

La Campania

ITALIAN RESTAURANT

51 High Street, Arundel, West Sussex BN18 9AJ
Tel: 01903 884500

- TO MAKE YOUR RESERVATION, PLEASE VISIT OUR WEBSITE -
www.lacampania.co.uk

Our "A LA CARTE MENU" is always available
but, as we use fresh ingredients we can run out of some dishes or items.

For Parties of 8 people and more, we please need to have the food pre-ordered and
a £10 x person Deposit - non refundable - will be taken to confirm your booking.

Vegan Menu available inside

Monday to Friday LUNCH DEAL MENU

(For parties larger than 8 people
pre-order required)

2 Courses for £17 - 3 courses for £20

Add a 125ml glass of house wine for £5.00

Wednesday is FISH NIGHT

(Some items have an extra charge.

For parties larger than
8 people pre-order required).

2 courses for £26

With a free glass of 100ml Prosecco

If you have any allergies or dietary requirements, please let us know but please be aware that we have a small kitchen and we cannot guarantee the 100% non-cross contamination.

V = Vegetarian
Sh = contains Shellfish
Dr = contains Dairy
Eg = contains Eggs

Vg = Vegan
N = contains Nuts
Gl = contains Gluten
Cl = contains Celery

10% service charge will be applied.

- All prices are in £ with VAT included -

If you need separate bills, please ask before ordering.

Piccoli Morsi - Sharing Bites

Olive Italiane Vg Cl £4.50

Homemade marinated Italian Olives.

Cestino di Pane Vg GI N £3.95

Home-baked Italian basket of bread.

Bruschetta Classica Vg GI N £7.35

Finely chopped tomato, red onions & basil topped on toasted Italian bread.

Spicy Bruschetta all'Nduja & Mozzarella Dr GI N £8.25

Soft spreadable very spicy sausage from Calabria in the south of Italy served with mozzarella on a slice of toasted bread. VERY SPICY.

Crostino Mediterraneo V GI N Cl £8.25

Grilled Mediterranean vegetables with mozzarella on toasted Bread.

Pane con Cipolla V GI Dr £8.95

Sharing pizza topped with mozzarella and caramelised red onions.

Plain Garlic Bread V Dr GI N £4.85

Garlic Bread Mozzarella V Dr GI N £5.75

Garlic Bread Mozzarella & Olives V Dr GI N Cl £5.95

Garlic Bread Mozzarella & Fresh Chilli and Oregano V Dr GI N £5.95

Garlic Bread Mozzarella & Mushrooms + Truffle Olive Oil V Dr GI N £6.55

Garlic Bread Mozzarella & Pepperoni Salami Dr GI N £6.85

Antipasto Italiano Dr GI N Cl (for two) £18.00

A rich selection of fine Italian cured meats and Italian cheeses, sun-dried tomatoes, artichokes and Italian bread.

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Antipasti - Starters

Zuppa del Giorno Cl £7.50

Homemade Soup of the Day.

Verdura Mediterranea V Dr Cl £8.95

Grilled Mediterranean vegetables with crumbles of goat's cheese on top, finished with balsamic dressing.

Prosciutto & Melone £10.50

Parma Ham and Galia Melon.

Caprese Bandiera style V Dr £9.25

Tomato, buffalo mozzarella, red onion and avocado salad with e.v.o. oil dressing and basil leaves.

Funghi Alla Crema Dr £8.95

Fried mushrooms in a rich creamy garlic butter sauce topped with a extra virgin truffle oil.

Gamberoni Saltati Sh Dr £13.95

Pan-fried king prawns in garlic butter and parsley.

Cozze Piccanti Sh Dr Gl N Cl Starter £10.95 Main £16.50

Mussels served in a rich tomato and white wine, chilli and garlic sauce.

Cozze alla Crema Dr Sh Gl N Starter £10.95 Main £16.50

Mussels served in white wine and garlic creamy sauce.

Scallops in Pancetta Sh Dr £13.00

Pan-fried scallops wrapped with pancetta and garnished with wild rocket and lemon juice.

Nonna's Meatballs Gl N Cl Eg £9.95

Minced beef&pork meatballs served in a rich tomato sauce.

Pate La Campania Dr Gl £9.75

Chicken liver Pate served with onion marmalade and garlic bread.

Smoked Creamy Haddock Dr Cl Starter £11 Main £16.50

Smoked Haddock baked in rich creamy sauce with leek and spinach finished with avocado and Mozzarella on top.

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there is a possibility that nut traces may be found in any of our items.

Pizza

- Gluten-Free Pizza £4.00 extra -

Margherita V Dr GI Cl £9.85

Tomato, mozzarella and fresh basil.

Don Nicola V Dr GI Cl £14.50

Tomato, mozzarella, goats cheese, Dolce-latte cheese and cherry tomatoes.

La Campania V Dr GI Cl £12.50

Tomato, mozzarella, artichokes, mushrooms and olives.

Romana Dr GI Cl £13.00

Tomato, mozzarella, cooked ham and mushrooms.

Pescatora Sh Dr GI Cl £15.95

Tomato with mixed seafood and garlic.

Piccante Dr GI Cl £13.95

Tomato, mozzarella and N'duja Calabrese (very spicy sausage from the south of Italy).

Rustica Dr GI Cl £15.50

Tomato, mozzarella, chicken fillets, pancetta and salami.

Hugo Dr GI Cl £14.50

Tomato, mozzarella and pepperoni.

Verdure V GI Cl £13.50

Tomato, Mozzarella and mixed Mediterranean vegetables.

Leonardo Dr GI Cl 13.75

Tomato, mozzarella, artichokes, basil, mushrooms, cooked ham and olives.

Hamish Dr GI Cl N 14.50

Pistachio and pesto olive oil, ricotta, mozzarella and thinly sliced mortadella on the top.

Insalatone - Large Salads

Salmone & Gamberoni Sh Dr £16.95

Mixed leaf salad with a fillet of salmon, king prawns, sesame seeds, extra virgin olive oil and balsamic vinegar.

Pollo Dr £15.95

Grilled chicken fillet strips served with mixed leaf, Balsamic vinaigrette and Parmesan shavings.

Caprino V N Dr GI £15.75

Grilled goat's cheese topped with sesame seeds served on a bed of mixed leaf salad with toasted croutons, avocado and sprinkled with toasted pine nuts. Honey mustard dressing and finished with balsamic.

Insalata Primavera Vg N £13.95

Mixed leaf salad with avocado, carrots, artichokes, sun-dried tomato, olives, sesame seeds and pine nuts dressed with olive oil & lemon dressing and served with toasted bread.

Contorni - Sides Dishes

£5.95 each

Mediterranean vegetables Vg Cl

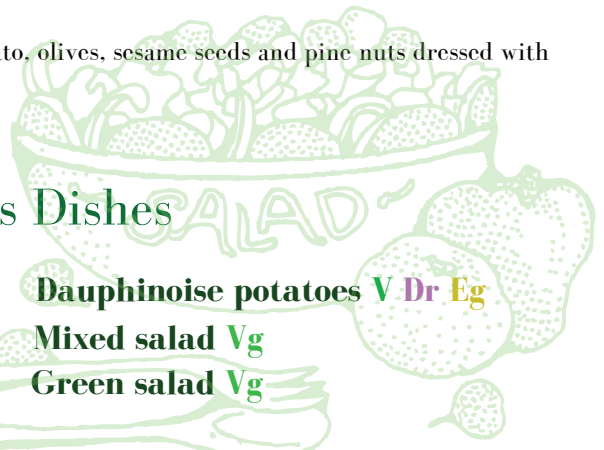
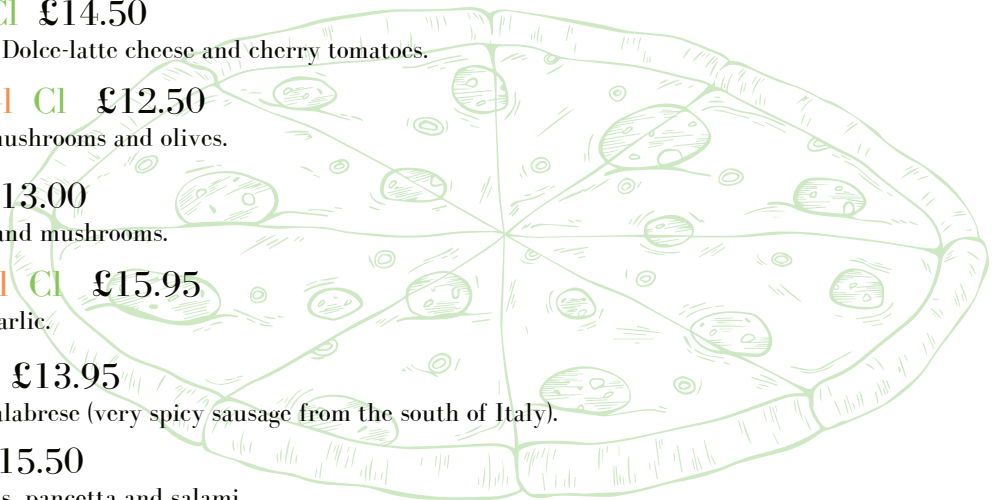
Roasted new potatoes with rosemary Vg

Cherry tomatoes and red onions salad Vg

Dauphinoise potatoes V Dr Eg

Mixed salad Vg

Green salad Vg



Pasta & Risotto

- Gluten-free pasta £2.50 supplement -

Lasagna al Forno GI Dr Cl £14.50

Layers of pasta with Bolognese, béchamel and mozzarella cheese.

Cannelloni Ricotta e Spinaci V GI Dr £13.95

Rolls of pasta filled with Ricotta cheese and spinach, baked in a tomato sauce and topped with mozzarella.

Linguine or Risotto alle Verdure Vg GI Cl £13.50

Linguine pasta or Risotto with Mediterranean vegetables cooked in e.v.o oil, garlic and fresh cherry tomatoes.

Linguine Polpa di Granchio GI Sh £16.95

Linguine pasta with crab meat, cherry tomatoes, olive oil and chilli finished with rocket salad.

Rigatoni or Gnocchi all'Nduja Calabrese GI Dr Cl £15.50

Rigatoni or Gnocchi pasta with melted spicy sausage from Calabria and Italian Pancetta with a hint of tomato sauce finished with fresh Ricotta crumbled ontop. VERY SPICY.

Rigatoni Alfonsina GI Dr £14.75

Rigatoni pasta served with fillets of chicken in a creamy peppercorn sauce.

Rigatoni or Gnocchi all'Amatriciana GI Cl £12.95

Rigatoni or Gnocchi pasta with Pancetta, red onions, fresh cherry tomatoes and chilli tomato sauce.

Spaghetti Meatballs GI Dr Eg Cl £15.50

Spaghetti pasta served with mushrooms beef&pork meatballs in a rich tomato Napoli sauce.

Spaghetti Bolognese GI Cl £12.50

Spaghetti pasta with tomato sauce, minced beef and Italian herbs.

Spaghetti Carbonara GI Dr Eg £12.95

Spaghetti pasta with Italian Pancetta, eggs and parmesan cheese.

Risotto or Spaghetti Marinara GI Dr Sh Cl £16.50

Pasta or Risotto served with fresh mussels, calamari and prawns in a creamy white wine sauce with a hint of tomato.

Risotto or Gnocchi Gamberi e Salmone GI Dr Sh £17.50

Italian rice or gnocchi pasta served with prawns and salmon in a leek and tarragon creamy white wine sauce.

Ravioli ai Funghi e olio di Tartufo V GI Dr £14.50

Italian Ravioli stuffed with Porcini mushrooms in a creamy white wine sauce finished with Truffle olive oil.

Pasta (spaghetti, rigatoni, gnocchi, linguine, ravioli) and **Risotto**
are available in half portions.

Secondi - Main Course

Branzino alla Campania Sh N Cl £19.95

Two fillets of sea-bass with capers, red onion and cherry tomato vinaigrette sauce.
Served with rocket and roasted new potatoes.

Orata alla Mediterranea Sh Cl £21.95

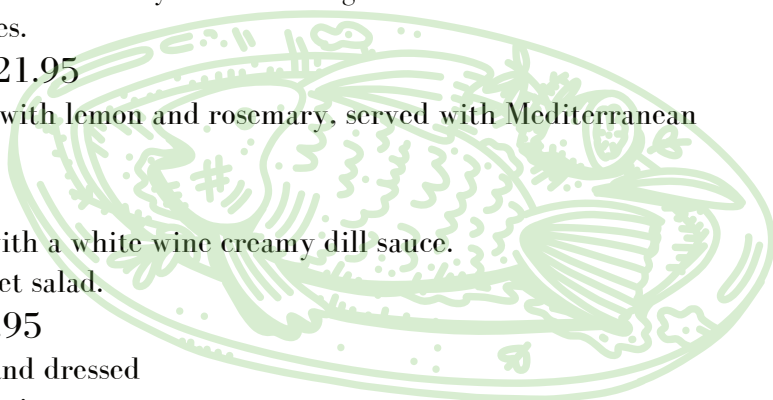
Grilled whole sea bream lightly marinated with lemon and rosemary, served with Mediterranean vegetables and roasted new potatoes.

Trio di Pesce Sh Dr £25.50

Grilled salmon, sea-bass and king prawns with a white wine creamy dill sauce.
Served with dauphinoise potatoes and rocket salad.

Salmone alla Crema Sh Dr £21.95

Grilled fillet of salmon on a bed of rocket and dressed with a light dill sauce, served with dauphinoise potatoes.



Pollo Salvatore Gl Dr N Cl £19.50

Chicken breast stuffed with basil pesto, mozzarella, wrapped in parma ham and served a napoli sauce and roasted new potatoes.

Pollo Milanese Gl Dr Eg Cl £16.95

Thinly cut chicken breast coated with breadcrumbs and served with spaghetti Napoli.

Pollo Funghi Dr Cl £18.95

Chicken breast on bone with creamy Porcini mushrooms and Marsala wine sauce served with Dauphinoise potatoes and Mediterranean vegetables.

Pollo Giardino Gl Dr N Cl £18.50

Chicken breast on bone with capers, red onion and cherry tomato vinaigrette sauce. Served with rocket & Parmesan shavings and roasted new potatoes.



Bistecca Ribeye approx. 8oz Dr £26.95

Grilled Ribeye steak cooked to your liking and served with roasted new potatoes with a hint of rosemary and rocket & Parmesan shaving.

Filetto 8oz approx Dr £28.95

Grilled fillet steak cooked to your liking and served with roasted new potatoes with a hint of rosemary and rocket & Parmesan shaving.

Bistecca Fiorentina (Approx weight 14oz) Dr £35.00

T-bone steak cooked to your liking. Served with roasted new potatoes with a hint of rosemary and mixed leaves salad.



Choose your sauce for £2.95 Dr

- Garlic&Butter - Peppercorn - DolceLatte cheese - Mushrooms -

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SMALL BITTES

Olive Italiane Vg £4.50

Homemade marinated Italian Olives.

Bruschetta Classica Vg GI N £7.25

Finely chopped tomato, red onions & basil topped on toasted Italian bread.

Crostino Mediterraneo Vegano Vg GI N Cl £8.25

Grilled Mediterranean vegetables with vegan mozzarella on toasted Bread.

Pane con Cipolla Vegano Vg GI £8.95

Sharing pizza topped with vegan mozzarella and caramelised red onions.

Plain Vegan Garlic Bread Vg GI N £5.50

Garlic Bread VeganMozzarella Vg GI N £6.35

Garlic Bread VeganMozzarella & Olives Vg GI N £6.65

Garlic Bread VeganMozzarella & Fresh Chilli and Oregano Vg GI N £6.65

STARTERS

Vegan Caprese Bandiera Vg N £11.25

Tomato, fresh vegan mozzarella, red onion and avocado salad with e.v.o. oil, balsamic and basil leaves.

Nonna's Veganballs Vg GI N Cl £9.85

Meat-free Veganballs served in a rich tomato sauce.

Verdura Mediterranea Vegana Vg Cl £9.50

Grilled Mediterranean vegetables with crumbles of vegan cheese on top and finished with balsamic dressing.

PASTA & RISOTTO MAIN

Linguine or Risotto alle Verdure Vg GI Cl £12.50

Linguine pasta or Risotto with Mediterranean vegetables cooked in e.v.o oil, garlic and fresh cherry tomatoes.

Rigatoni or Gnocchi Vegan Amatriciana Vg GI Cl £15.95

Rigatoni or Gnocchi pasta with Vegan No-pork meat, red onions, fresh cherry tomatoes and chilli tomato sauce.

Linguine Veganballs Vg GI Cl £15.95

Linguine pasta served with mushrooms, Vegan meat-free-balls in a rich tomato Napoli sauce.

Spaghetti Aglio, Olio & Peperoncino Vg GI Cl £10.95

Spaghetti pasta with garlic, fresh chilli and e.v.o oil.

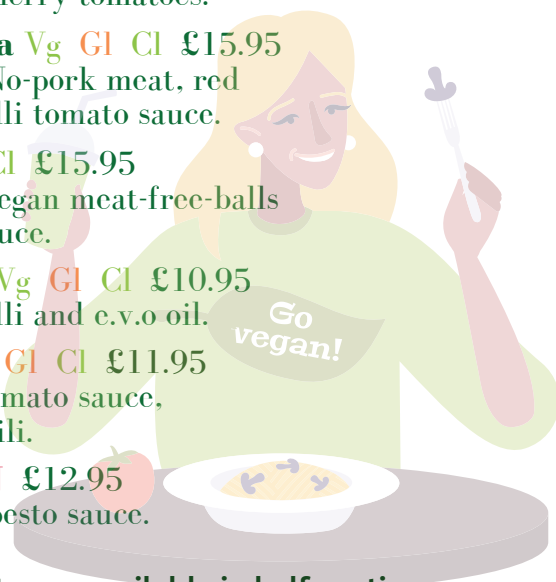
Rigatoni Napoli or Arrabbiata Vg GI Cl £11.95

Rigatoni with a rich homemade tomato sauce, with or without fresh chili.

Gnocchi al Pesto Vg GI Cl N £12.95

Potato gnocchi with vegan basil pesto sauce.

Pasta (spaghetti, rigatoni, gnocchi, linguine) and **Risotto** are available in half portions.





Vegan Menu



MAINS

Insalata Vegana Vg GI N £13.50

Mixed leaf salad with avocado, carrots, artichokes, sun-dried tomato, olives, sesame seeds and pine nuts dressed with olive oil & lemon dressing. Served with toasted bread.

Pizza Vegana Vg GI Cl £14.00

Tomato and vegan-mozzarella with mushrooms, spinach and Mediterranean vegetables.

Vegan Rustica Pizza Vg GI Cl £15.50

Tomato, vegan-mozzarella, sun-dried tomatoes and chunks of Vegan No-meat.

Spicy-Bean Cotoletta Vg GI N Cl £16.95

Crispy quarter pounder made with spicy beans and vegetables, in a golden breadcrumb coating with chilli flakes. Served with Spaghetti Napoli.

Vegan No-Chicken Cotoletta Vg GI N £16.95

Plant-based no-chicken coated with breadcrumbs and served with potato, spinach and vegan mayo.

Vegan No-Pork Spezzatino Vg Cl £16.00

Plant-based no-pork baked in rich tomato sauce with carrots, peppers, potato, onions, celery, parsley and rosemary. Served with risotto.

SIDE DISHES

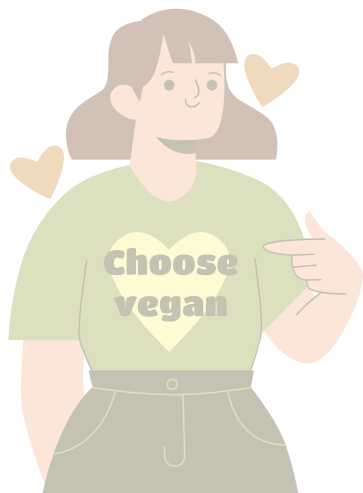
£5.50

Mediterranean vegetables Vg Cl

Roasted new potatoes with rosemary Vg

Mixed salad Vg **Green salad** Vg

Cherry tomatoes & red onions salad Vg



DESSERTS

Vegan Ice-cream & Sorbets Vg GI £5.50 per scoop

Salted Caramel - Coconut & Chocolate - Vanilla
Lemon - Raspberries

Vegan Affogato Vg GI £6.25

Vegan ice cream with hot espresso coffee on top.

Vegan Gianduja Chocolate Tart Vg N £8.50

A chocolate shortcrust pastry case filled with an indulgent dairy-free Gianduja chocolate & coconut ganache. Served with vegan vanilla ice cream.

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