

## 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

|  |      |       |
|--|------|-------|
| 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, mixed peppers and a red wine sauce |      |       |
| Frutti di mare   |      | £7.95 |
| Deep fried squid rings and whitebait served with homemade Tartare sauce                              |      |       |
| Pasticcio di Fegato  | GF   | £6.95 |
| Chicken liver and marsala pate served with toast   |      |       |
| Formaggio di capra   | GF V | £6.75 |
| Oven baked goats cheese with a mixed beetroot salad and balsamic glaze                               |      |       |
| Funghi Con Spinaci   | V    | £6.25 |
| Mushrooms baked in white wine, garlic, spinach and mozzarella  |      |       |
| Insalada Parma   | GF   | £7.25 |
| Buffalo mozzarella cheese, heritage tomatoes, sun blushed tomato and a basil and olive oil dressing  |      |       |
| Zuppa Del Giorno   | GF V | £4.95 |
| Soup of the day  |      |       |
| Asparagi   |      | £7.50 |
| Baked asparagus with breadcrumbs, galic oil and parma ham  |      |       |
| Gamberoni  |      | £9.50 |
| Tiger prawns coated in oats and breadcrumbs deep-fried and served with a homemade sweet chilli dip   |      |       |

## Paste

|   |   |        |
|---|---|--------|
| Half portions available as a starter  |   | £6.95  |
| Linguine Gamberoni  |   | £11.25 |
| Flat spaghetti with Tiger prawns and a sauce of spicy nduja and tomato  |   |        |
| 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  |   |        |
| Spaghetti Bolognese   |   | £9.25  |
| Classic spaghetti with a traditional homemade 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  |   |        |
| 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, clams, scallops and tiger prawns in a tomato and garlic sauce                               |   |        |
| Tortellini  | V | £8.95  |
| Pasta parcels filled with ricotta and spinach with a tomato, mozzarella cheese and aubergine sauce                  |   |        |
| Ravioli all'aragosta  |   | £11.50 |
| Ravioli filled with lobster and marscapone in a lemon cream with a touch of tomato sauce and fresh lobster dressing |   |        |

## Risotto

|   |      |        |
|---|------|--------|
| Risotto Funghi  | GF V | £9.95  |
| Arborio rice with foraged mushrooms topped with parmesan cheese |      |        |
| Risotto Marinara  | GF   | £12.95 |
| Arborio rice with clams, scallops, mussels, and tiger prawns    |      |        |
| Risotto Anatra  | GF   | £10.95 |
| Aborio rice with shredded Duck leg, 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](mailto:info@tiggis-stannes.co.uk)

[www.tiggis-stannes.co.uk](http://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                                |   |        |
| Salsccia   |   | £9.55  |
| With mozzarella cheese, tomato, sausage, bacon   |   |        |
| Nduja  |   | £9.25  |
| With mozzarella cheese, tomato, spicy nduja sausage and chicken                                    |   |        |
| Fig and Prosciutto   |   | £9.55  |
| With mozzarella cheese, tomato, fresh figs, goats cheese and ham                                   |   |        |
| Caprese  | V | £8.95  |
| With mozzarella cheese, tomato, sliced tomato, basil and olive oil                                 |   |        |
| Tiggis   |   | £9.75  |
| With mozzarella cheese, tomato, ham, mushroom, salami and artichoke                                |   |        |
| Anatra   |   | £10.95 |
| With mozzarella cheese, shredded duck, BBQ sauce, spring onion and Peppers                         |   |        |
| Cesar  |   | £9.75  |
| With chicken, bacon, mozzarella cheese, tomato and topped with rocket leaves and parmesan shavings |   |        |
| Marinara   |   | £10.95 |
| With mozzarella cheese, tomato, mussels, anchovies and 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                            |   |        |

## Set menus

Set Lunch and early evening dinner menus are available  
please visit our website or ask your server for more details

[www.tiggis-stannes.co.uk](http://www.tiggis-stannes.co.uk)

## Secondi Piatti

Served with seasonal vegetables unless stated otherwise

|   |        |        |
|---|--------|--------|
| Branzino  | GF     | £16.95 |
| Seabass fillets with jerusalem articoke, articoke puree, crispy parma ham and scallops  |        |        |
| Merluzzo  | GF     | £16.25 |
| Cod loin with clams sauteed in white wine, cream and garlic served with mixed sea vegetables  |        |        |
| Pollo funghi  | GF     | £14.95 |
| Chicken, asparagus, porcini mushroom and parmentier potatoes.   |        |        |
| Pesce grigliato misto   | GF     | £18.95 |
| Mixed grilled fish, cod loin, salmon and seabass served with pesto aioli and fries  |        |        |
| Pollo con i fichi   | GF     | £14.95 |
| Chicken breast oven baked with fresh figs, goats cheese, baby roast potato and tenderstem broccoli  |        |        |
| Ox Cheek  | GF     | £15.95 |
| Ox cheek cooked for 18 hours served with an olive oil and parsley mash and cavolo nero cabbage  |        |        |
| Carré di agnello  | GF     | £18.95 |
| Lamb rack served pink with a cherry tomato compote, Creamy mashed potato and a marsala jus  |        |        |
| 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   | £19.95 |        |
| Sirloin 10oz  | £20.95 |        |

## Side Orders

|  |       |
|--|-------|
| Hand-Cut Chunky Chips                              | £3.25 |
| Skinny Fries                                       | £3.25 |
| Caprese Side Salad (Buffalo mozzarella and tomato) | £3.50 |
| Mixed Side Salad                                   | £3.20 |
| Mashed Potatoes with olive oil                     | £3.20 |
| Mixed Vegetables                                   | £3.50 |

[V] = Suitable for vegetarians

[GF] = Gluten free

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.