

FRIDAY FISH MENU

FRESH COLCHESTER ROCK OYSTERS

6 for £10

12 for £19

STARTERS

COCKTAIL DI GAMBERI ED AVOCADO

Prawn cocktail served with marie sauce and avocado
£9.25

PEPATA DI COZZE

Scottish mussels with crusty home-made bread,
olive oil, garlic, cherry tomato and parsley
£6.50

POLIPETTI ALLA LUCIANA

Baby octopus served in a rich cherry tomato sauce with
black olives, served with toasted bread, virgin olive oil and lemon juice
£9.95

INSALATA DI POLIPO

Octopus salad dressed with extra virgin olive oil and lemon
£9.95

FANTASIA DI MARE

Il Forno's signature dish - a unique selection of seafood antipasti:
prawn cocktail, octopus salad, oysters,
scallops wrapped with pancetta and baby squid
£18.00

MAINS

LINGUINE ALLO SCOGLIO

Linguine pasta served with seafood, white wine,
extra virgin olive oil and cherry tomatoes
£12.95

SEASONAL FISH PIE

Traditional Italian fish pie with seasonal catch
£14.95

SEA BREAM BAKED IN SALT

Filleted at the table, served with seasonal vegetables
£19.95

GRILLED SEA BASS

Filleted at the table, served with seasonal vegetables
£19.95

DOVER SOLE

Filleted at the table, served with seasonal vegetables
£24.95

SCOTTISH LOBSTER

Scottish lobster with fresh pasta tossed in
white wine, garlic and cherry tomatoes
£27.95

FRITTURA MISTA

Lightly battered fried fish of the day
£19.95