

SERVED FROM 12PM

CAFFÉ
SALA
EST. 2025

Allergens & Intolerances - Please speak to a member of our team about any allergies or dietary requirements before placing your order. While every effort is made to prevent cross-contamination, we cannot guarantee that any dish is completely free from allergens. Detailed allergen information is available on request.

A LA CARTE

SMALL PLATES

Soup of the day VG	5.95
Served with focaccia	
Mozzarella sticks	6.95
served with Napoli dip	
Meatballs al Forno	7.95
House-made meatballs baked in rich tomato sauce, topped with mozzarella	
Calamari Fritti	7.95
Lightly fried squid served with garlic lemon mayonnaise	
Bruschetta VG	6.95
Toasted artisan bread topped with concasse tomatoes, fresh basil, garlic, and extra-virgin olive oil	
Add Prosciutto	1.5
Arancini of the week	7.95
Crispy risotto balls	
[Please ask your server for today's flavour]	
Chicken Liver Pate	6.95
Served with Italian crisp breads and an Italian slaw	
Italian Sharing Platter [For two people]	12.95
Mortadella, Salami, Olives, Cannellini Houmous, Italian Bread, Olive Oil and Balsamic	

PASTA

Tagliatelle Firenze	15.95
Fresh tagliatelle with Italian sausage, mushrooms, garlic, cream and parmesan	
Spaghetti Carbonara	14.95
Traditional recipe with crisp pancetta, egg yolk, black pepper and parmesan	
Spaghetti Bolognese	14.95
Slow cooked beef ragu with tomato, garlic and parmesan	
Penne Arrabiatta VG	12.95
Penne pasta tossed in a fiery tomato sauce with garlic, fresh chilli and basil	
*Add Chicken	2.5
*Add Italian Sausage	2.5
Cajun Penne	15.95
Choose from chicken or beef	
Peppers, onions and tomato in a creamy Cajun sauce	
Pesto and Parmesan Penne	12.95
Penne tossed in fragrant basil pesto, finished with grated Parmesan cheese	
*Add chicken	2.5
Prawn, Garlic and Nduja Linguini	16.95
Linguini with sautéed prawns, garlic, and spicy 'nduja in a rich tomato-based sauce	
Macaroni Cheese V	12.95
Creamy macaroni baked in a rich cheddar cheese sauce	
*Add Pancetta	2.5
House-made Lasagne	13.95
Layers of pasta, slow-cooked beef ragù, creamy béchamel, and melted cheese	

SALA SPECIALS

Chicken Parmigiana	14.95
Breaded chicken breast topped with mozzarella, served with spaghetti in a rich tomato sauce	
Sala Beef Burger	14.95
Two house made 4oz patties topped with lettuce, tomato and mayonnaise served with sea salt fries	
*Add cheese	1.5
*Add streaky bacon	1.5
Upgrade your fries	
Cajun	0.5
Truffle and Parmesan	1.0
Sala Chicken Burger	13.95
Breaded chicken burger topped with lettuce, tomato and garlic mayonnaise served with sea salt fries	
*Add cheese	1.5
*Add bacon	1.5
Upgrade your fries	
Cajun	0.5
Truffle and Parmesan	1.0
Italian bangers and mash	14.95
Italian sausage with truffle mash and onion gravy	
Caponata	12.95
Fried Aubergine, Courgette, red onion, olives, capers in tomato sauce served on toasted artisan bread	
Risotto of the week	13.95
Please ask your server for today's flavour	
Sala Vegan Burger	12.95
Vegan burger topped with lettuce and tomato served with sea salt fries	
*Add cheese	1.5
*Add bacon	1.5
Upgrade your fries	
Cajun	0.5
Truffle and Parmesan	1.0

SIDES

Smoked sea salt fries	3.5
Cajun fries	3.95
Truffle and parmesan fries	4.5
Garlic Bread	3.5
Add mozzarella	1.0
Mediterranean vegetables	3.5
Mixed salad bowl	3.5
Small mac	5.95
Italian slaw	3.5
Bread, olive and dips	4.95
Mixed Italian beans	3.95

SALADS

Caprese	9.95
Fresh tomatoes layered with creamy mozzarella and fragrant basil, finished with extra-virgin olive oil.	
Ceaser	9.95
Crisp romaine lettuce, tossed in a creamy house made Caesar dressing, topped with golden croutons and freshly grated parmesan	
*Add streaky bacon	1.5
*Add chicken	2.5
Panzanella	9.95
A rustic Italian bread salad with ripe tomatoes, crisp cucumbers, fresh basil, and toasted bread, tossed in a light red wine vinaigrette.	

PIZZA

Pepperoni	14
Traditional pizza topped with rich tomato sauce, melted mozzarella and slices of spicy pepperoni.	
Diavola	14
Rich tomato sauce, fresh mozzarella and spicy N'duja finished with chilli oil.	
Quattro Stagioni	14
Tomato sauce and mozzarella topped with mushrooms, ham, peppers and olives- each ingredient representing a season.	
Margherita	13
Rich tomato sauce, fresh mozzarella, finished with fragrant basil.	
Meatballs	14
House made meatballs, mixed peppers, mozzarella and parmesan	
Tre Carni	15
Rich tomato sauce, pepperoni, mortadella, Salami and Mozzarella	
Prosciutto	14
Ceaser Base with Prosciutto, rocket and shaved parmesan	
Gamberetto	15
King prawn, rich tomato sauce, mushroom and burrata	

DESSERT

Cheesecake of the week	5.95
Ask your server for this weeks flavour	
Tiramisu	5.95
Classic Italian dessert made with espresso-soaked ladyfingers layered with rich mascarpone cream and finished with a dusting of cocoa	
Lemon posset	5.95
Silky smooth set lemon cream with a bright citrus finish	
Affogato al Caffè	5
Vanilla gelato served with a shot of hot espresso	
Why not add a liqueur from our drinks menu?	3