Choose from: *Tagliatelle, Penne or Spaghetti pasta*

### **Napoli (v) - £6.50**

*Served with a tomato and basil sauce*

### **Polpettoni - £8.25**

*Italian style beef meatballs in a spicy tomato and chilli sauce*

### **Carbonara - £7.95**

*Pancetta, egg, cream and parsley*

### **Alla Elenora (v) - £6.75**

*Courgettes with pesto, rocket and pine nuts*

### **Pollo Roma - £7.95**

*Chicken and mushrooms in garlic, tomato and cream*

### **Bolognese - £8.25**

*Our homemade classic, with beef Bolognese*

### **Al Salmone - £8.25**

*Fresh Scottish smoked salmon with cream, onions and brandy*

### **Fiume - £8.25**

*Pancetta and chicken pasta with mushrooms, chilli, garlic and basil with a touch of olive oil*

### **Ravioli Funghi (v) - £7.95**

*Mushroom filled pasta parcels coated with truffle oil and sautéed mushrooms*

### **Lasagna al Forno - £8.25**

*Homemade layers of pasta, with Bolognese and béchamel sauce*

## RISOTTO

### **Risotto al Porcini (v) - £7.95**

*Mushroom risotto cooked with porcini stock topped with fresh rocket and parmesan shavings*

### **Risotto Vegetariano (v) - £7.25**

*Roast vegetable with a touch of cream, white wine and parmesan*

### **Risotto di Mare - £8.95**

*Fresh shellfish risotto with white wine, fish stock & a touch of tomato*

### **Risotto di Pollo - £8.25**

*A simple risotto cooked with seasoned chicken breast, grilled courgettes and fresh basil*

## PIZZA

### **Margherita (v) - £6.50**

*Cheese, tomato, fresh mozzarella and basil*

### **Monte (v) - £7.95**

*Italian goats cheese, grilled aubergine and fresh tomato*

### **Primavera (v) - £7.75**

*Pesto base topped with grilled courgettes and aubergine, mozzarella and fresh tomato*

### **Pollo Caesar - £7.95**

*Mozzarella, tomato, chicken, garlic topped with Caesar salad and fresh parmesan*

### **Piccante - £8.25**

*Spicy Jalapeno peppers, pepperoni, , mixed peppers and Mozzarella*

### **Pizza Bolognese - £8.50**

*Mozzarella, tomato and homemade bolognese*

### **Quattro Stagioni - £8.25**

*Cheese, tomato, mushrooms, ham, artichoke and salami*

### **Salmone Affumicato - £8.50**

*Scottish Smoked salmon, red onions and cream cheese*

### **Calzone - £8.50**

*Folded pizza filled with a selection of Italian meats, grilled vegetables, Mozzarella and mushrooms with a drizzle of Napoli sauce*

### **Popolo Special - £7.95**

*Grated potato pizza with pancetta, onions, rosemary and olives*

### **Fiorentina - £7.95**

*This Italian classic in a Popolo's style, served with spinach, flaked tuna, onions, topped with a cracked egg*

**Choose half of any pizza and pasta - £9.95**

**Choose half of any Pizza with chips or salad - £8.25**

**Choose half of any Pasta with chips or salad - £8.25**

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## CONTORNI

**Chunky chips - £2.95**

**Rosemary new potatoes - £2.95**

**Zucchini fritti - £2.95**

**Mixed vegetables - £2.95**

**Mixed salad - £2.95**

**Crispy Polenta chips - £3.25**

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## DOLCI

**Selection of ice creams - £3.95**

**Raspberry crème brulee - £4.50**

**Dolci caramel - £4.50**

*Sticky Toffee Pudding*

**Tiramisu - £4.50**

**The classic vanilla cheesecake - £4.50**

**Almond and chocolate mousse - £4.50**

**Panettone - £4.50**

*Bread and butter pudding served with vanilla pod ice cream*

**Knickerbocker glory - £4.95**

*Fresh fruit layered with mixed ice cream, mascarpone cream topped with chocolate shavings and served with a chocolate wafer*

**Cheese board - £5.95**

*Selection of Italian cheeses with water biscuits, celery & Grapes*

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## DAYTIME SPECIAL

*Available 12:00pm until 6:30pm daily*

**£6.95 for 2 courses**

*A selection of 4 starters then choose any Pizza or Pasta off the main menu as your main course*



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