


FREE FROM GLUTEN MENU


STARTERS

FROM THE KITCHEN


ITALIAN MIXED OLIVES

Four varieties from all over Italy – Nostraline from Tuscany, Bella di Cerignola from Puglia, Gaeta from Lazio and Nocellara from Sicily. **2.95** 

RUSTICA MARINATED OLIVES

Pitted and marinated in garlic, spices and dried herbs. **2.95** 

ZUPPA DI FUNGHI

A porcini broth with mushrooms, pancetta and a dash of cream. Or without pancetta. **5.50** 



ZUPPA DI ZUCCA

A simple but delicious roasted squash soup topped with pumpkin seeds and served with crème fraiche. **5.50** 

Both our soups are served with free from gluten bread.

MAINS

FROM THE KITCHEN

PASTAS

The following sauces are available with our delicious free from gluten corn and chickpea flour pasta.

SEAFOOD LINGUINE **NEW**

Blue swimming crab, prawns, mussels and clams tossed in a rich and spicy tomato and chilli sauce with baby plum tomatoes and fresh basil. Sprinkled with Bottarga. **14.50**

SMOKED SALMON **NEW**

Smoked salmon, peas, soya beans, tender stem broccoli and watercress, finished with citrusy ricotta. **12.50**

GIARDINIERA

Served without spinach balls.

Antonio whipped this up one day for a friend – so good he's been making it ever since. Free from gluten pasta with courgette, chilli and garlic with Italian cheese. **9.95**

A discretionary donation of 50p is made to Action Against Hunger on your behalf for every Giardiniera sold from this menu. You have raised over 1.5 million so far.




BEEF RAGÙ **NEW**


A rich beef and tomato ragù, topped with crispy Parma ham. **9.95**

LITTLE EXTRAS

BROCCOLINI

With chilli, garlic and toasted almonds. **3.95** 

MISTO DI FUNGHI **NEW**

Sautéed mushrooms with garlic and chilli. **3.95** 

PRAWNS MARINARA **NEW**

Marinated prawns sautéed with white wine, baby plum tomatoes, chilli and fennel seeds in a tomato and basil sauce. Served with free from gluten bread for dipping. **6.95**

FROM OUR DELI

ANTONIO'S CHICKEN LIVER PÂTÉ


Smooth pâté, toasted free from gluten bread, and red onion marmalade. **6.25**

BRUSCHETTA

Slices of free from gluten bread with delicious chilled deli toppings:


Fresh baby plum tomatoes, basil and garlic 5.50 

Red onion marmalade with goat's cheese 5.50 

Caponata – A traditional Sicilian aubergine sweet and sour stew. **5.50** 

ANTIPASTI TO SHARE

BRUSCHETTA TRIO

Free from gluten bread with three toppings fresh from the deli: baby plum tomatoes with basil and garlic, red onion marmalade with goat's cheese, and caponata – a traditional aubergine stew from Sicily. **7.95** 


SALUMI

A meat-lovers' selection with slices of mortadella, 18 month-old Parma ham, salami ventricina, soppressa al finocchio, prosciutto cotto, salami Aquila, mixed Italian olives and caper berries. **13.95**

VERDURE BOARD **NEW**

A selection of deli favourites – roasted peppers with garlic, tomato and onion, poponcini peppers with pesto, red onion marmalade with goat's cheese bruschetta, marinated artichokes, balsamic onions, caponata, green beans, Italian mixed olives, caper berries and homemade focaccia, garnished with rocket. **13.95**

STUFFED PEPPERS **NEW**

Roasted red and yellow peppers stuffed with spinach, baby plum tomatoes, a hint of chilli, ricotta, and goat's cheese. Served without breadcrumbs. **10.50** 

FROM THE DELI DELI SALADS

BEETROOT & GOAT'S CHEESE **NEW**

Roasted beetroot and butternut squash, goat's cheese, rocket, mixed salad leaves, crushed walnuts, chives and pesto, lightly tossed in balsamic dressing. **9.95** 

CHICKEN, APRICOT & HAZELNUT

Poached chicken with toasted hazelnuts, dried apricots, green beans and mixed leaves with a balsamic dressing. **10.95**

ABRUZZESE **NEW**

Flaked Italian tuna, buffalo mozzarella, green beans, sweet peppers, baby plum tomatoes, Italian leaves, new potatoes, anchovy fillet, and a soft-boiled egg drizzled with a light vinaigrette. Served without croutons. **9.95**

PANCETTA, GORGONZOLA & WALNUT


Crispy smoked pancetta, Gorgonzola cheese, rocket, walnuts, mixed leaves and radicchio leaves with balsamic dressing. **9.95**



DUCK RAGÙ **NEW**

Slow cooked duck, pork, pancetta and mushroom ragù. Served without breadcrumbs. **13.50**

RISOTTO AI FUNGHI

Rich mushroom risotto finished with a hint of chilli and truffle oil. Simple ingredients that pack a punch – Antonio's passion for all things funghi is never more present than in this dish. **12.95** 
Add chicken to your risotto for 2.50

MEAT, FISH & VEG

BEEF STEAK IN PADELLA

A tender, grass-fed 21-day aged 8oz* ribeye steak served with a side of your choice. **16.50**

SEA BASS IN PADELLA **NEW**

Delicate pan-fried sea bass fillets served with broccolini, peas and soya beans with chilli, garlic and toasted almonds. **14.95**

LAMB IN PADELLA **NEW**


Tender lamb chops mint-marinated and grilled. Served with chilled caponata. **15.95**

BEEF BRASATO **NEW**

Slow-cooked beef short rib in a rich red wine sauce served with tender stem broccoli and a free from gluten side of your choice. **15.95**




CARLUCCIO'S SALAD **NEW**

Italian mixed leaves with toasted pine nuts and herbs in a mustard dressing. **4.50** 

DOLCI, CHEESE & GELATO


MERINGA AL FRUTTO DELLA PASSIONE

Meringue with a passion fruit cream, fresh raspberries and a raspberry coulis. **5.25** 


PANNA COTTA

Delicious vanilla panna cotta, served with raspberry coulis. **4.95**

GELATO ICE CREAM


Our own authentic 'Gelati Artigianali' are made traditionally and have intense flavours. Arabica coffee & Hazelnut / Bitter chocolate / Vanilla / Strawberry / Cherry. Served without wafer. **4.25** 

SORBET


Amalfi Lemon / Melon. Served without wafer. **4.25** 



CHOCOLATE & SALTED Caramel SundaE

Scoops of vanilla ice cream drizzled with chocolate and salted caramel sauces. Served without wafer. **5.95** 

AFFOGATO

Our vanilla ice cream served in a tall glass with a strong espresso, or your choice of liqueur to pour over the top. **Coffee 4.60 / Liqueur 6.60** 


FORMAGGI

A selection of three Italian cheeses served with truffle honey, and free from gluten bread. Served without pickled walnuts. We import our cheeses from all over Italy, including regional specialities and handmade favourites. **6.50**


DAIRY FREE MENU

WHILE YOU DECIDE


ASSORTED BREADS FROM OUR DELI

Our homemade focaccia with sunflower granary bread and traditional ciappe, grissini and olive stick. **4.50** 

ITALIAN MIXED OLIVES

Four varieties from all over Italy – Nostraline from Tuscany, Bella di Cerignola from Puglia, Gaeta from Lazio and Nocellara from Sicily. **2.95** 

RUSTICA MARINATED OLIVES

Pitted and marinated in garlic, spices and dried herbs. **2.95** 

HOMEBAKED FOCACCIA

Freshly baked each morning using a traditional Ligurian recipe.

Traditional with extra virgin olive oil. **2.95**




STARTERS

FROM THE KITCHEN

PRAWNS MARINARA

Marinated prawns sautéed with white wine, baby plum tomatoes, chilli and fennel seeds in a tomato and basil sauce. Served with grilled ciabatta for dipping. **6.95**

ZUPPA DI FUNGHI

A porcini broth with mushrooms and pancetta, served with focaccia bread. Or without pancetta. 
Served without cream. **5.50**




FROM OUR DELI

BRUSCHETTA

Slices of Italian grilled ciabatta with delicious chilled deli toppings:

Fresh baby plum tomatoes, basil and garlic 5.50 

Caponata – A traditional Sicilian aubergine sweet and sour stew. **5.50** 

VERDURE BOARD

A selection of deli favourites – roasted peppers with garlic, tomato and onion, poponcini peppers, marinated artichokes, balsamic onions, caponata, green beans, Italian mixed olives, caper berries and homemade focaccia, garnished with rocket. Served without pesto and red onion marmalade with goat's cheese bruschetta. **13.95**

MAINS

FROM THE KITCHEN

PASTAS


DUCK PAPPARDELLE

Slow cooked duck, pork, pancetta and mushroom ragù. Served without cheese and garlic breadcrumbs. **13.50**

SEAFOOD LINGUINE

Blue swimming crab, prawns, mussels and clams tossed in a rich and spicy tomato and chilli sauce with baby plum tomatoes and fresh basil. Sprinkled with Bottarga. **14.50**

LINGUINE AL POMODORO E BASILICO

Linguine served with our own fresh tomato and basil sauce. **8.95** 

BEEF RAGÙ

Spaghetti served with a rich beef and tomato ragù, topped with crispy Parma ham. **9.95**

RISOTTO AI FUNGHI

Rich mushroom risotto finished with a hint of chilli and truffle. Simple ingredients that pack a punch – Antonio's passion for all things funghi is never more present than in this dish. Served without cheese and butter. **12.95** 

Add chicken to your risotto for 2.50



MEAT & FISH

BEEF STEAK ALLA GRIGLIA

A tender, grass-fed 21-day aged 8oz* ribeye steak served with a side of your choice. **16.50**

SEA BASS IN PADELLA

Delicate pan-fried sea bass fillets served with broccolini, peas and soya beans with chilli, garlic and toasted almonds. **14.95**


LAMB ALLA GRIGLIA

Tender lamb cutlets mint-marinated and grilled. Served with chilled caponata. **15.95**

FROM OUR DELI

DELI SALADS

BEETROOT & BUTTERNUT SQUASH

Roasted beetroot and butternut squash, rocket, mixed salad leaves, crushed walnuts and chives, lightly tossed in balsamic dressing. Served without goat's cheese and pesto. **9.95** 

ABRUZZESE


Flaked Italian tuna, green beans, sweet peppers, baby plum tomatoes, Italian leaves, new potatoes, anchovy fillet, free range soft-boiled egg and croutons with vinaigrette. Served without mozzarella. **9.95**

CHICKEN, APRICOT & HAZELNUT


Poached chicken with toasted hazelnuts, dried apricots, green beans and mixed leaves with balsamic dressing. **10.95**

LITTLE EXTRAS


BROCCOLINI

With chilli, garlic and toasted almonds. **3.95** 


SPINACI

Spinach sautéed with extra virgin olive oil. **3.50** 


GREEN BEANS

Sautéed with extra virgin olive oil. Served warm. **3.50** 


MISTO DI FUNGHI

Sautéed mushrooms with garlic and chilli. **3.95** 

MIXED SALAD

Baby gem with peppers, baby plum tomatoes and red onion, tossed in balsamic dressing. **3.95** 

CARLUCCIO'S SALAD

Italian mixed leaves with toasted pine nuts and herbs in a mustard dressing. **4.50** 

DESSERTS

SORBET





Amalfi Lemon / Mandarin / Melon. **4.25** 

Carluccio's
Deli & Dining

 dishes are suitable for vegetarians.

Food allergies and intolerances: before you order your food and drinks, please speak to our staff if you want to know about our ingredients. *Approximate uncooked weight. Due to the presence of gluten and nuts in our kitchen, we are unable to guarantee the absence of these allergens in our menu items. All tips go to staff without deduction. An optional service charge of 12.5% will be added to parties of 8 or more. Prices for customers seated in the restaurant include VAT. We accept cash, Visa, Mastercard, Amex and Maestro but not cheques. Carluccio's, 35 Rose Street, Covent Garden, London WC2E 9EB

SAY CIAO

 hello@carluccios.com  [@carluccios](https://twitter.com/carluccios)
 [carluccios](https://www.facebook.com/carluccios)  [carluccios](https://www.instagram.com/carluccios)