

TAVISTOCK ITALIA

FOOD

I L L U S T R A T E D

ISSUE 04



Tastes of Tavistock

our mouthwatering magazine menu

Stone Baked

the tastiest pizzas, made the Italian way

Pasta Perfect

Linguini, Spaghetti, Cannelloni and more

PLUS

the finest seafood and meat dishes with glorious desserts

Tavistock



No Ordinary Pizza Bases
see page 6

WELCOME

Over the past decade the name Tavistock Leisure has become synonymous with stylish settings and superb cuisine.

While our brand may have grown we're pleased to say we've never compromised on our belief that everyone who dines with us should enjoy an unforgettable experience.

We like to describe our style of cuisine as "espresso cooking" meaning that all of our meals are freshly prepared using only the finest of local ingredients wherever possible.

And of course this also fits perfectly with our environmental ethos and our aim to lessen the miles from food to fork, reducing our carbon footprint and ensuring our diners enjoy fresh, seasonal produce.

We're sure you'll agree that the surroundings are all part of the perfect dining experience, which is why we at Tavistock have a reputation for innovative state-of-the-art design combined with comfort.

Visiting one of our restaurants brings together all the elements of what makes a great night – or day – out. Fine food, friendly staff, fabulous settings and attention to detail – that's always been the Tavistock promise and it's what's made us one of the North East's leading restaurant chains.

"Espresso-style cooking means that all of our meals are freshly prepared from scratch, using only the freshest and finest ingredients."

Tavistock

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THE PLATINUM CLUB

Turn to page 10 for details on how to join the Tavistock Platinum Members Club card



LA PIETRA HA INFORNATA I PANE ED IL CIABATTAS STONE BAKED BREADS & CIABATTAS

Pane dell'Allio

Garlic Bread with Rosemary and Sea Salt, plain and simple
£3.65

Con Formaggio

Garlic Bread with Mozzarella and Caramelised Onion
£4.45

Con Formaggio e Pomodoro

Garlic Bread with Mozzarella and Tomato
£4.95

Con Pomodoro

Garlic Bread with Tomato and Chilli
£4.45

Con Pomodoro e Pesto

Garlic Bread with Tomato and Pesto
£4.45

Bruschetta Pomodoro

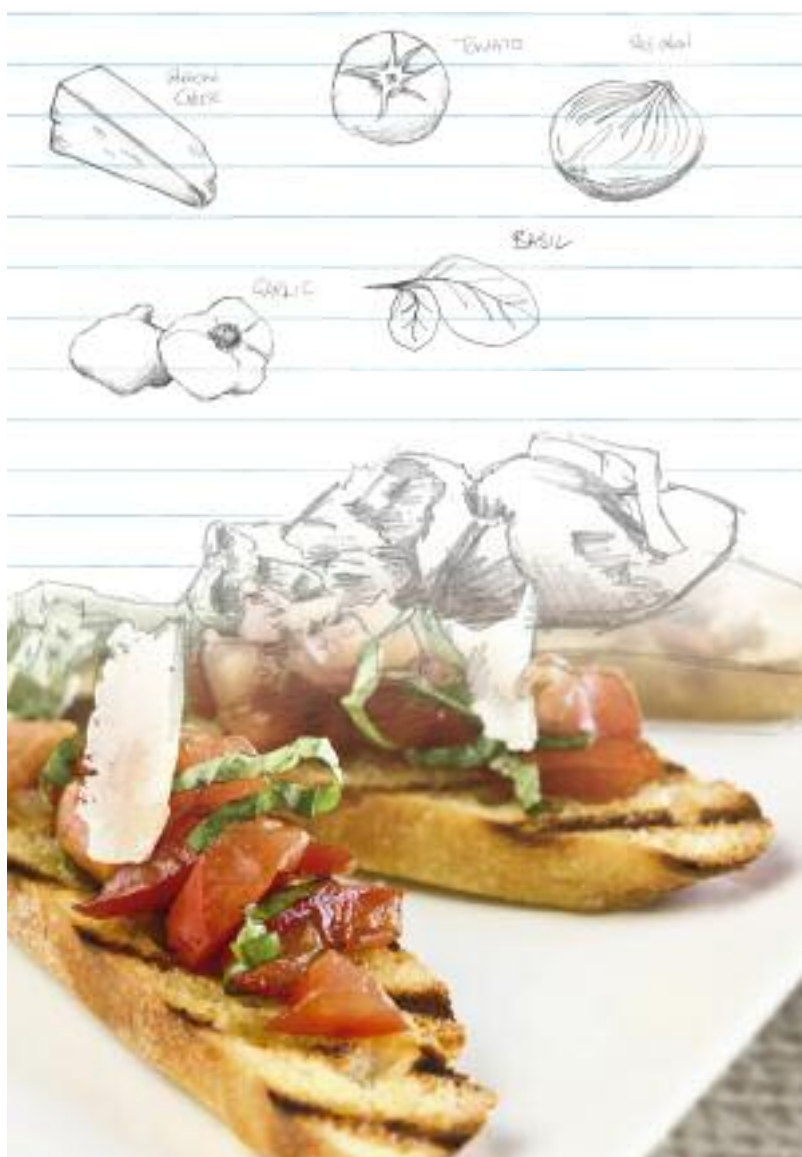
Tomato, Red Onion, Basil, Garlic and Parmesan Flakes
£5.45

Bruschetta al Salmone

Ciabatta topped with Smoked Salmon, with Lime Creme Fraiche
£5.95

Bruschetta al Funghi

Sliced Ciabatta Sautéed Mushrooms with Pancetta, Asparagus and topped with Mozzarella
£5.45



“Bigger. The difference in Tavistock Italia bread but we’re not talking size here, we’re talking what we add to up the quality.

Take our dough. Fermented beforehand then added to the breadmaking along with Alimonti Italian flour, virgin olive oil and sea salt. It’s a lengthy process - fewer calories, less yeast, more protein.”

BRUSCHETTA POMODORO

Tavistock use only the finest vine tomatoes, red onions and Italian herbs, once they are mixed together with just a hint of garlic and olive oil all the flavours combine to give a truly mouthwatering taste.

ANTI PASTI CALDI E FREDDI HOT & COLD STARTERS

Zuppa el Giorno

Chef's Soup of the moment, served with homemade Italian Bread
£4.45

Tortina al Fomaggio

The finest Goats Cheese, Roasted Peppers,
Sundried Tomatoes and Basil
£5.95

Beef Carpaccio

Cured Beef, Rocket, Parmesan and Lemon Oil
£5.95

Calamari Fritti

Diamonds of Squid in a Tempura Batter served with a
Sweet and Sour Sauce
£5.95

Funghi Ripeni

Large Breadcrumbed Field Mushroom filled with Paté and served with
Caramelised Red Onions
£5.95

Zuppa di Pesce

Shellfish Bisque with Parmesan Croutons
£6.25

Caprese Tricolore

Salad of Tomato, Mozzarella and Avocado with Basil Pesto
£5.95

Paté Della Casa

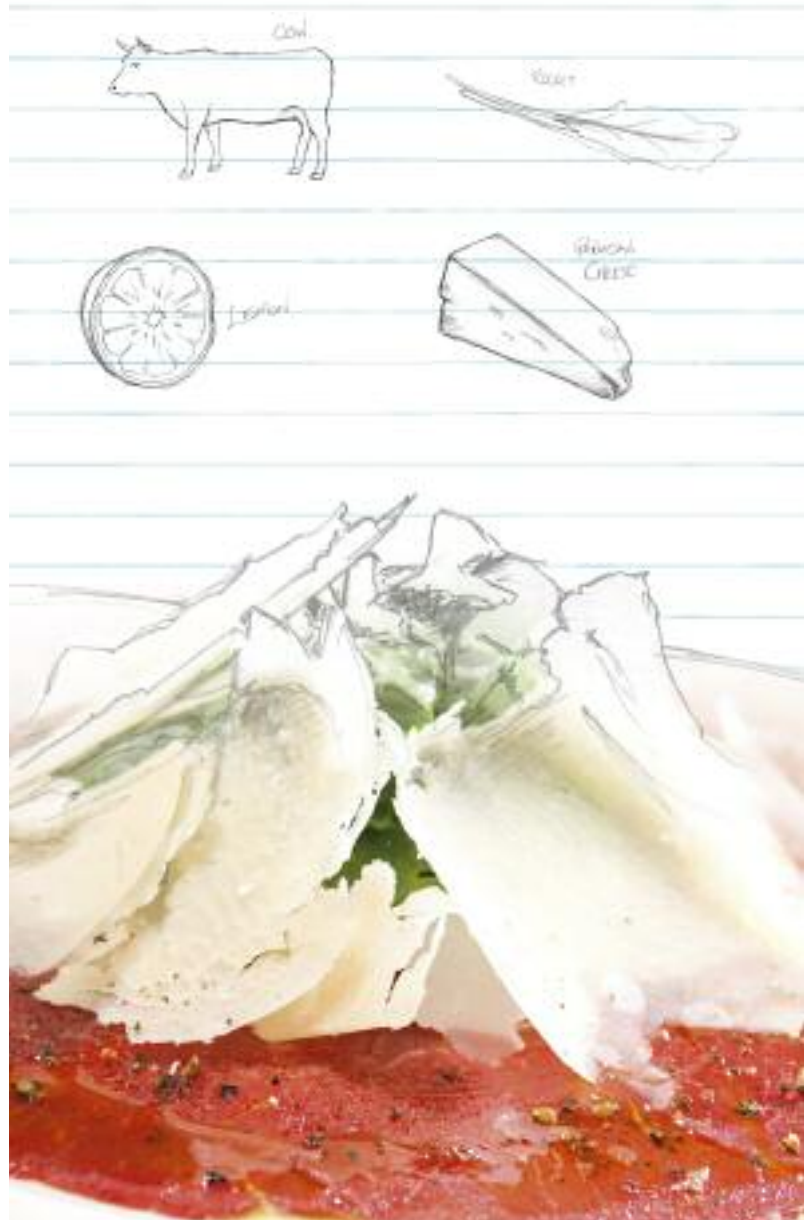
Homemade Chicken Liver Paté served with Ciabatta and
Red Onion Marmalade
£5.95

Costolette Italiane

Pork Ribs braised in a rich Tomato Sauce with Herbs and a little Spice
£5.95

Anti Pasto Misto per Due

Selection of Meats, Seafood, Olives and Dressed Leaves
£11.75 (serves two people)



BEEF CARPACCIO

Fillet of Beef cured naturally with mustard and herbs. Sliced finely and served with dressed rocket and parmesan. Pure flavours that are enhanced with a squeeze of lemon.

I PICCOLI ED I GRANDI PIATTI

SMALL AND LARGE PLATES

Cozze

Mussels cooked in either White Wine, Cream and Garlic or Tomato and Chilli

small - £6.45 large - £12.50

Frittura-Di-Mare

Mixed Fried Fish served with homemade Tartare Sauce

small - £7.75 large - £15.00

Soula Goujons del Limone

Sole Goujons cooked in a Tempura Batter served with homemade Tartare Sauce

small - £7.75 large - £15.00

Crocchette di Pescé

Homemade Fishcakes served on a rich Bloody Mary Sauce

small - £6.25 large - £10.50

All of the above large plates are served with thick cut chips

Raccordi del Branzino

Sea Bass, Cherry Tomatoes, Lemon and Pesto Noodles

small - £8.35 large - £15.95

Gamberoni

Pan Fried in Olive Oil and served with one of the following sauces:-

- Garlic Butter, White Wine and Parsley
- Tomato, Pernod and Cayenne Pepper
- Thermidor Sauce

All large Gamberoni served with Tagliatelle Verdi

small - £8.25 large - £15.75

Salads

Insalata Greca

Greek Salad with Feta, Olives, Peppers and Sun Dried Tomatoes on Dressed Greens

small - £4.75 large - £6.95

Insalata Gamberoni

Freshly sliced Avocado topped with Gamberoni sautéed in Garlic and Lemon Butter tossed with Cherry Tomatoes & Mixed Leaves.

small - £8.25 large - £10.95

Insalata di Cesare

Caesar Salad with Chargrilled Chicken and Crispy Cos Leaves doused in Caesar Dressing topped with Croutons and Parmesan Flakes

small - £8.25 large - £10.95



COZZE

Drop the mussels into a pan with chopped garlic and onions, when the mussels start to open add a splash of white wine and a splash of cream, then simmer until the mussel shells are wide open. Add chopped spring onions and chopped parsley. Beautiful Mussels!!

PASTA - La passione di Italia

PASTA - The passion of Italy

Spaghetti Carbonara

Diced Pancetta in a Creamy Parmesan Sauce
£7.50

Spaghetti alla Bolognese

Traditional Bolognese Sauce made with Minced Beef, Pork and Pancetta
£7.50

Penne Fillet

Beef Fillet Strips sautéed with Cherry Tomatoes and Red Peppers served in a Spicy Tomato and Basil Sauce
£7.95

Linguini al Frutti di Mare

Mixed Seafood served with Cherry Tomatoes, Lemon Oil and fresh Basil
£7.95

Linguini con Polpette

Pork and Beef Meatballs, Mushrooms and Caramelised Red Onion in a Tomato and Basil Sauce
£7.50

Penne allé Arrabiatta

Crushed Chillies and Cherry Tomatoes in a Tomato, Garlic and Basil Sauce
£7.25

Penne allé Genovese

Roasted Peppers, Mushrooms, Baby Spinach and Cherry Tomatoes in a Pesto Sauce
£7.25

Lasagna al Forno

Layers of Pasta with Bolognese, Béchamel and Mozzarella Cheese
£7.50

Cannelloni

Freshly made Pasta filled with Asparagus and Mushrooms, baked in Béchamel and Tomato Sauce and finished with Basil and Parmesan
£7.50

Linguini e al Pesto e Pollo

Linguini with Chicken Breast, Green Beans and Sundried Tomatoes served with a Pesto Sauce
£7.75

Fusilli al Salmone

Fusilli Pasta with Salmon, Asparagus and Spinach in a Tomato and Cream Sauce
£7.95

Risotto Granchio e Gamberetti

Crab and Prawn Risotto
£8.25

Risotto al Funghi Porcini e Asparagi

Wild Mushroom, Pea and Asparagus Risotto
£7.50

Risotto Chorizio e Pomodoro

Chorizio Sausage and Sundried Tomato in a Saffron flavoured Risotto
£7.75

Gnocchi Umbri

Chorizio, Onion, Courgettes, Ham in a Creamy Bolognese Sauce
£7.75



GAROFALO PASTA

At Tavistock Italia we offer only the best quality, most authentic Italian pasta (known as Garofalo). The Italians have spent over 200 years mastering the art of making Garofalo Pasta and today these traditional methods are still used to create a pasta (made from Durum Wheat Semolina) with a surface texture which is specially roughened to hold more sauce (and of course to be more interesting to the palate).

PIZZE - La pietra ha infornato e di recente preparato

PIZZA - Stone baked and freshly prepared

Margherita

Mozzarella, Tomato and fresh Basil
£6.95

Americana

Pepperoni, Mozzarella and Tomato
£7.75

Foresta

Chicken, Wild Mushrooms, Rosemary and Garlic
£7.75

Diavola

Spicy Beef, Pepperoni, Onions, Tabasco and extra fiery Jalapenos
£7.95

Frutti di Mare

Tuna, Prawns, Smoked Salmon, Anchovies, Tomato and Mozzarella
£8.25

Tropicale

Tomato, Mozzarella, Ham and Chargrilled Pineapple
£7.75

Clarissa

Mozzarella Tomato, Sweet Peppers, Red Onion, topped with Rocket and Parmesan
£7.25

Quattro Formaggi

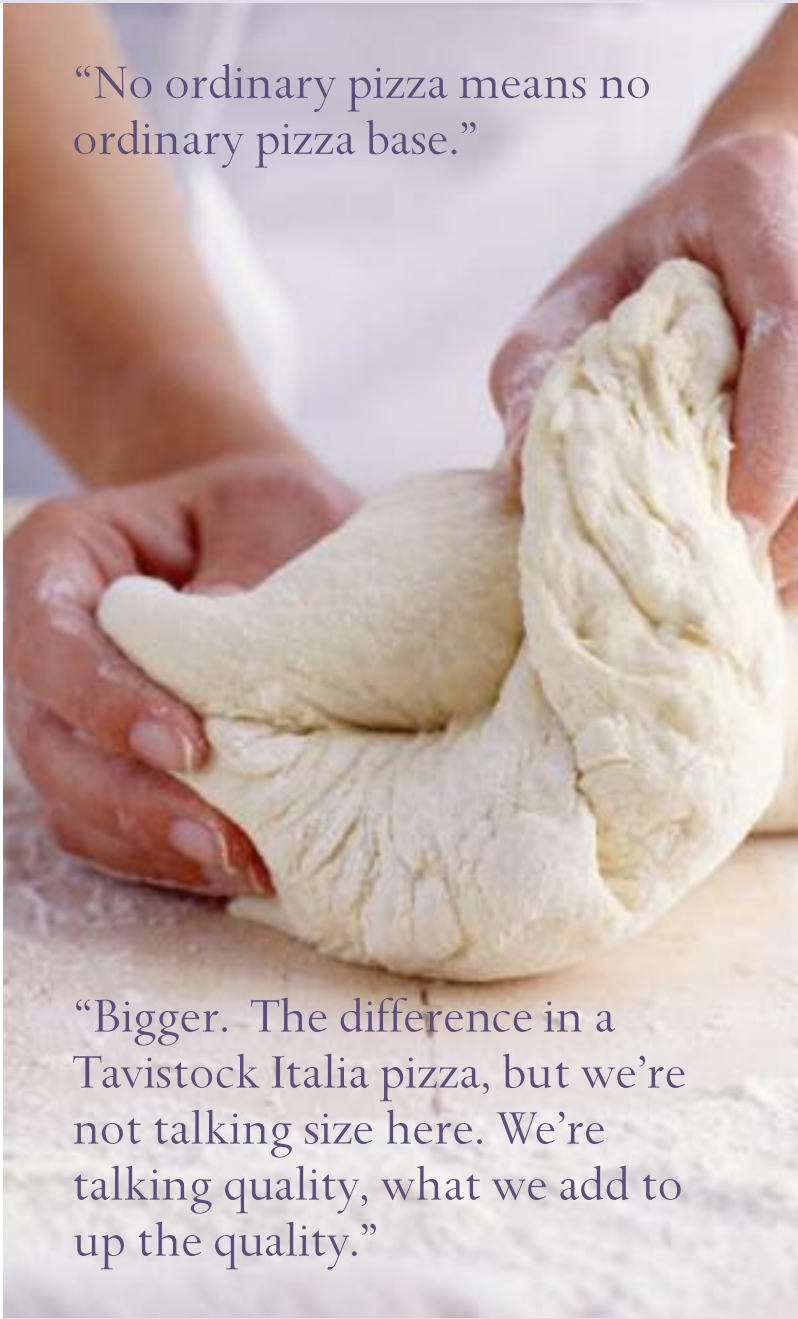
Four Cheese Pizza
£7.25

Calzone

Ham, Mushrooms, Onion, Tomato and Mozzarella
£7.75

Anatra

Mozzarella, Tomato, Duck, Hoi Sin and Spring Onion
£7.95



“No ordinary pizza means no ordinary pizza base.”

“Bigger. The difference in a Tavistock Italia pizza, but we’re not talking size here. We’re talking quality, what we add to up the quality.”

“We use naturally cultured Dough. Fermented beforehand and then added to the base dough along with extra virgin olive oil and coarse ground sea salt. No GMOS (Genetically Modified Organisms). It’s a lengthy process but the pizza is crispier, tastier, healthier.”

LA PORTATE PRINCIPALE - Una selezione di electric da Italia

MAIN COURSE - An eclectic selection from Italy

Garetto di Prosciutto

Crispy roasted Ham Hock on a bed of Tuscan Beans, Potato, Italian Sausage and Tomato Sauce
£13.95

Osso Buco

Shin of Beef Braised in Red Wine, Garlic, Herbs, Tomatoes and Stock with a Saffron Milanaise Risotto
£14.50

Pollo Kiev

Chicken Kiev served with wedges of roasted Sweet Potatoes
£14.50

Pollo Rosmarino

Oven roasted Chicken Breast with a Cream Rosemary Sauce and Parmentier Potatoes
£12.25

Pollo Parmo

Breadcrumbs Breast of Chicken topped with a Béchamel and Cheese Sauce with Sautéed Potatoes
£14.25

Pollo Funghi

Chicken Breast topped with a Creamy Mushroom and Garlic Sauce served with Parmentier Potatoes
£12.25

Pollo Cacciatora

Pieces of Chicken cooked in Tomatoes, Peppers, Mushrooms and Italian Spices served with Risotto
£12.25

Fillete Rossini

8oz Fillet of Beef Medallions, pan fried on a Crostini topped with Paté and a rich Red Wine Jus
£19.95

All of the above dishes are served with either Potatoes or the relevant accompaniment, we serve an additional Vegetable of the Day



OSSO BUCO

Osso Buco means from the bone. We cook this on the bone so we get all the flavours running from the bones into the meat. This dish needs a long time to cook to let all the flavours infuse. This is old fashioned Italian cooking at its very best.



I GUSTI DI AVERE SAPORE DALLA GRIGLIA TASTES TO SAVOUR FROM THE GRILL

Bistecco a di Capocollo
10oz / 283grms Rib Eye Steak
£16.25

Bistecco a di Controfiletto
10oz / 283grms Sirloin Steak
£16.25

Filetto
8oz / 227grms Fillet Steak
£19.50

Thermador di Aragosta
A Tavistock Lobster Thermidor. Whole Canadian Lobster served with Queenie Scallops, Tiger Prawns and a Thermidor Sauce
£22.95

Sogliola
Whole Sole grilled with Garlic Butter
£18.50

Grigliata ai Frutti di Mare
A selection of grilled Seafood, please ask for today's selection
£15.50

All dishes from the Grill are served with Chips, Mushrooms and Tomato with a choice of Pepper, Diane, Garlic Butter or Thermidor Sauce



SIDE ORDERS

Homemade Chips	£2.50
Mixed Leaf Salad	£2.50
Tomato & Red Onion Salad	£2.50
Cauliflower Cheese & Crispy Bacon	£2.95
Deep Fried Courgettes	£2.95
Sautéed Mushrooms in Garlic Butter	£2.95
Onion Rings	£2.95

“Tavistock only select the best meat from one of four farms within the Durham postcode which have been matured for a minimum of 21 days, this means we can supply the best in quality whilst maintaining our commitment to reducing our energy consumption and our carbon footprint.”

FILLET

The fillet has less fat than any other cut of meat and should almost melt in the mouth.

SIRLOIN

We only use top sirloin as it is very tender, the top layer of fat protects and gives flavour to the meat and can be easily removed.

RIB EYE

The ribeye is one of the most popular steaks on the market. Meat from the rib section is more tender and fattier. This extra fat makes ribeye steaks and roasts especially tender and flavoursome.

IL BUDINO - Qualcosa di dolce

DESSERTS - Something sweet

Frittelle Dolci con Banane

Layers of Caramelised Bananas with sweet Crepes, Chocolate Sauce and Vanilla Ice Cream
£5.25

Pannacotta alla Vaniglia

A light Vanilla Cream Mousse served with a Rhubarb Compoté
£5.25

Sticky Toffee Pudding

Served with Butterscotch Sauce
£5.25

Panettone Italiana

Chocolate Bread and Butter Pudding served with Creme Anglaise
£5.25

Ciambelle Fatte in Casa

Homemade Italian Doughnuts with Chocolate Sauce and Vanilla Ice Cream
£4.25

Tiramisu

Layers of Sponge, soaked in Amaretto and Coffee with sweetened Mascarpone
£5.25

Gelato alla Vaniglia / Restreto Affeat

Vanilla Ice Cream topped with Espresso Coffee and Frangelico
£4.95

Limone allo Zenzero

Layers of Whipped Cream infused with Lemon and Ginger divided by Shortbread & Sponge
£5.25

Fromaggi

A selection of Italian and Continental Cheeses
£5.50

GELATO CERTINA ICE CREAM

Choose any three scoops from the following flavours

Vanilla Pod

Rhubarb

Raspberry

Rum and Raisin

Passion Fruit

Ginger

Double Chocolate

Banana

Black Cherry Tiramisu

Three Scoops served with Homemade Biscotti
£3.95

We serve Archer's ice-cream which is a family business located just outside of Darlington. The ice creams are all made on a real working dairy farm with milk produced from their own pedigree Jersey cows.

TIRAMISU

It's more than just pudding, it's the perfect finale to any meal or even the meal itself - no one has to know!

Fresh, moist, rich, creamy - consider your craving completely satisfied.



CAFFÉ COFFEE



Filter Coffee	£1.95
Espresso	£1.95
Double Espresso	£2.35
Cappuccino	£2.50
Latte	£2.50
Hot Chocolate	£2.35
Liqueur Coffee	£4.50

TAVISTOCK PLATINUM MEMBERS CLUB



Register now for your Tavistock Platinum Members Club card. Speak with a member of staff, complete a short application and start collecting points today.

Collect your Platinum Members Club points each time you dine in any Tavistock restaurant or stay in any Tavistock hotel. Simply present your card when paying your bill and your points will be added.

Collect points and use them to pay for food and drinks in our restaurants and accommodation in our hotels - saving you £££'s. (Terms and conditions apply).

Receive exclusive offers and promotions throughout the year. Points are accrued on a yearly basis from January to December each year.

VINO BLANCO WHITE WINE

Bin

1 Tavistock House White

An easy drinking wine that has a soft finish

£3.45 per 175ml glass £4.65 per 250ml glass £12.95 per bottle

2 Vita Chardonnay-Pinot Grigio del Veneto

Italy

Excellent, fresh, rich fruit Chardonnay balanced by the natural Peardrop finish of the Pinot Grigio

£3.90 per 175ml glass £5.10 per 250ml glass £14.25 per bottle

3 La Campagne Chardonnay

VdP d'Oc, France

Soft, green apple-scented unoaked Chardonnay with a refreshing finish

£4.00 per 175ml glass £5.40 per 250ml glass £15.25 per bottle

4 Pinot Grigio delle Venezie

San Floriano, Italy

Delicate flavours of apples and pears on a refreshingly dry palate

£16.25 per bottle

5 Kleine Zalze Sauvignon Blanc

Stellenbosch, South Africa

Superbly aromatic with mouthwatering grapefruit crispness and lingering herbaceous freshness

£16.95 per bottle

6 Soave Classico

Bolla, Italy

Bouquet of apricot and pepper, dry yet with soft acidity and a creamy almond palate, a blending of the highly prized Trebbiano di Soave Grape

£17.95 per bottle

7 Orvieto Classico Secco

Bigi, Italy

Secco is a dry style, this is bright and fresh with hints of spring blossom and almonds

£18.95 per bottle

8 Gavi di Gavi la Toledana

Villa Lanata, Italy

This excellent producer crafts refreshing gooseberry and mineral style with delicate floral hints, dry but not austere

£22.75 per bottle



VINO ROSSO

RED WINE

Bin

12 Tavistock House Red

An easy drinking wine that has a soft finish

£3.45 per 175ml glass £4.65 per 250ml glass £12.95 per bottle

13 Vita Sangiovese-Merlot

Sicilia, Italy

From a less prominent area of Italy, showing a supple blueberry Merlot with the firmer Cherry Sangiovese character

£3.90 per 175ml glass £5.10 per 250ml glass £14.25 per bottle

14 La Campagne Cabernet Sauvignon

VdP d'Oc, France

All the classic blackcurrant aromas and flavours, balanced with a soft, tannic finish

£4.00 per 175ml glass £5.40 per 250ml glass £15.25 per bottle

15 Chianti Celsus

Trambusti, Italy

A high quality family house producing a soft vibrant fruit with wild hedgerow berry character

£17.45 per bottle

16 Boschendal Pavillion Shiraz-Viognier

Coastal Region, South Africa

Shows rich, full-flavoured bramble fruit, with a touch of spice, the palate has a refreshing streak and apricot notes

£18.25 per bottle

17 Salice Salentino 35 Parallelo,

Puglia, Italy

Made from the Negroamaro Grape this has juicy, ripe brambly fruit with a slightly smoky finish

£18.75 per bottle

18 Montepulciano d'Abruzzo

Valle Reale Vigna Nuove, Italy

Exuding spectacular blueberry and plum flavours, very rich mouth-filling, warm and upfront with liquorice hints

£19.25 per bottle

19 Barolo I Siglati

S. Orsola, Italy

One of the great red wines of Italy, Nebbiolo Grapes offer powerful aromas of violets and black cherries enveloped in powerful richness

£24.95 per bottle



CHAMPAGNE, VINO ROSÉ e PROSECCO

CHAMPAGNE, ROSÉ & SPARKLING WINES

Bin

9 Tavistock House Rosé

An easy drinking wine that has a soft finish

£3.45 per 175ml glass £4.65 per 250ml glass £12.95 per bottle

10 La Campagne Rosé de Cinsault

VdP d'Oc, France

Harvested in the cool of the morning and cool fermented in stainless steel tanks to ensure that the flavours of fresh summer fruit are retained in the bottle - delicious

£4.00 per 175ml glass £5.40 per 250ml glass £15.50 per bottle

11 Boschendal Pavillion Shiraz Rosé

Coastal Region, South Africa

Ripe strawberry on the nose with citrus peel notes, the palate is slightly off-dry with a hint of richness

£19.95 per bottle

Bin

20 Prosecco Extra Dry

Fantinel, Italy

Fresh, dry and fruity. A pleasant and extremely elegant bouquet with delightful, floral-based hints. A smooth, velvety and poetic flavour

£20.50 per bottle

21 Mercier NV

Champagne, France

Tavistock House Champagne. Delicate with a full flavoured finish

£35.00 per bottle

22 Moët NV

Champagne, France

Rich, tasty aromas coupled with freshness and fruit

£39.50 per bottle

23 Veuve Clicquot Yellow Label Brut

Champagne, France

Full bodied, rich and fruity with great elegance and a delightful finish

£51.50 per bottle

24 Moët et Chandon Vintage

Champagne, France

Succulent fruits expand into a firm, crisp flavour with a subtle, yet invigorating freshness

£58.00 per bottle

25 Moët Rosé

Champagne, France

Soft, fruitful and flavoured finish

£65.00 per bottle

ORA A PREZZO RIDOTTO

HAPPY HOUR 5pm - 6.45pm,

Monday to Saturday Lunchtime: 12noon - 2.30pm

ANTI PASTI

Zuppa del Giorno

Chef's Soup of the moment, served with homemade Italian Bread
£2.95

Bucce di Patate

Potato Skins with a Garlic Mayonnaise or Sweet Chilli Dip
£3.50

Crocchette al Fromaggio

Deep Fried Breadcrumbed Applewood Cheese
£3.50

Funghi Trifolati

Sautéed Garlic Mushrooms
£3.50

Melone

Melon dressed with Raspberry Coulis and Forest Fruits
£3.25

Costolette Italiane

Pork Ribs braised in a rich Tomato Sauce with Herbs and a little Spice
£3.95

SEAFOOD ANTI PASTI

Cocktail Gamberetti

Small Prawns with a Cocktail Sauce, topped with Crisp Salad
£3.95

Calamari Fritti

Deep Fried Squid served with Garlic Mayonnaise
£3.95

CHILDREN'S HAPPY HOUR

Any half portion of
Pizza or Pasta
(Strictly under 12's)
£3.50

GET CREATIVE!!

Let the kids make their own Pizza during happy hour!
£5.50 includes Ice Cream & Soft Drink

SECONDI PIATTI

Any Pizza or Pasta

£4.95

Bistecca di Capocollo

6oz Rib Eye served with a Diane, Pepper, Pizziola or Red Wine Jus
£7.75

Bistecca di Girello

8oz Rump served with a Diane, Pepper, Pizziola or Red Wine Jus
£8.50

Crocchette di Pescé

Homemade Fishcakes served on a rich Bloody Mary Sauce
£6.75

Petto di Pollo al Rosmarino

Grilled Breast of Chicken with a Creamy Rosemary Sauce
£7.50

Gamberoni

King, Tiger and Greenland Prawns served either in Garlic and White Wine, Tomato and Basil or Thermidor Sauce
£8.75

Burger Italiano

Beef Burger served with Ciabatta Bread, Mozzarella Cheese, Chips, Salad Garnish and Relish Sauce
£6.50

Pollo Parmo

Pan Fried Breast of Chicken Breadcrumbed and topped with a Béchamel and Parmesan Cheese Sauce
£7.50

Pollo Cacciatora

Strips of Chicken cooked in Tomatoes, Peppers, Mushrooms and Italian Spices served with Risotto
£7.50

Beef Stroganoff

Strips of Beef cooked in Onions, Gherkins, Peppers, Mushrooms and Paprika
£7.50

DOLCI

Gelato

Mixed Ice Cream
£2.75

Pasticceria di Choux

Choux Pastry Profiteroles filled with Cream and Topped with Chocolate Sauce
£3.25

Sorbetto al Limone

Lemon Sorbet
£3.25

Pannacotta alla Vaniglia

A light Vanilla Cream Mousse served with a Rhubarb Compoté
£3.50

Tiramisu

Layers of Sponge, soaked in Amaretto and Coffee with Mascarpone Cheese
£3.50

CAFFÉ

Filter Coffee

£1.75

Espresso

£1.75

Double

£2.25

Cappuccino

£2.25

Latte

£2.25

Hot Chocolate

£2.25

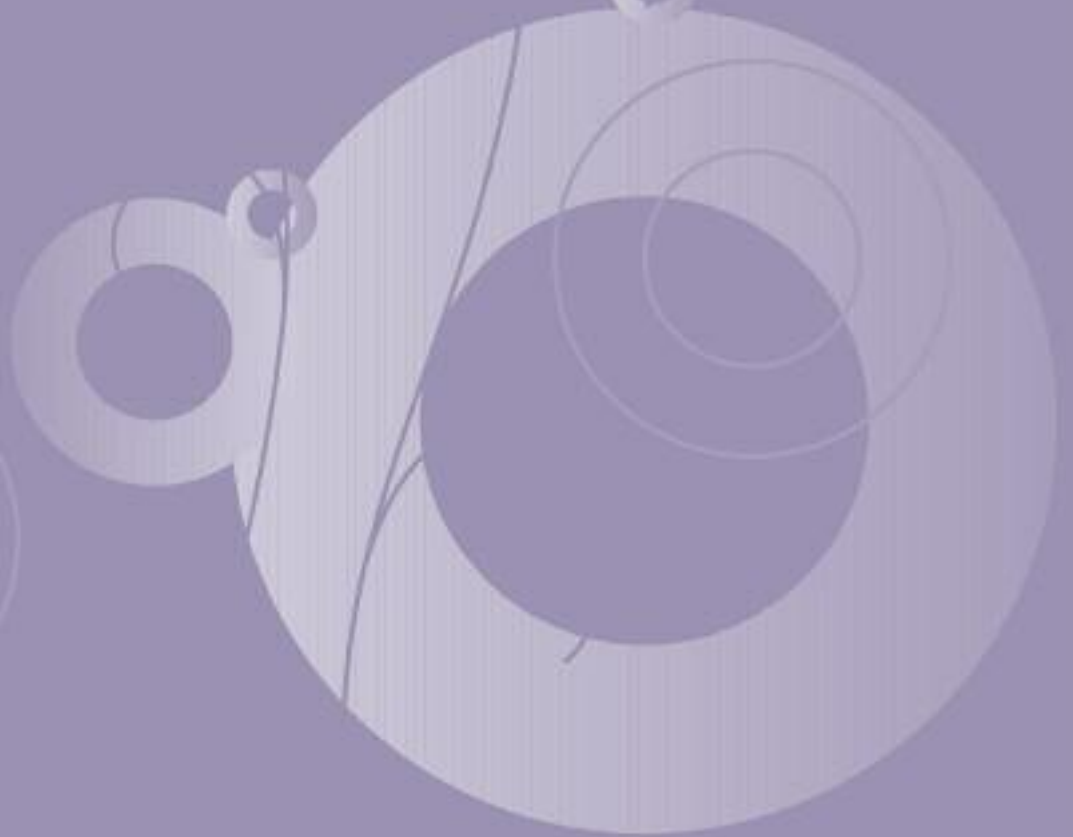
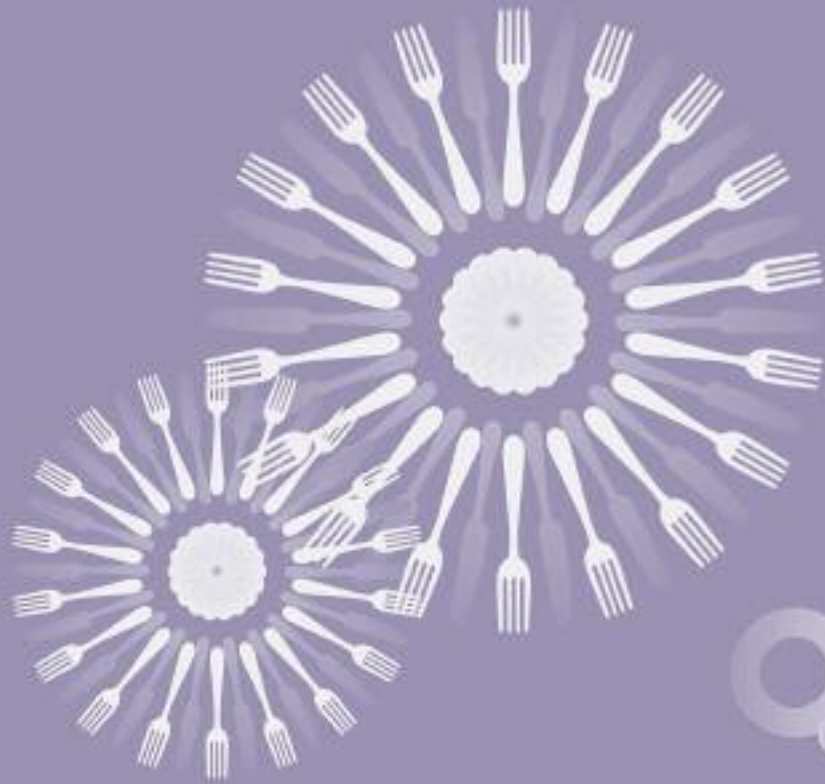
Coffee Liqueur

£3.95

HAPPY HOUR DRINKS

Bottle of House Wine

Available in White, Red or Rosé
£10.50



Tavistock

www.tavistockleisure.com