

LA TAVOLA ITALIAN EATERY



FOOD MADE WITH LOVE

STARTERS

CALAMARI FRITTI	5.95
fried calamari served with tartar sauce	
OLIVES (V)	2.95
green olives marinated with herbs, garlic & olive oil	
MIXED SALAD (V)	3.95
GREEN SALAD (V)	2.95
GARLIC BREAD (V)	2.50
warm ciabatta bread with garlic butter	
GARLIC BREAD (V)	3.50
with mozzarella cheese	
KING PRAWNS	5.95
with lemon, garlic, white wine & parsley	
CAPRESE SALAD (V)	4.75
mozzarella cheese, sliced tomato, fresh basil & olive oil	
FUNGI AGLIO (V)	4.25
garlic mushrooms in white wine cream & parsley	
BRUSCHETTA (V)	3.95
ciabatta bread with tomato garlic olives & oregano	
FRIED MOZZARELLA (V)	4.75
mozzarella cheese in breadcrumbs served with tomato sauce	
PIATO MISTO	9.95
mixed dried Italian meats served with bread	
LA TAVOLA IO & TE (V)	5.75
pizza rolled with garlic butter, cheese & jalapeño	
BREAD & BUTTER (V)	2.20
CHIPS (V)	1.95

STARTER COMBO PLATTER

17

A selection of starters ideal for sharing.
Veg & non veg options

PASTA MAINS

SPAGHETTI BOLOGNESE	7.95
classic Bolognese beef sauce	
SPAGHETTI CARBONARA	8.50
bacon, creamy white wine sauce with egg yolk & parmesan	
SPAGHETTI MARINARA	11.95
mussels, calamari, king prawns, garlic, chilli, parsley, white wine & cherry tomatoes	
RAVIOLI PASTA (V)	8.95
Pasta parcels filled with mushrooms, spinach & parmesan cheese	
PENNE 'LA TAVOLA'	10.95
chopped beef fillet, red wine, parmesan & cream	
PENNE LA CANTINA	9.95
bacon, white wine, garlic & tomato sauce	
PENNE NAPOLETANA (V)	6.95
tomato sauce & basil	

FRESH SALADS

CLASSIC CAESAR SALAD	9.95
lettuce, parmesan, chicken, croutons & Caesar dressing	
LA TAVOLA SALAD	9.95
mixed leaves, olives, bacon & goat's cheese	

KID'S MENU

PASTAS	4
classic tomato sauce (V) cheese sauce (V)	
PIZZA MARGARITA (V)	4
CHICKEN STRIPS & CHIPS	5

ALLERGENS

In addition to the dish ingredient specific allergen information provided LA Tavola handles all 14 allergen prescribed in Health & Hygiene legislation. Whilst we have implemented and maintain safety practices and take all reasonable precautions to prevent cross contamination, we cannot guarantee that our dishes will not contain traces of the allergies: eggs, fish, peanuts, mustard, sesame, lupin, soy beans, milk, nuts, cereal containing gluten, sulphur dioxide, molluscs, crustaceans, celery & celeriac Please inform our staff if you have any dietary requirements.

SERVICE CHARGE NOT INCLUDED

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PIZZAS

MARGARITA (V) 5.95
tomato sauce, mozzarella & basil

GARDINA (V) 7.95
tomato sauce, spinach, onion,
pepper, mushroom & mozzarella

TREVISO 7.95
tomato sauce, mozzarella,
pepperoni, egg & anchovies

SICILIANA 8.95
tomato sauce, onion, anchovies &
mozzarella

SPICY CHICKEN 9.95
tomato sauce, chicken, peppers,
onion, chilli & mozzarella

BACON & FUNGHI 8.95
tomato sauce, bacon,
mushroom & mozzarella

MEAT FEAST 10.95
tomato sauce, ham, chicken,
pepperoni, bacon, onion & mozzarella

PIZZA LA TAVOLA (V) 9.50
tomato sauce, mozzarella, peppers,
olives, mushrooms, asparagus & spinach

AMERICAN HOT 8.95
tomato sauce, pepperoni, chilli &
mozzarella

BIANCA (V) 5.75
'White' pizza no tomato sauce,
garlic butter & mozzarella cheese

CALZONE FOLDED PIZZAS
pepperoni mushroom, ham & 9.85
mozzarella with homemade tomato sauce

roasted veg, ricotta & mozzarella 8.75
with homemade tomato sauce (V)

EXTRA TOPPINGS .95

MEAT & FISH

FILLET GRIGLIATA 18.95
grilled fillet steak with mushrooms
& chips

FILLET AL PEPE NERO 20.95
fillet steak cooked in pepper
sauce & served with vegetables

POLLO FUNGHETTI 11.95
chicken cooked in a creamy
mushroom & white wine sauce
served with vegetables

POLLO PARMIGIANO 10.95
chicken in breadcrumbs served
with spaghetti in tomato sauce

CHICKEN BACCANO 11.95
chicken breast cooked in white
wine & Parma ham served with
vegetables

SALMONE CORPOSA 12.95
salmon cooked in brandy,
artichoke & cream sauce served
with vegetables

MUSSELS 'LA TAVOLA' 12.95
white wine, lemon, parsley &
pepper served with bread

BAKED PASTA & RICE

CLASSIC LASAGNA 7.95
pasta layers of beef, tomato &
white cheese sauce

CANNELLONI (V) 7.95
pasta rolls filled with spinach
& topped with mozzarella

AUBERGINE (V) 6.95
soft roasted aubergine, garlic,
parsley & mozzarella

VEGETABLE RISOTTO (V) 10.95
mixed seasonal vegetables in
a tomato & white wine sauce

SEAFOOD RISOTTO 11.95
mussels, calamari, king prawns,
garlic, parsley & white wine in rice

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**DESSERTS &
AFTERNOON CAKES**

BANOFFEE PIE 4.95

banana, cream & a thick caramel
sauce on a biscuit base

TIRAMISU 4.95

layered coffee, mascarpone cheese,
Marsala wine & cocoa powder

CHOCOLATE FUDGE CAKE 4.75

milk chocolate sponge cake
served with vanilla ice cream

CREAM BRÛLÉE 4,75

chilled, soft custard with a
brittle top of melted sugar

ICE CREAM 3.50

choice of 3 scoops of vanilla,
strawberry or chocolate

SICILIAN CANNOLLI 2.95

sweet ricotta-filled tube-shaped shell of
pastry topped with icing sugar

CHEESECAKE 3.75

classic vanilla cheesecake
with biscuit base

BROWNIE 4.45

chocolate baked square
served with cream

HOT DRINKS

Cappuccino 2.25 | Espresso 1.95 | Caffe Latte 2.45

Caffe Mocha 2.65 | Caffe Americano 2.35 (with milk or cream)

Hot Chocolate (Marshmallows & Cream optional) 2.95 | Tea - Various flavours 2.60

*Dairy Free Milks available: oat or soya

Coffee Syrups ~ caramel, vanilla, honeycomb, salted caramel & more...

DIGESTIVE LIQUORS

Italian Coffee Liquor £5.45

**Amaretto, Tia-Maria, Limoncello, Baileys, Irish Whiskey,
House Brandy, Sambucca, Grappa, Strega,
Amaretto, Tuaca, Cointreau etc. £3.25**

Special Brandy's & Cognac's £3.25

**LA TAVOLA
ITALIAN EATERY**

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TELEPHONE:

01273 918057

LOCATION:

**20A SOUTHWICK SQUARE, SOUTHWICK,
BRIGHTON BN42 4FJ**

WEB:

WWW.LATAVOLASOUTHWICK.COM

OPENING TIMES:

MON-FRI: 12-3PM & 5-10PM

SAT: 12-11PM

SUN: 12-10PM

**HAVE A LOVELY MEAL
FROM THE LA TAVOLA TEAM**

LA TAVOLA
ITALIAN EATERY