

# ★ LUNCH ★

## PANUOZZI

## WEEK SPECIALS

Sandwich made with Pan Toasted Pizza Bread Bun  
With small Garden Salad

### Campano €12.50

Breaded Aubergine on Basil Mayo Base, Grilled Bell Pepper, Beef Tomato and Rocket Leaf topped with Sliced Buffalo Mozzarella

### Galileo €13.50

Ricotta Cheese Base with Pork Salsiccia tossed in Spinach, Garlic and Chilli. Topped with Provolone Cheese And caramelised Onion

### Con Polpette €12.50

Nonna's Meatballs in Neapolitan Sauce topped With Grated Parmesan, Parsley and Provolone Cheese.



### Tuscan Ribollita Soup €8.50

Traditional Country mix of Green Leaves, Carrot, Onion, Leek, Potato and Beans with a hint of Cherry Tomato.

### Seafood Guazzetto €15.50

Tomato based Soup with Brandy steamed Shellfish, Prawn, Calamari and Cod. Served with Toasted Sourdough.

### Italian Steak Sandwich €15.50

Slow cooked Steak Strips in Neapolitan Tomato Sauce Topped with Mozzarella and Parmigiano Melt. Served on toasted Ciabatta Bread and Rocket Leaf with side Salad and Chips.

### Linguine all' Ortolana €16.70

Flat long Pasta with a fresh Datterini Tomato, Spinach, Garlic and Basil Leaf Sauce.

### Creamy Ham and Mushroom Fettuccine €16.70

Craft Long Egg Pasta in Creamy Parmesan Cheese Sauce With Baked Ham and Mushroom.

## TRATTORIA

### Bruschetta al Pomodoro €11.20

Grill toasted Sourdough topped with fresh Datterini, Tomatoes, Basil and E.V.O. Oil.

### Garlic Focaccina (V) €5.90

Freshly Baked Focaccina garnished with E.V.O. Oil, Garlic and Oregano.

### Add Cheese + €1.00

### Goat's Cheese Crostini €12.50

Grill toasted Craft Brioche topped with Caramelised Onion, Goat's Cheese and a drizzle of Basil Pesto.

### Parmigiana di Melanzane (V) €14.90

Layered Aubergine, Sugo di Pomodoro, Parmesan Cheese Fresh Basil and Buffalo Mozzarella.

### Potato Caponata (V) €16.90

Stewed Aubergine, Zucchini, Onion, Bell Pepper and fried Potato tossed in Cherry Tomato and fresh Basil Leaf.

### Nonna's Polpette €16.90

Grandma's secret recipe Meatballs served in rich Tomato Sauce topped with Parsley, Parmesan and served with Pan Pugliese.



## SALADS

### Chicken Caesar €13.90

Mixed Leaf, Grilled Chicken Breast, Crispy Bacon, Parmesan Shavings, Croutons and Caesar Dressing.

### Greek with Avocado €13.90

Mixed Leaf, Feta Cheese, Avocado, Kalamata Olives, Red Onion, Cherry Tomato and Spring Onion with Rugantino Dressing.

### Grilled Veg €13.90

Josper Grilled Sliced Aubergine, Zucchini and Bell Peppers Topped with E.V.O. Oil and Garlic with slice of Focaccia.

### Calamari Rings €12.90

Crispy Calamari Rings, fried in light Semolina coating, served with Lemon, Garlic Mayo and Chilli Arrabbiata Dip.

### Crispy King Prawn €12.90

Crispy King Prawn Lightly floured served with Garlic Sauce.

### Grilled Haddock €18.50

Grilled Haddock Fillet served with Pesto Potato Chips Mixed Leaves, Cherry Tomato, and Spring Onion Garnished with E.V.O. Oil Vinaigrette and toasted Sourdough.

### Fish and Chips €18.50

Traditional Italian Chipper style Battered Fresh Cod, Homemade Chips and Tartare Sauce.

### Saute'd Mussels €16.90

Wine steamed Atlantic Mussels with Pepper and Chilli served with chargrilled Sourdough. Neapolitan Tomato Sauce option available, please ask your server.

### With N'duja and Tomato €18.90

### Rugantino €13.90

Mixed Leaf, Mozzarella, Tomato, Black Olives, Artichokes, Spring Onion with an E.V.O. Oil, Salt and Balsamic Dressing.

### Gamberi €13.90

Mixed Leaf, King Prawn, Grated Carrot, Broccoli, Spring Onion, Nuts with E.V.O. Oil, Salt and Lemon.

ALL ALLERGEN INFORMATION AVAILABLE ON PURPOSE PRINTED MENUS

Rockwood Parade - Sligo - 071 9148987

NO SPLIT BILLS THANK YOU

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JUL 24



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## PASTA

<b>Penne all'Arrabbiata (v)</b> Penne Pasta in a Hot Chilli Tomato and Garlic Sauce. An Italian classic.	€15.50
<b>Rigatoni All'Amatriciana</b> Short tubular Pasta in a rich Tomato sauce prepared with Seasoned Pork Guanciale and Onion. Served with grated Pecorino Cheese.	€16.50
<b>Tagliatelle Alla Bolognese</b> Long flat Egg Pasta in a rich Ragù sauce of Beef and Pork topped with freshly grated Parmesan.	€16.50
<b>Spaghetti alla Carbonara</b> Spaghetti with crispy Pancetta, ground Black Pepper tossed with fresh Egg and Parmesan Cheese Mix.	€16.50
<b>Rigatoni alla Norma (v)</b> Rigatoni Pasta with Cherry Tomato, Aubergine and Zucchini tossed with Buffalo Mozzarella and garnished with fresh Basil.	€16.50
<b>Carbonara di Zucchine(v)</b> Spaghetti with sliced Zucchini and Onion, Ground Black Pepper tossed with fresh Egg and Parmesan Cheese Mix.	€16.50
<b>Penne Primavera</b> Penne Pasta with Pancetta, Chicken Fillet Strips and Mushroom in a creamy Tomato sauce garnished with Parmesan Cheese.	€16.50
<b>Penne Alfredo</b> Penne Pasta with Pancetta, Grilled Chicken Strips, in a Cream and Parmesan Cheese Sauce.	€16.50
<b>Fettuccine Abbruzzo</b> Craft long flat Pasta with Pancetta, Wild Mushroom mix and Peas in a fresh Cream and Parmesan Cheese Sauce.	€17.70

<b>Nonna's Spaghetti con Polpette</b> Spaghetti served with Grandma's secret recipe Prime Beef Meatballs in a rich Tomato Sauce topped with Parsley And grated Parmesan.	€17.70
<b>Beef Cannelloni</b> Beef filled Egga Pasta Rolls in rich Tomato Sauce topped with Mozzarella and grated Parmesan Cheese.	€16.50
<b>Lasagne al Forno</b> Oven baked layered Egg Pasta sheets with traditional Bolognese sauce, Beshamel and Parmesan Cheese.	€16.50
<b>Lasagne Vegetariane (v)</b> Oven baked layered Egg Pasta sheets of Potato, Zucchini Carrot, Broccoli, Onion and Mushroom, with Beshamel and Parmesan Cheese Sauce.	€16.50

## MARE

FROM THE SEA

<b>Penne Al Salmone</b> Penne Pasta in a blend of Wine steamed Smoked Salmon with a Creamy Tomato sauce topped with chopped Parsley.	€17.70
<b>Penne Gamberi e Zucchine</b> Penne Pasta in a Tomato, Prawn and Brandy sauteed Zucchini sauce with chopped Parsley	€17.70
<b>Creamy Prawn and Broccoli Linguine</b> Linguine Pasta fresh Brandy steamed King Prawn, Broccoli Florets and Spinach in Parmesan Garlic Cream Sauce.	€17.70
<b>Paccheri al Pesce Bianco</b> Wide Tubular flat Pasta in a Marinara and Wine Sauce with chunks of fresh Cod and Black Olives. Topped with Parsley	€17.70
<b>Risotto ai Gamberi</b> Cherry Tomato Arborio Risotto with Crispy Garlic Prawn topped with chopped Parsley.	€18.70
<b>Linguine allo Scoglio</b> Fresh Lissadell Mussels, Clams, Scampi, Calamari and Cod Wine steamed in a light Cherry Tomato and Garlic Sauce. Garnished with Freshly chopped Parsley and E.V.O. oil	€23.50



Gluten Free Penne option Available + €2.00

## BURGERS

FROM OUR JOSPER GRILL

<b>Classico</b> Prime ground Beef Steak in toasted Brioche, with Crispy Cos Lettuce, Tomato, Caramelised Onion and Burger Sauce.	€12.70
<b>Bacon and Cheese</b> Prime ground Beef Steak in toasted Brioche, with Crispy Bacon, Cheddar melt, Cos Lettuce, Tomato, Caramelised Onion and Burger Sauce.	€13.80
<b>Piccante</b> Prime ground Beef Steak in toasted Brioche, with Chilli Cheese, Cos Lettuce, Tomato, Jalapenos, Crispy Onion, and Chilli Mayo.	€13.80



<b>The Italian</b> Prime ground Beef Steak in pan toasted Focaccia Bun, with Garlic and Chilli tossed Spinach, Pecorino Cheese and Parma Ham.	€13.80
<b>Bella Napoli</b> Prime ground Beef Steak in toasted Brioche, with Buffalo Mozzarella, Cos Lettuce, Tomato, Caramelised Onion and Basil Pesto Mayo.	€13.80
<b>Chicken Fillet</b> Marinated Chicken Fillet Breast in toasted Brioche, with Crispy Cos Lettuce, Tomato, Red Onion and Burger Sauce.	€13.80

**Southern Fried Chicken Fillet also available**

## SIDES

<b>Garden Side Salad (v)</b> Mixed Leaf, Cucumber, red Onion and Tomato tossed with Olive Oil and Salt.	€5.80
<b>Homemade Potato Chips (v)</b>	€5.90
<b>Roast Potatoes (v)</b>	€5.90

<b>Hot Arrabbiata Chips (v)</b>	€6.90
<b>Garlic &amp; Cheese Chips</b>	€6.90
<b>Blue Cheese Chips</b>	€6.90

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## PIZZERIA

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|---|--------|--------|---|--------|--------|
| 1. <b>Margherita</b>  | €12.20 | €14.30 | 16. <b>Pepperoni Special</b>  | €14.60 | €16.90 |
| Pizza Sauce, Mozzarella Cheese  |        |        | Pizza Sauce, Mozzarella Cheese, Pepperoni,<br>Salami and Mixed Peppers  |        |        |
| 2. <b>Margherita Bufalina</b>   | €14.60 | €16.90 | 17. <b>Primavera Deluxe</b>   | €14.60 | €16.90 |
| Pizza Sauce, Buffalo Mozzarella, Cherry Tomatoes,<br>Basil and Olive Oil  |        |        | Pizza Sauce, Mozzarella Cheese, Fresh Ham, Grilled<br>Chicken, Mushroom, Mixed Peppers and Sweetcorn            |        |        |
| 3. <b>Ham &amp; Mushroom</b>  | €13.90 | €15.90 | 18. <b>Hawaiian</b>   | €14.30 | €16.90 |
| Pizza Sauce, Mozzarella Cheese, Fresh Ham<br>and Mushroom   |        |        | Pizza Sauce, Mozzarella Cheese, Fresh Ham<br>and Pineapple  |        |        |
| 4. <b>Capricciosa</b>   | €14.60 | €16.90 | 19. <b>Tropicana</b>  | €14.60 | €16.90 |
| Pizza Sauce, Mozzarella Cheese, Fresh Ham,<br>Salami, Artichokes and Olives   |        |        | Pizza Sauce, Mozzarella Cheese, Fresh Ham,<br>Grilled Chicken and Pineapple                                     |        |        |
| 5. <b>Parmigiana</b>  | €14.60 | €16.90 | 20. <b>Vegetarian</b>   | €14.60 | €16.90 |
| Pizza Sauce, Mozzarella Cheese, Grilled<br>Aubergine, Basil and Grated Parmesan   |        |        | Pizza Sauce, Mozzarella Cheese, Mushroom,<br>Mixed Peppers, Pineapple, Red Onion and Sweetcorn                  |        |        |
| 6. <b>San Marzano</b>   | €14.60 | €16.90 | 21. <b>Americana</b>  | €14.60 | €16.90 |
| Pizza Sauce, Mozzarella Cheese, Sundried Tomatoe,<br>French Brie, Grilled Chicken and Red Onion   |        |        | BBQ Base, Mozzarella Cheese, Sundried Tomato,<br>Grilled Chicken and Red Onion                                  |        |        |
| 7. <b>Rugantino</b>   | €14.60 | €16.90 | 22. <b>Meat Supreme</b>   | €14.60 | €16.90 |
| Pizza Sauce, Mozzarella Cheese, Cherry Tomato,<br>Mushroom, Salami, Gorgonzola and Basil  |        |        | Pizza Sauce, Mozzarella Cheese, Salami, Meatballs,<br>Spiced pork, Grilled Chicken and Pepperoni                |        |        |
| 8. <b>Capri</b>   | €14.60 | €16.90 | 23. <b>Messicana</b>  | €14.60 | €16.90 |
| Pizza Sauce, Mozzarella Cheese, Cherry Tomatoe,<br>Prawn and Rocket Leaf  |        |        | Pizza Sauce, Mozzarella Cheese, Red Onion,<br>Jalapeno Peppers, Grilled Chicken, Sweetcorn<br>and Chilli Flakes |        |        |
| 9. <b>Tuna &amp; Olives</b>   | €14.60 | €16.90 | 24. <b>Apollo</b>   | €14.60 | €16.90 |
| Pizza Sauce, Mozzarella Cheese, Tuna, Olives,<br>Red Onion and Basil  |        |        | Pizza Sauce, Mozzarella Cheese, Grilled Chicken,<br>Cherry Tomatoe, Mushroom, Pesto Sauce                       |        |        |
| 10. <b>Med Veg</b>  | €14.60 | €16.90 |   |        |        |
| Pizza Sauce, Mozzarella Cheese, Sundried Tomato<br>Grilled Aubergine, Zucchini, Mixed Peppers,<br>Red Onion, Garlic and Grated Parmesan |        |        |   |        |        |
| 11. <b>Goats Cheese</b>   | €14.60 | €16.90 |   |        |        |
| Pizza Sauce, Mozzarella Cheese, Goats Cheese,<br>Sundried Tomatoes and Grated Parmesan  |        |        |   |        |        |
| 12. <b>Napoli</b>   | €14.60 | €16.90 |   |        |        |
| Pizza Sauce, Mozzarella Cheese,<br>Anchovies, Olives and Basil  |        |        |   |        |        |
| 13. <b>Chorizo</b>  | €14.60 | €16.90 |   |        |        |
| Pizza Sauce, Mozzarella Cheese, Spanish Chorizo,<br>Mushroom and Jalapeno   |        |        |   |        |        |
| 14. <b>Contadina</b>  | €14.60 | €16.90 |   |        |        |
| Pizza Sauce, Mozzarella Cheese, Spinach and Ricotta Cheese  |        |        |   |        |        |
| 15. <b>Pepperoni</b>  | €13.90 | €15.90 |   |        |        |
| Pizza Sauce, Mozzarella Cheese and Pepperoni.   |        |        |   |        |        |

## CALZONE PIZZA

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|---|--------|--------|
| 26. <b>Ham &amp; Cheese</b>   | €14.90 | €16.90 |
| Folded Pizza with Mozzarella Cheese, Fresh Ham,<br>Buffalo Ricotta and Black Pepper with some<br>Tomato Sauce                                 |        |        |
| 26. <b>Chicken &amp; Pesto</b>  | €14.90 | €16.90 |
| Folded Pizza with Mozzarella Cheese,<br>Grilled Chicken and Pesto Sauce   |        |        |
| 27. <b>Pepperoni &amp; Salami</b>   | €14.90 | €16.90 |
| Folded Pizza with Mozzarella Cheese, Buffalo<br>Ricotta, Pepperoni, Salami and Tomato Sauce   |        |        |
| 28. <b>Ortolano</b>   | €14.90 | €16.90 |
| Folded Pizza with Mozzarella Cheese, Grilled<br>Aubergine, Zucchini, Bell Peppers, Mushroom<br>and Red Onion with some Garlic and Basil Pesto |        |        |

## STROMBOLI

- |   |   |
|---|---|
| 1. <b>Tomato and Cheese</b>   | 4. <b>Chicken and Pesto</b>   |
| Tomato Base Sauce, Mozzarella and Fresh Basil   | Tomato Base Sauce, Mozzarella, Grilled Chicken and Basil Pesto.                 |
| 2. <b>Med Veg</b>   | 5. <b>Chorizo</b>   |
| Tomato Base Sauce, Mozzarella, Grilled Zucchini, Aubergine,<br>Sundried Tomato, Bell Pepper, Red Onion, Basil and Garlic. | Tomato Base Sauce, Mozzarella, Chorizo, Italian Salami,<br>Fresh Ham and Basil. |
| 3. <b>Ham and Mushroom</b>  |   |
| Tomato Base Sauce, Mozzarella, Fresh Ham, Mushroom, Black<br>Pepper and Basil.  |   |

only € 13.90

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