

la Polenteria

GRAB & GO

HEALTHY, LIGHT, DELICIOUS ITALIAN
AND GLUTEN FREE.

WOULD YOU LIKE YOUR FOOD READY TO BE COL-
LECTED?

EMAIL US AT INFO@LAPOLENTERIA.COM

OR CALL US TO 020 74343 617

BITES TO GO

Aubergine caponata with tomatoes and olives Allergens none - vegan	5.00
Grilled Polenta with gorgonzola cheese cream and walnuts Allergens milk, nuts - vegetarian	5.00
Turnip salad with sunblush tomatoes and cappers served with Homemade surghum focaccia bread Allergens sulphites - vegan	5.00

GLUTEN-FREE ITALIAN KITCHEN

lapolenteria.com

MEZZE TO GO

Ginger quinoa balls topped with walnuts and pinenuts, served with Tajine and Tzatziki sauce Allergens milk, nuts - vegetarian	6.80
Polenta with asparagus, egg, scamorza cheese and truffle oil Allergens milk, egg - vegetarian	6.80
Country soup with fava beans and chard Allergens celery - vegan	6.80
Aubergine Pie filled with caprino cheese, tomatoes and cappers Allergens milk - vegetarian	6.80

MAIN TO GO

Handmade "Teff pasta" with bolognese sauce Allergens egg, celery	10.00
Handmade "Teff pasta" with asparagus, avocado, pecorino-cheese and egg Allergens egg, milk - vegetarian	9.00
Handmade "chestnut pasta" served with mushrooms and orange Allergens none - vegan	9.00
Club sandwich (Homemade sorghum focaccia bread) Allergens egg, nuts, milk	6.00
Chicken Caesar salad served with grilled polenta Allergens egg, milk	8.00
Potatoes & chickpeas Gnocchi topped with red lentils cream Allergens celery - vegan	9.00
Green pesto polenta square topped with potatoes and green beans Allergens nuts - vegan	9.00
Polenta gnocchi with truffle cheese, butter and sage Allergens milk - vegetarian	10.00
