G-LITE EMPORIUM OF TASTE

EST2015

www.g-liteworthing.co.uk

Breakfast Buns

Homemade brioche buns, sweet, fluffy and finished with sesame seeds

HAM & CHEESE
Ham, mature cheddar cheese *7.95*
DE NIRO
Triple bacon *9.25*
AVO EGG V
Smashed avocado, egg *9.95*
PACINO V
Smashed avocado, tomato.....*9.95*
OZ
Smashed avocado, bacon.....*9.95*
DI CAPRIO
2x Sausages, 2x bacon, mature cheddar, ketchup.....*10.95*

Any additional toppings are displayed below

Starters

ROSEMARY BREAD & OLIVES
Marinated olives served with pizza bread, rosemary, olive oil, balsamic vinegar *7.95*

DOUGH BALLS (9)
Served with a selection of garlic butter, spicy tomato sauce, oil and balsamic vinegar.....*8.95*

BURRATA SALAD
Rocket, cherry tomatoes, burrata & basil. Served with pizza bread & dressing of either pesto or balsamic vinegar *11.95*

SEAFOOD PLATTER
A mix of fried calamari, king prawns, whitebait, accompanied by a slice of lemon and tartar sauce.....*12.95*

G-LITE TAGLIERE (minimum 2 people)
Selection of freshly cut Italian cured meats & cheese accompanied by pizza bread and citrus jam, sun-dried tomato & olives best paired with our Sicilian Nero d`Avola wine *18.95*

Burgers

All of our 6oz burger patties & buns are made in-house for the best quality. Sides sold separately

CLASSICO
Tomato, lettuce, mayo.....*9.95*
CHEESEBURGER
Tomato, lettuce, mayo, mature cheddar cheese.....*10.50*
VEGETARIANO V
Veggie patty, potato, onions, carrots,sweetcorn, broccoli, peas *11.50*
AMERICANO
Beef patty, bacon, mature cheddar cheese, mayo, fried egg..... *12.95*
CIPOLLINO
Tomato, lettuce, cheddar cheese, caramelised onion, mayo.....*12.95*
BLUECHEESE
Tomato, lettuce, blue cheese, blue cheese sauce, red onion, parma ham.....*12.95*
CRANBERRY
Grilled chicken breast, cranberry sauce,mature cheddar cheese, caramelised onion, bacon *12.95*
CESARINO
Grilled chicken fillet, caesar dressing & parmesan shavings....*12.95*
MILANESE
Fried chicken fillet, garlic mayo, lettuce and mature cheddar cheese *12.95*
TARTUFINO
Beef patty, mushrooms, truffle mayo, crispy bacon, mature cheddar cheese.....*13.95*
DOPPIO
Double patty, onion ring, bacon, lettuce, double cheddar, mayo...*15.95*

Pizzas

All pizzas are 12”

MARGHERITA V — 12”
Mozzarella, tomato sauce, basil.....*9.95*
PEPPERONI
Mozzarella, tomato sauce, pepperoni.....*11.95*
NAPOLETANA V
Mozzarella, tomato sauce, capers, anchovies, olives, basil.....*11.95*
HAM & MUSHROOMS
Mozzarella, tomato sauce, cured ham, mushrooms.....*11.95*
TRICOLORE V
Basil, pesto, mozzarella, cherry tomatoes.....*11.95*
GOAT V
Mozzarella, goat cheese, sun dried tomato, red onion.....*11.95*
CALZONE
Mozzarella, tomato sauce, cured ham, then folded in our homemade traditional dough.....*12.95*
CALZONE VEGGIE V
Mozzarella, tomato sauce, spinach, olives, then folded in our homemade traditional dough.....*12.95*
PORCINI & TRUFFLE V
Mozzarella, Porcini mushrooms, truffle oil, parmesan shavings.....*14.95*
SALSICCIA E FRIARIELLI
Mozzarella, Italian sausage meat, friarielli, chilli flakes.....*12.95*
ORTOLANA V
Mozzarella, mushrooms, spinach, red peppers, olives, oregano.....*12.95*
POLLO
Mozzarella, tomato sauce, chicken, sweetcorn.....*12.95*
DIAVOLA
Mozzarella, tomato sauce, olives chilli oil, pepperoni, chilli flakes.....*12.95*
FIORENTINA V
Mozzarella, tomato sauce, spinach, egg.....*12.95*
CAPRICCIOSA
Mozzarella, tomato sauce, artichokes, mushrooms, olives, cured ham.....*12.95*
QUATTRO FORMAGGI V
Mozzarella, edam, parmesan cheese, blue cheese.....*12.95*
NORMA V
Mozzarella, tomato sauce, aubergine, salted ricotta *13.95*
MEAT SELECTIONS
Mozzarella, tomato sauce, cured ham, pepperoni, sausages.....*13.95*
CALZONE DIAVOLA NEW
Mozzarella, tomato sauce, olives, chillies & pepperoni in our homemade traditional dough *13.95*
BURRATINA
Mozzarella, cherry tomato, parma ham, burrata, olive oil, basil.....*14.95*
GIUSEPPE’S LITE
Mozzarella, cherry tomato, parma ham, parmesan shavings, rocket.....*14.95*

Vegan Pizzas VG

MARGHERITA — 12”
Vegan cheese, tomato sauce, fresh Basil *10.50*
VEGACCIOSA
Vegan mozzarella, tomato sauce, artichokes, mushrooms, olives *12.95*
FUNGHI E SPINACH
Vegan cheese, mushrooms, olives, spinach *12.95*
NOCI
Walnut, vegan cheese, cherry tomatoes, caramelised onion, rocket *13.50*

Pastas

With any pasta dishes, choose either penne or spaghetti

SPAGHETTI POMODORO V
Fresh tomato sauce, fresh basil.....*9.95*
SPAGHETTI BOLOGNESE
Meat in a handmade beef ragu sauce ...*12.95*
SPAGHETTI CARBONARA
Cream, eggs, pancetta, parmesan, black pepper *12.95*
VEGGIE CARBONARA V
Cream, mushrooms, spinach, garlic, black pepper, eggs, parmesan cheese ..*12.95*
ARRABBIATA V
Fresh tomato and basil sauce, rocket, pepper with chilli flakes.....*12.95*
TRUFFLE & SAUSAGE
Mushrooms, truffle oil,sausages.....*12.95*
NORMA V
Fresh tomato sauce, fried aubergine, salted ricotta, basil....*12.95*
PENNE SALSICCIA
Italian sausages, olives, cherry tomatoes, fresh tomato sauce, parmesan shavings, black pepper, chillies.....*12.95*
ROCKET & PEPPERS PESTO NEW
Freshly made rocket and peppers pesto, finished with a touch of mascarpone *12.95*
NINA’S MEATBALLS NEW
Freshly made meatballs, tomato and basil sauce, topped with parmesan shavingS *14.50*
POLLO MILANESE & SPAGHETTI POMODORO
Fried chicken fillet in breadcrumbs served with spaghetti, fresh tomato sauce, fresh basil.....*14.95*

SaladS

All salads come seasoned, if you’d like any extra sauces or toppings, ask a member of staff

MEDITERRANEAN
Fresh mozzarella, basil, tomato, red onion, lettuce.....*12.95*
GOAT CHEESE
Goat cheese, sun dried tomatoes, red onion, lettuce *13.95*
SWEETCORN & TUNA SALAD
Olives, tuna, red onion, sweetcorn, lettuce *12.95*
CAESAR
Grilled chicken breast, caesar dressing, parmesan cheese, crispy bacon, lettuce, croutons *15.95*

Artisan Gelato

Our fresh Artisan Gelato is made in our premises daily & expertly prepared by our Master Gelataio.
CHOOSE YOUR FAVOURITE FLAVOURS
Our Cabinet is stocked daily with 18 flavours of gelato and sorbets with flavours suitable for vegans.

Street Food

ARANCINO BOLOGNESE
Rice ball coated in breadcrumbs, mozzarella, peas & bolognese sauce center served with pot of marinara tomato sauce.....*4.95*
ARANCINO VEGETARIANO V
Rice ball coated in breadcrumbs, mozzarella, béchamel & spinach center served with pot of freshly made spinach sauce....*4.95*
SICILIAN HOT DOG
Two sausages, mozzarella, mayonnaise,ketchup risen in traditional dough.....*4.95*
PROSCIUTTO CALZONE (SMALL)
Mozzarella, tomato sauce, Italian curedham in our homemade traditional dough.....*6.95*
U PANI CUNSATU
Our homemade sour-dough bread with your choice of three fillings.....*7.95*
AUBERGINE PARMIGIANA V
Baked aubergine with mozzarella, tomato sauce, fresh basil, parmesan,comes with pizza bread.....*13.95*

Extra Fillings highlighted at the bottom of the menu.

Side E Snack V

SKIN ON FRIES *3.95*
GARLIC BREAD(4).....*3.95*
ONION RINGS.....*4.95*
MOZZARELLA STICKS *4.95*
GARLIC BREAD WITH CHEESE (4).*4.95*
GARLIC BREAD with Cheese & Caramelised Onion(4)..... *4.95*
SWEET POTATO FRIES.....*4.95*
ROCKET & PARMESAN SALAD.....*5.95*
CHEESY FRIES.....*4.95*
AVOCADO,TOMATO & MOZZARELLA SALAD.....*5.95*
ROSEMARY, PARMESAN & SALT FRIES.....*5.95*

Kids menu

We now have our kids menu
Choose from our range of pasta dishes with either penne or spaghetti

BOLOGNESE
CARBONARA
POMODORO V
CHICKEN GOUJONS AND FRIES
7.95

We also have high chairs. We cannot guarantee that any of our food is nut-free, so please let staff know if you have an allergy when dining with us.

Sweets

Sweet temptation

ALMOND PASTE BISCUITS
Traditional sicilian almond paste *2.50*
SICILIAN BISCUITS
Ask a member of staff for our daily selection *2.50*
ARAGOSTINE / SFOGLIATELLA
Hazelnut chocolate cream, pistachio cream.....*2.00*
TIRAMISU CAKE *4.25*
BANOFFEE PIE.....*4.25*
CHEESECAKE.....*4.25*
SPECIAL CAKE
Check counter for today’s specials *4.25*
CANNOLI SICILIANI
Tube shaped biscuit filled with sweet ricotta & pistachio or chocolate cream & hazelnut..... *Small 2.95 / King 4.95*

TOPPINGS:

Extra Patty 4.25	Tuna 2.50	Friarielli 3.00	Red Pepper 2.00	Parmesan Shavings 3.00
Fried egg 2.50	Garlic 1.50	Tomato 2.00	Aubergine 3.00	Mozzarella 2.00
Bacon 2.00	Onion 1.50	Cherry Tomato 2.00	Truffle Oil 2.50	Blue Cheese 2.50
Sausage 3.00	Caramelised Onion 2.50	Sun-dried Tomato 2.50	Truffle Oil Mayo 2.50	Goat Cheese 2.50
Cured Ham 2.00	Red Onion 1.50	Sweetcorn 2.00	Basil Pesto 2.00	Salted Ricotta 3.00
Parma Ham 3.00	Mushrooms 1.50	Spinach 2.00	Pistachio 2.50	
Pepperoni 2.00	Porcini Mushrooms 2.50	Rocket 2.00	Chillies 1.50	
Chicken 2.50	Spinach 2.00	Black Olives 2.00	Burrata 4.00	