

Appetisers

Garlic Bread	V	£4.25
Garlic Bread with cheese	V	£4.50
Garlic Bread with tomato	V	£4.50
Garlic Bread with tomato, onions and chilli	V	£4.95
Garlic Bread with goats cheese and red onion chutney	V	£4.95
Bruschetta		
A mixed bruschetta, one with mozzarella cheese and sweet chilli and on with parma ham and fig		£4.95
Chopped tomatoes, basil, garlic, and parmesan	V	£4.25
Smoked salmon and dill mascarpone		£4.95

Antipasti

Costolette di Maiale	GF	£7.95
Spare ribs with homemade barbeque sauce		
Fegatini di Pollo		£7.25
Chicken livers sauteed with onions, chillies, white wine, garlic, mixed peppers and a red wine sauce		
Calamari Fritti		£7.95
Deep fried squid rings served with homemade tartare sauce		
Pasticcio di Fegato		£6.95
Chicken liver and marsala pate served with toasted ciabatta and a red onion marmalade		
Formaggio di Capra	GF V	£6.95
Oven baked goats cheese, honey roasted figs and parma ham, toasted ciabatta		
Funghi Caprese	GF V	£6.75
Portobello mushrooms oven baked with mozzarella cheese, plum and sun - dried tomato finished with balsamic glaze and pesto		
Antipasti		£7.55
Buffalo mozzarella cheese, heritage tomatoes, Parma ham, marinated olives and articoke, tomato bruschetta		
Zuppa del Giorno	GF V	£4.95
Soup of the day		
Asparagi		£7.50
Baked asparagus with deep - fried breaded goats cheese, watercress and a basil oil dressing		
Salmone Affumicato		£8.95
Smoked salmon, prawns and crab served with saffron mayonnaise		

Paste

Half portions available as a starter	£6.95
Linguine coda di rospo	£13.95
Flat spaghetti with monkfish, mussels, saffron and a cream sauce	
Spaghetti Carbonara	£9.95
Spaghetti with bacon, cream, parmesan and egg yolk	
Lasagna	£10.25
Layers of spinach pasta with Bolognese, cheese with a béchamel sauce	
Fettucine Carne	£10.85
Wide ribbons of pasta with a slow cooked beef shin in a rich tomato, thyme red wine sauce	
Rigatoni Gorgonzola	£9.50
Tube shaped pasta with gorgonzola cheese, bacon, chilli and a tomato, cream sauce	
Cannelloni	£10.25
Rolled pasta sheets filled with spinach, mixed meat and mascarpone topped with tomato and melted mozzarella cheese	
Penne con Broccoli	£10.95
Tubes of pasta with strips of sirloin steak, broccoli and chilli with a tomato and basil sauce	
Linguine Marinara	£13.95
Flat spaghetti with mussels, queenie scallops and tiger prawns in a light tomato sauce	
Tortelloni	V £9.95
Pasta parcels filled with ricotta and spinach in a tomato, basil, aubergine and mozzarella sauce	

Risotto

Risotto Zucca Bianca	GF V	£9.95
Arborio rice with butternut squash and sage topped with crumbled goats cheese		
Risotto con Capesante	GF	£13.95
Arborio rice with peas, tarragon and cream topped with pan seared scallops		
Risotto Pollo	GF	£11.25
Aborio rice with chicken breast, peppers and basil. In a tomato and cream sauce		

Pizza

Margherita	V	£8.95
Classic mozzarella cheese and tomato pizza		
Calabrese		£9.55
With mozzarella cheese, tomato, salami, peppers, onions, and chilli		
Fiorentina	V	£9.55
With mozzarella cheese, tomato, spinach, egg and parmesan shavings		
Nduja		£9.95
With mozzarella cheese, tomato, spicy nduja, Milano salame and red onions		
San Daniele		£9.95
With mozzarella cheese, tomato, fresh figs, goats cheese and Parma ham		
Tiggis		£9.75
With mozzarella cheese, tomato, ham, mushroom, salami and artichoke		
Cesare		£9.75
With chicken, bacon, mozzarella cheese, tomato and topped with rocket leaves and parmesan shavings		
Gamberoni		£10.95
With mozzarella cheese, tomato, prawns, cherry tomato, garlic and chilli		
Carne		£9.75
With mozzarella cheese, tomato, ham, bacon, salami, chilli and chicken		
Melanzane	V	£8.95
With mozzarella cheese, tomato, aubergine and sun - dried tomato, topped with rockets leaves and pesto		
Bistecca		£10.25
With mozzarella cheese, steak, caramilised white onion and chilli		

Set menus

Set Lunch and early evening dinner menus are available
please visit our website or ask your server
for more details

www.tiggis-stannes.co.uk

All dishes are prepared in a kitchen where products containing nuts, seeds & other allergens are handled and prepared. This means we may not be able to guarantee our food will not contain traces of a specific allergen. Please be sure to inform your waiter or waitress of any allergies.

Secondi Piatti

Branzino	GF	£17.50
Seabass fillets with lioniasе potatos,spinach and pesto		
Merluzzo	GF	£17.50
Cod loin with a mixed bean, tomato and chorizo sauce served with mixed vegatables and rosemary potatoes		
Pollo Funghi	GF	£14.95
Chicken, asparagus, wild mushroom cream and rosemary potatoes .		
Pesce Grigliato Misto	GF	£18.95
Mixed grilled fish, cod loin, salmon and seabass served with pesto aioli and fries		
Pollo con Fichi	GF	£14.95
Chicken breast oven baked with fresh figs, goats cheese, baby roast potato and mixed vegetables		
Ossobuco	GF	£15.95
Slow cooked beef shin in a red wine and tomato sauce served with an olive oil and parsley mash and cavolo nero cabbage		
Filetto di Maiale	GF	£16.95
Pork fillet with sage wrapped in parma ham, served with fondant potato fresh spinach and a sweet red wine and marsala sauce		
Bistecca di Ribeye	GF	£20.95
10 oz Ribeye steak with a rocket, parmesan salad and fries		
Lombata	GF	£19.95
10oz Sirloin steak served with grilled garnish, peppercorn sauce and chips		

Side Orders £ 3.80

Hand-Cut Chunky Chips
Skinny Fries
Caprese Side Salad (Buffalo mozzarella and tomato)
Mixed Side Salad
Spinach with fresh chilli and garlic
Mixed Vegetables

[v] = Suitable for vegetarians

[GF] = Gluten free