

Appetisers

Garlic Bread	V	£4.25
Garlic Bread with cheese	V	£4.50
Garlic Bread with tomato	V	£4.50
Garlic Bread with tomato, onions and chilli	V	£4.95
Garlic Bread with goats cheese and red onion chutney	V	£4.95
Bruschetta		
Chopped tomatoes, basil, garlic, and parmesan	V	£4.25
Mozzarella cheese, parma ham, fig		£4.75
Spicy Nduja sausage, goats cheese and red onion chutney		£4.85

Antipasti

Pancetta Di Maiale	GF	£9.95
Pork belly with scallops and baby carrot puree, lemon oil and braised baby fennel		
Costolette di Maiale	GF	£7.95
Spare ribs with homemade barbeque sauce		
Fegatini Di Pollo	GF	£7.25
Chicken livers sauteed with onions, chillies, white wine, garlic and mixed peppers		
Calamari Fritti		£6.95
Deep fried squid rings, served with Tartare sauce		
Pasticcio di Fegato	GF	£6.95
Chicken liver and marsala pate served with toast		
Insalata estiva		£6.75
Fresh mint, cucumber, cherry tomato and grain salad, with goats cheese stuffed courgettes		
Funghi Con Spinaci	V	£5.75
Mushrooms baked in white wine, garlic, spinach and mozzarella		
Insalada Parma	GF	£7.25
Parma Ham with buffalo mozzarella cheese, heritage tomatoes and a basil and olive oil dressing		
Zuppa Del Giorno	GF V	£4.95
Soup of the day		
Gamberoni		£9.50
Baked King prawns with garlic, chilli and lemon and served with Crostini		

Sharing Boards

For 1 £8.95

For 2 £15.95

Deep-fried squid, mussels, prawns and monkfish served with rocket salad and pesto aioli

Salami, parma ham and bresola, marinated olives, homemade focaccia, buffalo mozzarella cheese and tomato

Paste

Half portions available as a starter		£6.95
Linguine coda di rospo		£11.25
Flat spaghetti with monkfish and mussels with a saffron cream		
Fettuccini Carbonara		£9.25
Ribbons of pasta with bacon, black pepper, cream, parmesan and egg yolk		
Lasagna		£9.50
Layers of spinach pasta with Bolognese, cheese with a béchamel sauce		
Bucatini		£9.25
Thick spaghetti with a traditional Bolognese ragu		
Rigatoni Gorgonzola		£9.50
Tube shaped pasta with gorgonzola cheese, bacon, chilli and a tomato, cream sauce		
Cannelloni		£9.75
Rolled pasta sheets filled with spinach, mixed meat and marscapone topped with tomato and melted mozzarella cheese and rocket		
Penne con broccoli		£10.25
Tubes of pasta with strips of sirloin steak, tenderstem broccoli and chilli with a tomato, garlic and basil sauce		
Spaghetti Marinara		£12.95
Spaghetti with mussels, squid, scallops and tiger prawns in a tomato and garlic sauce		
Tortellini	V	£8.95
Pasta parcels filled with ricotta and spinach with a sage butter, fresh parmesan and crispy sage leaves		
Ravioli all'aragosta		£11.50
Ravioli filled with lobster and marscapone in a lemon cream with a touch of tomato sauce and smoked salmon		

Risotto

Risotto Funghi	GF V	£9.95
Arborio rice with foraged mushrooms topped with parmesan cheese		
Risotto Marinara	GF	£12.95
Arborio rice with squid, scallops, mussels, and tiger prawns		
Risotto Anatra	GF	£10.95
Aborio rice with shredded Duck leg, fennel, cherry tomato and mushrooms		

TIGGIS

Outside catering now available

Please visit our website for more information or contact us on info@tiggis-stannes.co.uk

www.tiggis-stannes.co.uk

Pizza

Margerita	V	£8.55
Classic mozzarella cheese and tomato pizza		
Calabrese		£9.55
With mozzarella cheese, tomato, salami, peppers, onions, and chilli		
Taleggio		£9.55
Smoky Taleggio cheese and mozzarella with asparagus topped with parma ham		
Nduja		£9.25
With spicy nduja sausage, caramelised onion, buffalo cheese and fresh basil		
Fig and Prosciutto		£9.55
With mozzarella cheese, tomato, fresh figs, goats cheese and ham		
Emiliana	V	£8.95
With mozzarella cheese, tomato, topped with rocket leaves, parmesan shavings and a balsamic vinegar reduction		
Tiggis		£9.75
With mozzarella cheese, tomato, ham, mushroom, salami and artichoke		
Bistecca		£10.95
With mozzarella cheese, tomato thin strips of sirloin steak blue cheese and red onions topped with cheese sauce		
Ceasar		£9.75
With chicken, bacon, mozzarella cheese, tomato and topped with rocket leaves and parmesan shavings		
Marinara		£10.95
With mozzarella cheese, tomato, mussels, squid, prawns		
Carne		£9.75
With mozzarella cheese, tomato, ham, bacon, salami, chilli and chicken		
Alpina	V	£8.95
With mozzarella cheese, tomato, goats cheese, roasted peppers and pesto		
Hawiana		£8.95
With mozzarella cheese, tomato, ham, salame and pineapple		

Family Feast

Choose a bowl of pasta to share

for 4 people £44.00
for 2 people £22.00

with a choice of

Spaghetti bolognese
Fettucini Carbonara
Penne with tomato sauce, cherry tomatoes and mixed peppers

Includes garlic bread, tomato salad and fries

All dishes are prepared in a kitchen where products containing nuts, seeds & other allergens are handled and prepared. This means we may not be able to guarantee our food will not contain traces of a specific allergen. Please be sure to inform your waiter or waitress of any allergies.

Secondi Piatti

Served with seasonal vegetables unless stated otherwise

Branzino	GF	£16.95
Seabass fillets on a salad of potato, fennel, orange and pickled red onion with fennel puree and caper butter		
Summer Cod	GF	£15.25
Cod loin and king prawns, served on a bed of fresh mint grains with peppered natural yoghurt		
Pollo funghi	GF	£14.95
Chicken breast with a wild mushroom and cream sauce with vegetables and roasted potatoes		
Pesce grigliato misto	GF	£18.95
Mixed grilled fish, marinated lemon monkfish, chilli salmon and seabass served with pesto aioli and fries		
Arrosto al forno	GF	£15.95
Whole oven baked seabream with cherry tomatoes, mixed herbs and a touch of chilli		
Pollo Cacciatora	GF	£14.95
Chicken breast with a traditional Italian sauce of onions, peppers, tomato and olives with a side of roasted potatoes		
Calves Liver	GF	£15.95
With caper and raisin puree, sage, red wine sauce and vegetables		
Lignaggio di agnello	GF	£18.50
Lemon marinated lamb, with tomato gnocchi, black olive tapenade, zucchini and summer greens		
Tiggis Steaks	GF	
Your choice of steak with a garnish of home-dried tomatoes, baked mushroom, hand-cut chips and choice of sauce: diane, peppercorn or red wine sauce		
Ribeye 10oz	20.50	
Sirloin 10oz	18.95	

Side orders £3.20 each

Hand cut chips

Fries

Sweet potato Fries

Mixed House salad
with olive oil and balsamic dressing

Tomato & red onion salad
with extra virgin olive oil

Rocket & Parmesan salad

Mixed vegetables

Roast new potatoes

[V] = Suitable for vegetarians

[GF] = Gluten free