



Mari Deli Dining



<i>Pizza al taglio/Pizza by slice</i>		<i>IN</i>	<i>OUT</i>
<i>Marinara</i>	<i>Tomato sauce and oregano (VG)</i>	<i>£3.90</i>	<i>£3.00</i>
<i>Bufalina</i>	<i>Tomato sauce and Buffalo mozzarella (V)</i>	<i>£5.70</i>	<i>£4.50</i>
<i>Vesuvio</i>	<i>Tomato sauce, spicy salami & mozzarella</i>	<i>£5.40</i>	<i>£4.50</i>
<i>Vegetariana</i>	<i>Tomato sauce, roasted vegetables & mozzarella (V)</i>	<i>£6.60</i>	<i>£5.50</i>
<i>Vegana</i>	<i>Roasted vegetables and rosemary (VG)</i>	<i>£6.00</i>	<i>£5.50</i>
<i>Focaccia</i>	<i>Classic white focaccia (VG)</i>	<i>£4.50</i>	<i>£3.50</i>
<i>Parigina classica</i>	<i>Filled pizza with Ham, fresh tomato & buffalo mozzarella (V)</i>	<i>£7.50</i>	<i>£6.00</i>
<i>Parigina with scarole</i>	<i>Filled pizza with escaroles, pine nuts, black olives (VG)</i>	<i>£7.50</i>	<i>£6.00</i>
<i>Calzone vegetarian</i>	<i>Folded pizza ricotta & vegetables (V)</i>	<i>£10.90</i>	<i>£9.00</i>
<i>Calzone with ham</i>	<i>Folded pizza with cheese & cured meat</i>	<i>£10.90</i>	<i>£9.00</i>

Antipasti / Starters

<i>Pane Misto</i>	<i>Selection of Italian breads (VG) or Gluten free option available</i>	<i>£2.40</i>	<i>£2.00</i>
<i>Inizio</i>	<i>Olives, crunchy tarallini and caper berries with balsamic vinegar (VG)</i>	<i>£4.80</i>	<i>£4.00</i>
<i>Bruschetta classica</i>	<i>Toasted bread with garlic, Datterino tomatoes & EVO oil (VG)</i>	<i>£4.80</i>	<i>£4.00</i>
<i>Antipasto della casa</i>	<i>Fresh selection of vegetables of the day, roasted or steamed (VG) (GF)</i>	<i>£10.80</i>	<i>£9.00</i>
<i>Tagliere di salumi</i>	<i>Selection of Italian cured meats (GF)</i>	<i>£10.80</i>	<i>£9.00</i>
<i>Misto formaggi</i>	<i>Selection of Italian cheeses (V) (GF)</i>	<i>£9.60</i>	<i>£8.00</i>
<i>Gran piatto</i>	<i>Selection of Italian cured meats, Italian cheeses & vegetables (GF) (2 People)</i>	<i>£28.00</i>	<i>£22.00</i>
<i>Burratina</i>	<i>Burrata served with grilled vegetables rocket (V) (GF)</i>	<i>£12.80</i>	<i>£9.80</i>
<i>Caserta</i>	<i>Buffalo mozzarella and parma ham (GF)</i>	<i>£13.50</i>	<i>£10.50</i>
<i>Salerno</i>	<i>Buffalo Mozzarella with friarielli (wild broccoli leaves) (V) (GF)</i>	<i>£13.50</i>	<i>£10.50</i>
<i>Carpaccio Mari</i>	<i>Thinly sliced smoked cured beef, rocket, parmesan & lemon (GF)</i>	<i>£10.20</i>	<i>£8.50</i>

Primi/Mains

<i>Gnocchi Vegani</i>	<i>Potato type of pasta with tomato sauce and basil (VG)</i>	<i>£11.90</i>	<i>£9.00</i>
<i>Gnocchi Sorrento</i>	<i>Potato type of pasta with tomato sauce, mozzarella, parmesan and basil (V)</i>	<i>£11.90</i>	<i>£9.00</i>
<i>Lasagna Bolognese</i>	<i>Beef and pork bolognese sauce, mozzarella, parmesan cheese and basil</i>	<i>£13.50</i>	<i>£10.50</i>
<i>Lasagna Vegana</i>	<i>Friarielli (Italian wild broccoli leaves) and vegan cheeses (V)</i>	<i>£13.50</i>	<i>£10.50</i>
<i>Polipetti alla Luciana</i>	<i>Baby octopus in tomato sauce, black olives and capers</i>	<i>£14.50</i>	<i>£12.10</i>
<i>Parmigiana "Mamma Maria"</i>	<i>Layers of oven baked aubergines with tomato sauce, mozzarella (V) (GF)</i>	<i>£13.50</i>	<i>£10.50</i>
<i>Parmigiana Vegana</i>	<i>Layers of oven baked aubergines with tomato sauce & vegan cheese (VG) (GF)</i>	<i>£13.50</i>	<i>£10.50</i>
<i>Salsiccia con friarielli</i>	<i>Italian sausages with friarielli (Italian wild broccoli leaves) (GF)</i>	<i>£16.80</i>	<i>£14.00</i>
<i>Polpette & Aubergine</i>	<i>Homemade Beef meatballs with Aubergine served in tomato sauce</i>	<i>£12.50</i>	<i>£8.90</i>
<i>Zuppa Della Casa</i>	<i>Soup of the day served with fresh bread (VG) (GF)</i>	<i>£10.50</i>	<i>£8.50</i>
<i>Speciali del giorno</i>	<i>Please ask for the Special Dishes of the day</i>		

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Prima Colazione/Continental Breakfast

	IN	OUT
Pain au chocolate (V)	£2.40	£2.00
Plain croissant (V)	£2.40	£2.00
Multigrain croissant(V)	£2.40	£2.00
Croissant filled With homemade jam / Italian pastry cream / pistachio cream / nutella (V)	£4.20	£3.50
Croissant almond With homemade almond paste filling (V)	£4.20	£3.50
Croissant or Toasted Bread With butter and homemade jam (V)	£3.60	£3.00
Muffin Blueberry or Lemon Vegan	£3.60	£3.00
Croissant or Toasted Bread With butter, fresh fruits and homemade jam (V)	£4.80	£4.00
Croissant with ham & cheese or tomato & cheese (V)	£4.20	£3.50
Croissant Vegano Charcoal or homemade jam (VG)	£3.60	£3.00
Brownie Soft chocolate & Almond Cake (GF)	£6.00	£5.00

Colazione Mari/Fusion

(Available from 8am-12pm)

Venezia Poached eggs on toast with baby spinach, avocado and Datterino tomatoes (V)	£10.10	£8.40
Padova Bresaola, avocado, poached eggs, Datterino tomatoes and rocket (GF)	£12.40	£9.80
Cagliari Greek or soya yogurt, with granola, nuts, honey and fresh fruits (VG) (GF)	£9.00	£6.50
Lecce Scrambled eggs, burrata, Datterino tomatoes, rocket, Parma ham and avocado (GF)	£14.50	£11.75
Londra Poached eggs on toast, baby spinach, sausage, Datterino tomatoes and buffalo mozzarella	£14.50	£11.75
Torre Poached eggs on toast, bottarga (mullet roe), Datterino tomatoes, grilled vegetables and baby spinach	£16.50	£13.80

Panini / Italian Sandwiches

Capri Buffalo mozzarella, Datterino tomatoes, rocket, oregano and basil pesto (V)	£8.40	£7.00
Parma Parma ham, buffalo mozzarella, Datterino tomatoes and rocket	£8.40	£7.00
Vegan Panino Mixed vegetables and vegan cheese (VG)	£8.40	£7.00
Napoli Italian Sausages, wild spinach and scamorza or mozzarella	£9.50	£8.00
Hamburger Fassona Premium Italian beef, tomato, salad and mozzarella & roasted potatoes	£15.00	£12.50
Piadine Romagnola Speciality from E-Romagna. Please ask if available on the day.	£8.40	£7.00
Special panini of the day Please ask for Special of the day		

Insalate/Salads

Capitano Rocket, baby spinach and capers berry (VG) (GF)	£5.40	£4.50
Mamma Maria Mixed leaves, vegetables, olives, sun-dried tomatoes and soft cheese (V) (GF)	£8.40	£7.00
Maria Burrata, baby spinach, sweet peppers and speck (smoked ham) (GF)	£10.20	£8.50
Mario Buffalo mozzarella, rocket, Datterino tomatoes and avocado (V) (GF)	£13.00	£11.00
Mariano Rocket, parmesan shavings, lemon, olives and capers berry (V) (GF)	£6.60	£5.50
Susy Mixed Leaves, Datterino tomatoes, grilled vegetables, olives and capers berry (VG) (GF)	£7.30	£5.80
Vincenzo Baby spinach, boiled egg, olives, Datterino tomato, anchovies, onion and courgettes (V) (GF)	£8.90	£7.50
Anna Rocket, smoked salmon, onion, almond, soft cheese, Datterino tomatoes and avocado (V) (GF)	£11.30	£9.50

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Dolci/Homemade Desserts

IN OUT

<i>Sfogliatella mignon frolla</i>	<i>Short crust pastry filled with a ricotta cheese and citrus zest</i>	£2.50	£2.00
<i>Sfogliatella mignon riccia</i>	<i>Crunchy flaky pastry filled with a ricotta cheese and citrus zest</i>	£2.50	£2.00
<i>Sfogliatella grandi frolla</i>	<i>Short crust pastry filled with a ricotta cheese and citrus zest</i>	£5.90	£4.00
<i>Sfogliatelle grandi riccia</i>	<i>Crunchy flaky pastry filled with a ricotta cheese and citrus zest</i>	£5.90	£4.00
<i>Caprese Mamma Maria</i>	<i>Homemade dark chocolate, butter and almond base cake (V) (GF)</i>	£5.90	£4.00
<i>Carrot Cake</i>	<i>Delicious gluten free and vegan carrot and almond cake (VG) (GF)</i>	£5.90	£4.00
<i>Tiramisu tradizionale</i>	<i>Savoardi biscotti, coffee, mascarpone cream and touch of liqueur (V)</i>	£5.90	£6.00
<i>Tiramisu vegano</i>	<i>Vegan version of the classic dessert with coconut sponge (VG) (GF)</i>	£6.50	£6.90
<i>Cannolo siciliano</i>	<i>Crunchy pastry tubes with a creamy filling of sheep milk ricotta (V)</i>	£5.90	£4.00
<i>Cannolo mignon</i>	<i>Mini Crunchy pastry tubes with a creamy filling of sheep milk ricotta (V)</i>	£3.00	£2.50
<i>Pastiera Napoletana</i>	<i>Mamma's own light ricotta cheese, with orange and lemon zest (V)</i>	£5.90	£4.00
<i>Cassata Siciliana</i>	<i>Sponge edged with marzipan, filled with ricotta cheese, chocolate chips and candied fruit (V)</i>	£6.50	£4.50
<i>Torta al Pistachio</i>	<i>Cheesecake with pistachio cream and white chocolate (V)</i>	£6.50	£4.50
<i>Ricotta Limone e cioccolato</i>	<i>Uncooked cheesecake with ricotta, chocolate and hint of lemon (V)</i>	£6.50	£4.50
<i>Ricotta e pere</i>	<i>Uncooked cheesecake on hazelnut biscuit filled with a delicious ricotta and pears (V)</i>	£6.50	£4.50
<i>Delizia al limone</i>	<i>Sponge soaked in limoncello with lemon and chantilly cream centre (V)</i>	£6.50	£4.50
<i>Millefoglie</i>	<i>The Italian version of the "French mille-feuille" (V)</i>	£6.50	£4.50
<i>Rum Baba</i>	<i>Delicate sponge saturated in rum syrup (V)</i>	£5.90	£4.00
<i>Rum Baba farcito</i>	<i>Delicate sponge, rum syrup, with Chantilly cream and fresh fruit (V)</i>	£6.50	£4.90
<i>Cuore di Cioccolato</i>	<i>Individual chocolate cake, molten chocolate centre</i>	£6.50	£4.50
<i>Affogato al caffè</i>	<i>Vanilla gelato topped or "drowned" with a shot of hot espresso (V)</i>	£7.50	£5.50
<i>Brownie</i>	<i>Soft chocolate & Almond Cake (GF)</i>	£6.00	£5.00
<i>Italian homemade gelato</i>	<i>Please ask for the availability (V)</i>	£6.50	£4.50
<i>Cheese Board</i>	<i>A Selection of fine cheeses</i>	£9.60	£8.00
<i>Torta del giorno</i>	<i>Please ask for the Special Cakes of the day</i>		

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Anascolici/Soft Drinks

	IN	OUT
Baladin Cedrata (250ml)	£3.50	£2.90
Baladin Spuma Nera (250ml)	£3.80	£3.20
Coke Contour Bottle	£3.50	£2.50
Coke Diet Contour Bottle	£3.50	£2.50
Arancia Rosso	£4.30	£3.55
Limonata Organic (355ml)	£4.30	£3.55
Tea Limone Organic (355ml)	£4.30	£3.55
Tea Pesca Organic (355ml)	£4.30	£3.55
Fever Tree Premium Tonic Water	£2.00	£1.50
Water Sparkling Smeraldina 50cl	£3.50	£2.50
Water Still Smeraldina 50cl	£3.50	£2.50
Crodino 10ml	£3.50	£2.50

Centrifugati Biologici/Organic Fresh Juices & Frullati Express press

(Ask for the juice available)

Everyday <i>Apple (VG)</i>	£6.00	£5.00
Sunny day <i>Orange (VG)</i>	£6.00	£5.00
Fresh day <i>Lemon & Mint (VG)</i>	£6.00	£5.00
Summer <i>Lime, apple, ginger, aloe vera, mint (VG)</i>	£6.00	£5.00
Spring <i>Orange, carrot, lemon and aloe vera (VG)</i>	£6.00	£5.00
Autumn <i>Orange, apple, celery, ginger, cucumber, aloe vera and turmeric (VG)</i>	£6.30	£5.20
Winter <i>Beetroot, apple, lemon, ginger, cucumber, aloe vera and turmeric (VG)</i>	£6.50	£5.50
Detox <i>Apple, spinach, celery, cucumber, parsley, aloe vera, ginger, chilli and turmeric (VG)</i>	£7.70	£6.50
Juice of the day <i>Please ask for the Special Juice of the day</i>		

Frappe Biologici/ Organic Smoothies & Milkshakes

Santorini <i>Vanilla ice cream, caramel and salted peanuts (V)</i>	£6.90	£6.00
Panareal <i>Halzelnut ice cream, coffee and chocolate powder (V)</i>	£6.90	£6.50
Zante <i>Soya milk, banana and berries (VG)</i>	£7.50	£6.50
Hawaii <i>Milk, strawberry and banana (V)</i>	£6.40	£5.60
Barbados <i>Milk and mixed berries (V)</i>	£6.40	£5.60



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Caffetteria/Coffee

	<i>Small</i>	<i>Regular</i>
<i>Espresso</i>	£1.80	-
<i>Espresso Macchiato</i>	£1.90	-
<i>Espresso Double</i>	£2.10	-
<i>Espresso Macchiato Double</i>	£2.30	-
<i>Caffé Americano</i>	£2.10	-
<i>Caffé Americano Macchiato</i>	£2.30	-
<i>Caffé Americano Double</i>	£2.40	£2.60
<i>Caffé Americano Macchiato Double</i>	£2.50	£2.60
<i>Caffé Latte</i>	£2.60	£2.80
<i>Cappuccino</i>	£2.40	£2.60
<i>Caffé Mocha</i>	£2.40	-
<i>Flat White</i>	£2.85	£3.10
<i>Cortado</i>	£2.60	-
<i>Hot Chocolate Italian Style</i>	£3.40	£3.75
<i>Hot Chocolate</i>	£3.10	£3.40
<i>Iced Caffé</i>	-	£3.10
<i>Iced Latte</i>	-	£3.10
<i>Babycino</i>	£1.50	

Foglie di Té/Loose leaf tea

<i>Strong Breakfast / Earl Grey</i>	£2.95	£2.50
<i>Peppermint</i>	£2.95	£2.50
<i>China gunpowder (classic green tea)</i>	£2.95	£2.50
<i>Jasmine Pearl (jasmine green tea)</i>	£3.25	£2.80
<i>Decaffeinated Ceylon (black tea)</i>	£2.95	£2.50
<i>Blanc d'Oranger (organic white tea)</i>	£3.95	£3.50
<i>L'Oriental (passion fruit green tea)</i>	£3.25	£2.80
<i>Chamomile</i>	£2.95	£2.50
<i>Rooibos</i>	£2.95	£2.50

50p Supplement for extra shot of coffee / decaf coffee / any organic milk / non-dairy milk with any hot beverage.