

# Menu



Alla Salute!

Pizzeria – Trattoria – Social

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## FOOD

Welcome to Alla Salute! Trattoria - Pizzeria - Social.

Buon appetito! Alla Salute!

ALL OUR FOOD IS SUITABLE FOR CHILDREN. SMALLER PORTIONS OF PASTA AND SMALLER SIZE PIZZAS AVAILABLE ON REQUEST.

REGULAR PIZZA SIZE IS 12" (30CM)

**ANTIPASTI / STARTERS**  
Gluten free alternative available

<b>Bruschetta Pugliese (v)</b>	4.50
Homemade bread, cherry tomatoes, garlic infused extra virgin olive oil, fresh rocket garnish.	
<b>Garlic Bread (v)</b>	5.50
Homemade flat bread drizzled with extra virgin olive oil, garlic and parsley. Add mozzarella for 50p extra.	
<b>Polpettine al Sugo</b>	6.50
Meatballs Puglia style in its own tomato ragu' and homemade bread slice for scarpetta. (contains <b>cheese</b> and <b>celery</b> )	
<b>Fave &amp; bieta (v)</b>	8.40
Slow cooked broad beans puree is a dish prepared all around Puglia, ours is served with crushed olive oil taralli and swiss chard, seasoned with sea salt and extra virgin olive oil. Traditionally <u>Vegan</u> .	
<b>La Burrata Pugliese (v)</b>	8.40
Delicious <b>mozzarella</b> with a creamy heart, medley of tomatoes, fresh rocket salad and a dash of extra virgin olive oil.	
<b>Carpaccio di Bresaola Artigianale</b>	10.50
Artisan Beef Carpaccio platter, fresh rocket salad, Grana <b>cheese</b> shavings, lemon juice, extra virgin olive oil, bread.	
<b>Slow Food Antipasti Platter</b>	FOR ONE 12.00 FOR TWO 21.00
A selection of Slow Food <b>cheeses</b> and cured meats, home-made bread and pickles. Featured <b>cheeses</b> are: Pecorino (Ewe's milk), Grana Padano, Tangy Caciocavallo cheese (Ewe and Cow's milk). Cured meats: Artisan Bresaola (cured beef), Italian Capocollo, Milano Salami and spicy Spianata salami.	

**INSALATONE / BIG SALADS**  
Gluten free alternative available

<b>Grilled Veg &amp; Cacio (V)</b>	9.90
Grilled mixed vegetables, lollo and rocket salad, caciocavallo <b>cheese</b> , cherry tomatoes, extra virgin olive oil, homemade bread.	
<b>Insalata di Pollo</b>	11.50
Pan-fried chicken breast slices marinated with fresh herbs and white wine, cherry tomatoes, grilled pepper, heritage Leccino olives, lollo and rocket salad and extra virgin olive oil, served with homemade bread.	

**PASTA AND OTHER MAINS**  
Gluten free alternative available. Add £2.00 for g.f. pasta

<b>Cacioricotta or Ricotta Forte (v)</b>	11.50
Fresh <b>orecchiette pasta</b> with light tomato sauce topped with delicate semi-hard <b>cheese</b> obtained from cow's milk or <b>Ricotta Forte</b> which is a very tangy and creamy aged sheep's milk ricotta, staple food of Puglia. Contains <b>celery</b> .	
<b>Ragu'</b>	12.90
Fresh <b>orecchiette pasta</b> with earthy "Mola di Bari" tomato, minced beef ragu with vegetables and herbs, topped with Grana <b>cheese</b> . Typical Sunday lunch of Puglia (contains <b>celery</b> ).	
<b>Chef's Special</b>	14.50
Enrica's signature dish. Fresh <b>orecchiette pasta</b> , monkfish, tomato sauce, white wine, saffron, lime zest, parsley.	
<b>Spigola Saporita</b>	15.00
Pan fried seabass, roast new potatoes, fresh rocket and fennel salad.	
<b>Beef-Steak Tagliata</b>	17.50
8oz Beef Sirloin steak slices, rocket and fennel salad, <b>Grana cheese</b> shavings, extra virgin olive oil.	

# PIZZA

<b>Marinara</b>	Tomato Sauce, garlic, oregano	8.00
<b>Margherita</b>	Tomato sauce, <b>mozzarella</b> , fresh basil	9.00
<b>O.C.A.</b>	Heritage Leccino olives, <b>mozzarella</b> , tomato sauce, capers, anchovies, oregano	9.90
<b>Vegetariana</b>	Leccino black olives, chargrilled peppers, mushrooms, tomato sauce, <b>mozzarella</b> , oregano	10.50
<b>Vegetariana II</b>	Grilled mix vegetables, oregano, tomato sauce, <b>mozzarella</b>	11.00
<b>Cotto &amp; Funghi</b>	Cooked ham, mushrooms, tomato sauce, <b>mozzarella</b> , oregano	11.90
<b>Capricciosa</b>	Mushroom, artichokes, Leccino olives, cooked ham, <b>mozzarella</b> , tomato sauce, oregano	12.20
<b>Piccante / Milano salame</b>	Spicy spianata salame <u>or</u> Milano salame, <b>mozzarella</b> , tomato sauce, oregano	12.20
<b>Quattro Formaggi</b>	With or without tomato sauce, <b>mozzarella</b> , smoked <b>scamorza</b> , Grana <b>cheese</b> , <b>pecorino</b> , oregano	12.70
<b>Brindisi</b>	With or without tomato, <b>mozzarella</b> , Italian capocollo, artichokes, <b>pecorino</b> , oregano	12.70
<b>Tonno &amp; Cipolla</b>	Tomato sauce, <b>mozzarella</b> , yellowfin tuna, red onion, Leccino olives, oregano	13.00
<b>Crudaiola</b>	Artisan Bresaola (cured beef), fresh cherry tomatoes, rocket salad, Grana <b>cheese</b> shavings, extra virgin olive oil.	13.00
<b>Gargano</b>	With or without tomato sauce, <b>mozzarella</b> , fresh sausage, mushrooms, tangy Caciocavallo <b>cheese</b> , oregano	13.00
<b>Burrata &amp; Bresaola</b>	Tomato sauce, fresh burrata <b>cheese</b> , Air dried artisan beef and extra virgin olive oil.	13.70
<b>Tony del Galles</b>	With or without tomato sauce, <b>mozzarella</b> , fresh Italian sausage, spicy spianata, cooked Italian ham, Milano salame, Italian capocollo, oregano.	14.50

EXTRA TOPPINGS: Egg £1 - Anchovies £1 - Vegetables £1 - Cime di Rape £1.50 - Cheese: £1.50 - Cured meats: £1.50  
 Fresh Sausage: £1.50 - Tuna (80g) £2.00 - Burrata Cheese (125g): £3.00 - Chicken(230g): £3.00

## CONTORNI / SIDES

<b><u>Homemade Bread</u></b>	<i>Fragrant, baked daily by Enrica</i>	3.00
<b><u>Roast Potatoes</u></b>	<i>New Potatoes, rosemary, salt, white wine and Extra Virgin Olive Oil</i>	3.50
<b><u>Insalata Fresca</u></b>	<i>Refreshing seasonal salad leaves, cherry tomatoes and red onion</i>	3.50
<b><u>Heritage Cime di Rapa</u></b>	<i>Stewed Broccoli Rabe in white wine, garlic and Extra Virgin Olive Oil <u>or</u> lemon juice and EVO</i>	4.00

Allergy Advice. If you have any allergies or dietary requests, please do let us know and we will do our best to accommodate you. **Allergens are in bold.**

# DRINKS

## Aperitivo – Happy Hour

The Italian ritual of pre-dinner drinks and light bites. Enjoy **Aperol** or **Campari Spritz** accompanied by the Chef's **Light Bites** for only **£14.00** per person. *From 4.30 until 7pm*

## Snacks

Olives - **£3.50**

Homemade Bread with Extra Virgin Olive Oil and Balsamic - **£3.50**

Friselle / Bruschetta - **£5.00**

Italian Trio (Taralli, Bella di Cerignola Olives and salted Almonds) - **£6.00**

Cheese Platter - **£8.20**

Bresaola (cured beef) Carpaccio - **£10.50**

Mixed Antipasti - **£12.00 (to share £21.00)**

## Soft Drinks, Juices & Water (All our soft drinks are Fair Trade and Natural)

Karmacola / Karmacola Sugar-free / Lemony Lemonade / Ginger Drink / Chinotto

Spumanera / Sparkling Sicilian Orange (£3.50)

Charity Still or Sparkling Water 75cl bottle (£3.50)

Cranberry/Apple/ Pear Juice (£2.90)

## Cocktails & Spirits

**NEGRONI**- Vermouth, Campari, Gin - £7.50

**LIMONGIN**- Limoncello, Lemon Juice, Gin, Tonic - £7.50

**CAFFE' SHAKERATO**- Frangelico hazelnut, Espresso- £7.50

**MOJITO**- Rum, Lime, Mint and Soda - £7.50

**SPRITZ**- Prosecco, Aperol or Campari, Soda - £7.50

**ROSSINI** or **BELLINI?** – Strawberry or Peach Puree, Prosecco - £7.50

**STRAWBERRY CAIPIROSKA**– Vodka, Strawberry, Lime, Mint - £7.50

**AMARETTO** or **FRANGELICO SOUR**– Amaretto or Frangelico, Triple Sec, Lemon Juice - £8.00

**SPIRITS&MIXERS**- Single £4.00 / Double £7.00 plus bottle of soft drink £3.80

**DIGESTIVES & SPIRITS**- Single £4.00 / Double £7.00

JD / Jameson / Laphroaig / Chase Gin / Chase Vodka / Rum / Cinzano Vermouth / Baileys / Frangelico / Vecchio Amaro del Capo / Grappa / Amaretto/ Limoncello/ Brandy Vecchia R.

## Birra / Beers

**Beer On Tap: Craft beer by Villages (Pint £5.50/ ½ £3.00)**

Ask what's the special craft by Villages Brewery of Deptford on tap.

**Rafiki IPA** - 33cl bottle (£5.50)

Hazy, full bodied sessionable ale crafted in Deptford juicy tropical fruit hops are balanced with notes of pine and spice on a sweet biscuit malt base. ABV 4.3%

**Moretti** - 33cl bottle (£3.50)

The Italian Lager. ABV 4.6%

**Menabrea** - 33cl bottle (£4.00)

From Italy's oldest brewery, a balanced lager with plenty of citrus zest and subtle hop flavours.

ABV 4.8%

**Moretti Zero** - 33cl (£3.00)

Alcohol free beer. ABV 0.05%

**Apple Cider** - Pint bottle (£5.50)

ABV 4.5%

**Rekorderlig Fruit Cider** - Pint bottle (£5.50) ABV 4%

## Vino Bianco/White Wines

**75cl Carafe of House White** ABV 12.5% - £19.00

**FIANO POESIA SALENTO PGI 2016** ABV 12%

*Bottle £23.50 - 125ml £4.00 - 175ml £5.90 - 250ml £7.90*

100% Fiano grape from the heel of the boot. Fruity aroma with refreshing mineral notes.

**CHARDONNAY LAURORA** ABV 12.5%.

*Bottle £25.00 - 125ml £4.50 - 175ml £6.50 - 250ml £8.50*

100% Chardonnay from Southern Puglia with an elegant bouquet of yellow flowers and exotic fruity scent. Fresh mineral flavour, dry and nicely lingering.

**BOMBINO CATAPANUS 2015** ABV 13.5%

*Bottle £27.00 - 125ml £5.00 - 175ml £7.00 - 250ml £9.50*

100% Bombino native grape. Intense fresh and fruity smell with hints of pineapple and banana full, dry but well balanced, light and fruity flavour.

**COME D'INCANTO CARPENTIERI 2015** ABV 14%

*Bottle £35.00*

Obtained from the off-the-skins vinification of Troia grapes. It combines citrus and bramble notes with hints of quince and icing sugar, complemented by a marked honey sensation. Succulent, mineral flavour.

## Vino Rose'/ Rose Wines

**LE GRAZIE 2015** ABV 13%

*Bottle £23.50 - 125ml £4.00 - 175ml £6.20 - 250ml £7.90*

Fruity scent, fresh and pleasantly smooth. Vinicola Mediterranea obtained this wine from Malvasia and Negramaro grapes from Salento, Puglia.

## Vino Rosso/ Red Wines

**75cl Carafe of House Red** ABV 13% - £19.00

**DON VITO PRESTIGE 2015** ABV 13%

*Bottle £23.50 - 125ml £4.00 - 175ml £5.90 - 250ml £7.90*

Medium body, fragrant blend of Negramaro and Primitivo Grapes. All round flavour, well-structured and velvety flavour.

**PRIMITIVO DI MANDURIA EMPIRIO 2016** ABV 14%

*Bottle £27.50 - 125ml £5.00 - 175ml £6.90 - 250ml £9.50*

100% Primitivo from Manduria - South West Puglia. Scents of chocolate, spices, smoke and liquorice. Velvety and full bodied with flavours of black cherry and blueberries with a hint of cedar.

**NEGROAMARO CANONICO CANTINE DUE PALME 2017** ABV 12.5%

*Bottle £29.00 - 125ml £5.00 - 175ml £7.50 - 250ml £9.70*

Versatile and easy-drinking thanks to the delicious red berry fruits of cherry and black cherry. A brilliant ruby red with an elegant and fruity nose. 100% Negroamaro grape.

**VALLONE SUSUMANIELLO 2016 ABV 13%**

*Bottle £35.00 - 125ml £5.90 - 175ml £8.90 - 250ml £10.50*

Susumaniello' means 'little donkey' in Brindisi dialect, a reference to the assistance needed to carry the large yields typically produced from this variety in the past. Intense black fruit aromas lead to a ripe, spicy palate with hints of dark chocolate. Succulent and balanced.

## Spumante/Sparkling Wines

**PROSECCO SPUMANTE**

*Bottle £28.00 - 125ml glass £5.00 - 175ml glass £7.50*

Made with Charmant method characterised by its citrusy aromas and apple and pear flavours. ABV 12.5%

**PAS DOSE' DAUNIUS - SPUMANTE** *Bottle £40.00*

100% Bombino. Dry bubbly wine with great perlage, created with the champenoise method and without the addition of the dosing syrup (liqueur d'expédition). Harmonic taste, very elegant and subtle creaminess. ABV 12.5%

**BRUT ROSE' DAUNIUS SPUMANTE** *Bottle £40.00*

100% Pinot Noir, created with the champenoise method and the addition of the liqueur d'expédition. Intense nose, fresh and sweet fragrance of flowers and summer fruits. Dry round, elegant and balanced flavour. ABV 12.5%

## Dessert Wine

**PASSERINA PASSITO PGI 2015 ABV 13.5%**

*Bottle £58.00 - 75ml glass £9.70*

100% Passerina grape late harvest, fermented in oak casks. Pleasant, aromatic and delicate bouquet, with appealing notes suggesting orange blossoms.

# DESSERT

**AFFOGATO AL CAFFE' 3.95**

A scoop of Vanilla ice cream "drowned" in a shot of Quarta caffe' espresso.

**SORBETTO 3.95**

Refreshing Lemon and Raspberry Sorbet, mint leaves, lactose free.

**GELATO DELLA CASA 4.50**

Artisan Italian Ice cream: one scoop each of Hazelnut, Chocolate, Vanilla and crushed Almond biscuit.

**SBRICCIOLATA RICOTTA E CIOCCOLATO 5.50**

Crumbly shortcrust with dark chocolate drops and ricotta cheese served with a scoop of chocolate Ice cream

**IL TIRAMISU' DI ENRICA 5.50**

Layers of Savoiardi biscuits soaked in Quarta espresso, topped with Mascarpone cheese with a touch of Irish cream and a sprinkle of Chocolate.

## PASSERINA & BISCOTTI ALLE MANDORLE 9.00

A typical Southern Italian way to end the meal: Artisanal Almond Biscuits savoured while sipping passito wine obtained from Passerina grape, an elegant and harmonious amber dessert wine.

## COFFEE, TEA AND LIQUEURS

*Alla Salute!* offers a bespoke coffee blend of Arabica and Robusta beans by Quarta Caffè based in Lecce (Italy) and speciality luxury loose leaf teas from The Tea Makers of London based in Dartford. Decaffeinated coffee available.

### Coffees

Espresso	2.00
Double Espresso	2.50
Cappuccino/Caffelatte	2.80
Americano	2.50
Mokaccino	3.00
Hot Chocolate	3.00
Caffè Corretto with your favourite liqueur	3.30
Decaffeinated coffee: add <u>30p per shot</u>	

### Teas

Pot for one 3.00 – Pot for two 5.00

#### **English Breakfast**

Full bodied and deliciously smooth Ceylon black tea

#### **Earl Grey**

Ceylon black tea infused with Bergamot oil. Rich and aromatic

#### **Masala Chai**

Assam leaves, cinnamon, cloves and cardamom make this tea a tasty and authentic Indian infusion

#### **Jasmine Green Tea**

Chinese tea with jasmine flowers, fragrant, well balanced and uplifting

#### **Eden Bliss Herbal Tea**

Green honey bush, rooibos, apple, mistletoe, elderflowers, kiwi, strawberry, rose leaves.

#### **Lemongrass and Ginger Herbal Tea**

Lemongrass and spicy ginger pieces are mixed with soothing peppermint and liquorice, high in antioxidants.

#### **Calming herbal Chai**

A delicate blend of chamomile, lemon peel, bay leaves, fennel seeds and marigold flowers.

## AFTER DINNER COCKTAILS

£8.00

#### **Caffè Shakerato**

(Frangelico hazelnut liqueur, Espresso)

#### **Amaretto Sour**

(Amaretto, Triple Sec, Lemon Juice)

#### **Al Cioccolato**

(Chocolate liqueur, Dark Rum, Baileys)