# SANGARLO

# "Great food & great service from a true Italian"

Allergies & Intolerances:

If you suffer from a food allergy or intolerance, please let the manager know upon placing your order.

Guests with severe allergies or intolerances should be aware that although all due care is taken,
there is a risk of allergen ingredients still being present.

An optional charge of 12.5% will be added to your bill.

# SANGARLO

# Green Olives from Puglia

(ve) (180 kcal) £4.25

#### Bruschetta al Pomodoro Sicilian Pachino tomatoes, basil, olive oil, toasted Altamura bread

(ve) (252 kcal) £6.95

#### Selection of Italian Bread

Served with sundried tomato & black olive tapenade (ve) (502 kcal) £4.75

# ANTIPASTI

Insalata Lenticchie

lentils with roasted beetroot, artichokes & red peppers (ve)
(190 kcal)
£9.95

Parmigiana al Forno

classic Sicilian baked sliced aubergine with Parmesan cheese & tomato sauce (v) (540 kcal) £14.25

Tricolore Salad

avocado, tomato & buffalo mozzarella (v) (583 kcal) £14.25

Tartare di Tonno

Sashimi grade tuna mixed with olive oil, mustard, lemon juice, wild rocket & served with Altamura crostini (221 kcal)
£16.75

Calamari Fritti

deep fried squid with fresh chilli (267 kcal) £15.75

Buffalo Mozzarella

with roasted squash, pumpkin seeds, crispy Altamura bread & truffle honey (583 kcal) £14.95 To Share

Frittura di Pesce Portofino Deep fried calamari, prawns, scampi & scallops served with tartare & garlic chilli mayonnaise

£15.25 PP (MINIMUM 2 PEOPLE)

San Carlo Antipasto

Start your meal the true Italian way!
Our chef will prepare a large plate of antipasto representing the regional tastes of Italy
£14.75 PP (MINIMUM 2 PEOPLE)

Cozze

fresh mussels in a spicy tomato sauce with chilli & garlic (384 kcal) £15.75

Cozze & Vongole

fresh mussels, clams, cherry tomatoes, garlic, rosemary & parsley (413 kcal) £15.95

Capesante al Forno

Roasted scallops with olive oil, garlic & chilli topped with breadcrumbs (541 kcal) £16.25

Asparagi Dorati

fresh asparagus, gratinated cheese & fresh black truffle (v) (427 kcal) £16.50

Burrata e Melanzane

a special creamy mozzarella from Puglia with smoked Sicilian aubergine, toasted hazelnuts & balsamic (v) (580 kcal) £12.95

Gamberoni Luciana

tiger prawns with garlic, chilli & tomato sauce with a touch of cream (426 kcal) £18.00

Avocado di Mare

avocado with prawns, scampi & lobster served with Marie Rose sauce (583 kcal) £18.95

Carpaccio di Manzo

very thinly sliced raw beef, served with Cipriani dressing, rocket & Parmesan shavings (445 kcal) £19.50

# ZUPPE

Classic Minestrone homemade vegetable soup (ve) (124 kcal) £9.75 Pasta Fagioli borlotti beans & pasta soup (v) (273 kcal) £13.25

Zuppa di Aragosta Mediterranean lobster soup (122 kcal) £16.25 Zuppetta di Pesce fish soup (417 kcal) £21.25

## PASTA E BISOTTI

#### Spaghetti Pomodoro e Basilico

very thin spaghetti with San Marzano tomatoes, garlic & fresh basil. Slightly spiced (ve) (542 kcal) £13.95

#### Penne Arrabbiata

short tubes of pasta in a spicy tomato sauce with chilli & garlic (ve) (536 kcal) £13.95

#### Fettuccine Alfredo

the original recipe for this fettuccine pasta, imported from Rome, tossed with butter, cream & Parmesan cheese. A unique experience (v) (1376 kcal) £16.25

#### Spaghetti Carbonara

pancetta, egg yolk & Parmesan cheese (1647 kcal) £17.95

#### Paccheri Napoletana

large tube pasta served with slow cooked pork meat (852 kcal) £15.75

#### Ravioli Zucca

pumpkin ravioli with sage & butter (v) (595 kcal) £16.95

#### Tagliatelle Bolognese

classic recipe from Bologna with a slow cooked beef ragu (796 kcal) £17.75

#### Fagiolini

french beans tossed in butter & shallots (v) (135 kcal) £5.95

#### Longstem Broccoli sautéed in chilli & garlic (v)

(137 kcal) £5.95

#### Patate Fritte

french fries (239 kcal) £5.75

#### Al Tartufo e Parmigiano with fresh truffle & Parmesan

(556 kcal) £6.95

#### Insalata Mista mixed baby leaf salad (ve) (107 kcal) £5.95

Gnocchi Sorrentina

classic southern Italian gnocchi baked with tomato & burrata cheese (v) (612 kcal) £17.95

#### Risotto alla Zucca

risotto with pumpkin, squash, burrata, vegetarian 'nduja & fresh winter truffle (v) (575 kcal) £18.95

## Caserecce all'Anatra

short pasta served with slow cooked duck ragu (610 kcal) £18.95

#### Ravioli Tino

stuffed with ricotta cheese & spinach in Aurora sauce with prawns & rocket (1099 kcal) £19.50

#### Black Ravioli

handmade ravioli filled with mascarpone cheese & crab, served with fresh clams & white wine (583 kcal) £20.75

## Risotto San Carlo

risotto with porcini mushrooms & Parma ham (1387 kcal) £20.75

#### Spaghetti alle Vongole Veraci

baby clams, cherry tomato & garlic (583 kcal) £20.95

## CONTORNI

#### Insalata di Pomodori Siciliani & Cipolla

Sicilian tomato & onion salad (ve) (113 kcal) £6.25

#### Patate Arrosto

sauteed potatoes with rosemary & onions (170 kcal) £5.95

#### Spinaci

sautéed spinach with garlic, chilli & Worcestershire sauce (24 kcal) £5.95

#### Ravioli Aragosta

handmade ravioli in rich tomato & lobster sauce (1348 kcal) £23.25

#### Spaghetti al Pesce

shellfish, garlic, Sicilian tomato & chilli (797 kcal) £23.95

#### Ravioli Tartufo

handmade pecorino & truffle ravioli in a creamy truffle sauce (v) (1793 kcal) £25.25

## Tagliolini al Tartufo Nero

fresh egg pasta, with fresh black truffle (v) (1033 kcal) £29.95

#### Tagliolini Mazara San Carlo

a true taste of Sicily, with red prawns from Mazara del Vallo (606 kcal) £30.75

### Spaghettini Aragosta

our famous spaghetti lobster from our sister restaurant Signor Sassi in Knightsbridge (647 kcal) £37.75

#### Risotto all'Aragosta lobster risotto (555 kcal) £37.75

## Purè di Patate

mashed potato with black truffle ( kcal) (v) (222 kcal) £6.95

#### Funghi Trifolati

sautéed mushrooms in garlic & parsley (v) (54 kcal) £5.95

#### Piselli e Pancetta

peas with onion & bacon (696 kcal) £5.95

## Rucola e Parmigiano

rocket & Parmesan salad (v) (189 kcal) £6.75

#### **Zucchine Fritte** fried courgettes (v) (258 kcal)

£6.25

# GARNE

### Pollastrino Diavola

baby chicken, grilled with rosemary, chilli & garlic (allow 20 mins for cooking) (286 kcal) £21.75

#### Suprema di Pollo San Carlo

corn fed breast of chicken with white wine, mushrooms, cream sauce & asparagus (802 kcal) £22.25

#### Saltimbocca alla Romana

sliced veal with ham, cooked in white wine, butter & sage (503 kcal) £24.50

Agnello

grilled lamb cutlets marinated

in sundried tomato & thyme

(513 kcal)

£27.25

Sirloin Steak

80z/227g aged 28 days, served

with béarnaise sauce (660 kcal)

£27.95

## Scalloppine al Limone

tuscan veal cooked with butter & lemon sauce (816 kcal) £24.50

#### Lamb Noisette

Served with Morel mushrooms in a red wine jus (680 kcal) £29.95

#### Ossobuco alla Milanese

traditional dish from Lombardy, veal knuckle slow cooked & served with saffron risotto (595 kcal) £27.25

#### Abbacchio Ligure

baked rack of lamb, with red wine & rosemary jus (954 kcal) £28.95

## Filetto al Pepe Verde

90z fillet steak served with creamy brandy & green pepper corn sauce (922 kcal) £33.75

#### Nodino di Vitello

pan fried veal chop served with butter & sage (558 kcal) £36.50

#### Tournedo Rossini

80z/227g fillet steak, crouton based topped with paté & Madeira wine sauce (754 kcal) £39.25

#### Costata Reale Milanese

flattened best end of veal in breadcrumbs on the bone (921 kcal) £39.50

# FROM THE GRILL

#### Filetto alla Griglia 28 days hung fillet of beef, served with béarnaise sauce

(734 kcal) £33.25

#### Grilled Lobster & Fillet of Beef Tagliata

with our homemade special butter sauce. For 2 people (1397 kcal) £74.25

# PESCE For the best selection of fresh fish & shellfish

in the city sourced from our shores & beyond

#### Salmone alla Griglia fresh grilled salmon served with prawns & pink peppercorn dill sauce (1210 kcal) £25.00

#### Lemon Sole Carlo grilled & served in a white wine & mushroom sauce

(400 kcal) £25.00 Merluzzo Gratinato pan-fried cod with Altamura breadcrumbs & garlic dressing

## (520 kcal) £24.95 Tonno e Lenticchie

charcoal grilled yellowfin tuna served with tomato lentils (610 kcal) £25.95

## Coda di Rospo "Aurora"

fresh monkfish in garlic, white wine, cream & cherry tomato sauce (568 kcal) £28.95

#### Spigola alla Griglia o al Sale grilled whole sea bass OR baked in Trapani salt (1056 kcal) £31.50/£33.50

#### Halibut

grilled & served with lobster sauce (648 kcal) £30.50

#### Scampi Freschi alla Griglia fresh grilled langoustine in butter & garlic sauce (746 kcal)

£34.75

#### San Carlo Special Shellfish a special mixture of shellfish in garlic & butter sauce

(801 kcal) £36.00

## Grigliata Mista di Pesce

a selection of five different types of grilled fish & shellfish (584 kcal) £36.00

#### Sogliola alla Mugnaia whole Dover sole with capers & lemon butter sauce (1315 kcal) £55.00

#### Pesce Mediterraneo

mixture of fish & shellfish cooked in white wine with a touch of tomato & garlic - served in a large copper pan (minimum 2 people) (602 kcal) £37.95PP

#### Aragosta

fresh Lobster Thermidor OR grilled with garlic butter (893/ 297 kcal) £47.50

#### Sogliola

grilled Dover sole (962 kcal) £53.00