

## BRUNCH

Served 12pm to 3pm Monday to Thursday  
9am to 3pm Friday to Saturday  
Breakfast Menu only 9am to 12pm Sunday

### Fontana Big Breakfast £10.55

2 eggs, 2 bacon, 2 sausages, mushrooms, tomatoes  
beans, a choice of black pudding or hash browns & toast

### Traditional Breakfast £9.55

1 egg 2 bacon 1 sausage tomatoes. beans & toast

### Light Breakfast £7.75 V

2 eggs of your choice -scrambled, fried or poached & toast

### Vegetarian Breakfast £8.95 V

2 eggs, mushrooms, beans, hash browns, tomatoes & toast

### Bacon or Sausage Sandwich £4.95

### Ham and Cheese Omelette & Toast £8.95

### Vegetarian Omelette £8.55 V

3 eggs, tomatoes, peppers. mushrooms & toast

## PANINI

### Gammon & Cheddar Cheese £6.50

### Bacon & Brie £6.50

### Turkey & Cranberry £6.50

### Turkey & Brie £6.50

### Garlic Mushroom £6.05 V

### Meatballs & Mozzarella £7.05

### Tuna, Onion & Cheddar Cheese £7.05

### Tomato, Mozzarella & Basil £6.05 V

## DRINKS

### English Breakfast Tea, Earl Grey, Herbal Tea £2.95

### Americano £3.25

### Cappuccino £3.80

### Latte £3.80

### Flat White £3.80

### Espresso £2.95, Double £3.25

### Hot Chocolate £3.55

## APPETISERS

### Garlic Bread £4.95 V

### Mixed Salad £5.50 VE GF

### Mozzarella & Tomato Salad £7.65 V GF

### Urban Chilli Chicken Wings £9.05 GF

Chargrilled with our Urban chill sauce

### Fried Calamari £8.95

With tartar Sauce

### Greek Salad £8.05 V GF

Tomatoes, cucumber, olives, onion & feta  
cheese dressed in oregano infused olive oil &  
wine vinegar

### Baked Stuffed Mushrooms £8.25 V

Italian cheese. herbed breadcrumbs & garlic

### Prawns £9.50

With a choice of sauce

Pomodoro sauce with garlic, onion & Chilli oil or  
Garlic Butter, parsley & white wine sauce

### Mussels £9.50

With a choice of sauce

Pomodoro sauce with garlic, onion & Chilli or  
Creamy, onion, garlic & white wine sauce

## HOT MEZZE

### Batata Harra £6.65 VE GF

Fried potatoes cooked with peppers, garlic, spices & chilli

### Falafel £6.50 VE GF

Ground chick peas, broad beans, mixed with spices -  
deep-fried served with Tahina sauce

### Grilled Haloumi £6.95 V GF

Dressed in an oregano infused olive oil

All our food is prepared where nuts, gluten and other food allergens are present.

Our menu descriptions do not include all ingredients

If you have a food allergy, please let us know before ordering or consuming our food.

Full allergen information is available. Please ask a team member for details

If you have any other dietary requirements then please do let us know

## COLD MEZZE

### Aioli with crusted bread £4.85 V

### Home baked flat bread (each) £3.25 VE

### Marinated Olives £4.50 VE GF

### Hummus £6.95 VE

Pureed chick peas with olive oil, lemon juice &  
a touch of garlic with home baked flat bread

### Tzatziki £6.05 V

Cucumber & mint with home baked flat bread

### Tabbouleh £6.05 VE

Parsley salad with tomatoes, onions, mint,  
crushed- wheat, lemon juice and olive oil

### Broad Bean Salad £6.05 VE GF

Broad beans, coriander, fried garlic  
Olive oil & lemon juice

## TAPAS

### Patata Bravas £5.95 VE GF

Fried cubes potatoes with a choice of aioli  
or spicy tomato sauce

### Padron Peppers £6.25 VE GF

Blistered on a hot pan seasoned with flaked sea salt  
& drizzled with olive oil

### Jalapeños £6.25 V

Stuffed with soft cheese, rolled in breadcrumbs  
& deep fried

### Stuffed Peppers £6.25 V GF

### Mozzarella Sticks £6.30 V

Rolled in breadcrumbs & deep fried served with a  
tomato dipping sauce, garlic, oregano & parmesan

### Sautéed Chorizo with Red Wine £8.25 GF

Chorizo sautéed with garlic, red wine & honey

### Pork Belly £8.15 GF

Slow cooked, glazed with molasses bourbon whisky  
& finished on the grill

### Meat Balls £7.25

Beef meat balls in a spicy tomato, garlic & chilli Sauce

### Gambas al Ajillo £9.05 GF

Prawns sautéed with red chilli, garlic and butter

### VAT INCLUDED SERVICE CHARGE

An optional gratuity of 10%  
will be added to all tables





## GRILLS & BURGERS

### Angus Steak Burger (6oz) £14.95

With lettuce onion & tomato

### Angus Steak Burger (6oz) £15.95

With bacon, cheddar, lettuce & tomato

### Chargrilled Halloumi Burger V £11.95

With lettuce, onion & tomato

*The following are served with vegetables of the day and a choice of Chips, Baby Potatoes, Mashed Potatoes or Mixed Salad*

### Sirloin Steak GF (10 oz) GF £23.95

### Rump GF (10 oz) GF £20.95

Add a sauce for £2.20:

Mushroom, Stilton or Green Peppercorn

### Herbed Lamb Loin Chops GF £19.55

Rubbed with mixed herbs and grilled

### Pork Belly GF £19.55

Slow cooked belly, glazed with molasses, Bourbon Whiskey & finished on the grill

### Urban Chilli Chicken GF £18.25

Butterfly chicken breast grilled with our Urban chilli sauce

### Chicken & Mushrooms £18.55

Butterfly chicken breast in a white wine & garlic cream sauce

### Grilled Tuna Steak GF £17.95

Served with a sauce of capers, olives white wine & tomato

### Salmon Fillet £18.25

Cooked in a cream dill sauce

### Sea Bass GF £18.25

Sea bass pan fried and finished in a sauce of chopped peppers, onion, garlic, chilli and a little passata

## RICE DISHES

### Spinach Rice £13.95 (V) GF

Sautéed spinach, mushroom, garlic, Grand Padano cheese, white wine & cream sauce

### Spicy Chicken Rice £14.95 GF

Chicken breast chilli, peppers, onion, garlic, paprika, white wine, tomato & a touch of cream

### Chicken & Mushroom Rice £14.95 GF

Chicken breast, mushrooms, onion, garlic, Grand Padano cheese in a white wine and cream sauce

**V- Vegetarian | VE- Vegan | GF- Gluten Free**

## PIZZA

*All Pizzas are 12-Inch traditional Italian thin base dough  
Available in Gluten Free*

### Margherita £11.15 (V)

Tomato & mozzarella

### Spinaci £13.15 (V)

Tomato, mozzarella, spinach, egg, olives & garlic

### Ham & Mushroom £13.70

Tomato, mozzarella, ham, mushrooms & olives

### Salsiccia £13.15

Tomato, mozzarella & pepperoni

### Diavola £13.50

Tomato, mozzarella, pepperoni & hot green peppers

### Tropicale £13.15

Ham, pineapple sweetcorn & olives

### Quattro Stagioni £13.70

Tomato, mozzarella, mushrooms, pepperoni anchovies, capers & olives

### Chicken & Sweetcorn £13.80

Tomato, mozzarella, chicken & sweetcorn

### Tuna & Onion £13.60

Tomato, mozzarella, tuna & onion

### Giardino £13.20 (V)

Tomato, mozzarella, mixed peppers, onions, peas & sliced tomato

### Primo £13.70

Tomato, mozzarella, spinach, mushrooms, bacon & goats cheese

## SALADS

### Grilled Chicken Salad £14.95 GF

Grilled chicken breast cooked plain or in our Urban chilli sauce On a bed of mixed leaves with tomato cucumber mixed peppers & red onion

### Tuna Steak salad £14.95 GF

Grilled tuna steak on a bed of mixed leaves with tomatoes, capers, olives & red onion

### Goats Cheese salad £13.55 (V) GF

Mixed leaves salad, red onion, cherry tomatoes & goats cheese

## SUNDAY LUNCH

### The La Fontana Roast £15.95

Your choice of Turkey or Gammon

Served with Roast Potatoes, Yorkshire puddings,

Seasonal Vegetables & Gravy

## PASTA

*Also available in gluten free Penne & Spaghetti*

### Penne Napolitana £12.55 (VE)

Tomato sauce garlic, white wine, lots of herbs

### Penne Giardino £13.95 (V)

Napoloitana sauce with mixed peppers, onion, garlic, chilli, & peas

### Spaghetti Bolognese £14.55

Minced beef, onion and grated carrots

### Spaghetti Carbonara £14.55

Bacon, garlic, cream, egg,

### Spaghetti Polpette di Carne £15.55

Beef Meat Balls, breadcrumbs, grand Padano cheese cooked in a Napolitana sauce

### Tagliatelle al Pollo £15.15

Chicken breast, mushrooms, onion, garlic & Grand Padano cheese in a white wine & cream sauce

### Penne Pollo Picante £15.05

Chicken breast, chilli, peppers, onion, garlic, paprika, white wine, tomato & a touch of cream

### Tagliatelle Gamberetti £15.95

Prawns, peppers, onion, garlic, chilli & white wine in a tomato sauce

### Lasagne £14.95

Layers of pasta with Bolognese, béchamel & mozzarella

### Oven Baked Meat Balls £14.15

Beef meat balls, breadcrumbs, Grand Padano cheese cooked in a Napolitana sauce served with garlic bread

## CHILDREN'S MENU £9.95

*Main Course with a Drink & Ice Cream*

### Pizza

#### Margerita Pizza

#### Tomato & Mozzarella (V)

#### Mushroom Pizza V

#### Ham & Pineapple

Tomato, Mozzarella, Ham & Pineapple

#### Pepperoni Pizza

Tomato, Mozzarella & Pepperoni

#### Extra toppings:

Meat & Cheese - £2.00

Vegetables £1.80

### Pasta

*Gluten Free Pasta available*

#### Penne with Cheese Sauce (V)

#### Penne Napoletana (VE)

Tomato, Garlic & Oregano

#### Spaghetti Bolognese

Minced Beef in a Neapolitan Sauce

#### Spaghetti Carbonara

Bacon, Cream, Egg & Grand Padano Cheese

### Burger & Chips

### Sausage & Mash (or chips)

### Children S Size drinks

Squash, Juice, Coke, Diet Coke, Sprite, Fanta