

# Del Mar

RISTORANTE PIZZERIA ITALIANO

St. George's Hill - Perranporth - Cornwall TR6 0JR - Tel: 01872 572878

## Starters - Cold Plates

<b>Basket of Bread, Balsamic Vinegar, Olive Oil and Mixed Olives</b> .....	£3.50
<b>Carpaccio di Manzo</b> .....	£8.95
<i>Thinly sliced beef fillet with rocket salad and parmesan cheese shaves</i>	
<b>Parma Ham</b> .....	£7.95
<i>Parma Ham with rocket salad and parmesan cheese shaves</i>	
<b>Avocado Del Mar</b> .....	£7.85
<i>Avocado pears, smoked salmon, peeled prawns and cocktail sauce</i>	
<b>Avocado Prawns</b> .....	£6.95
<i>Avocado pears, peeled prawns and cocktail sauce</i>	
<b>Tricolore Salad (V)</b> .....	£6.95
<i>Fresh Tomatoes, mozzarella cheese, avocado and basil</i>	
<b>Proscuitto e Melone.</b> .....	£7.25
<i>Parma ham with melon</i>	
<b>Breasola e Spinaci</b> .....	£8.95
<i>Cured beef and spinach with mustard sauce</i>	
<b>Bruschetta (Toasted bread) V</b> .....	£5.60
<i>Toasted Bread with chopped tomatoes, basil and olive oil</i>	
<b>Prawn Cocktail</b> .....	£6.60
<i>Peeled prawns, lettuce and cocktail sauce</i>	
<b>Antipasto</b> .....	£8.95
<i>Mixed selection of slices of cured Italian meat</i>	

## Starters - Hot Plates

<b>Garlic Pizza Bread</b> .....	£5.60
<b>Garlic and Cheese Pizza Bread</b> .....	£6.60
<b>Gamberi All'aglio</b> .....	£9.95
<i>Pan fried prawns with garlic and chilli sauce</i>	
<b>Calamari Fritti</b> .....	£7.65
<i>Deep fried squid</i>	
<b>Soup of the Day</b> .....	£4.95
<i>Fresh home made soup</i>	
<b>Melanzana Alla Parmigiana (V).</b> .....	£6.75
<i>Baked aubergines with tomato, basil, mozzarella and parmesan</i>	
<b>Whitebait</b> .....	£7.45
<i>Deep fried whitebait</i>	
<b>Sardines</b> .....	£6.95
<i>Grilled sardines with garlic, olive oil and lemon</i>	
<b>Mussels</b> .....	£7.95
<i>Steamed mussels with white wine and tomato sauce</i>	
<b>Grilled Vegetables and Mozzarella (V).</b> .....	£6.45
<i>Selection of grilled mixed vegetables with mozzarella cheese</i>	

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## Risotto

<b>Risotto di Mare</b> . . . . .	<b>£12.95</b>
<i>Rice with fresh mixed seafood, garlic, chilli and a dash of tomato sauce</i>	
<b>Risotto Mushrooms (V)</b> . . . . .	<b>£10.95</b>
<i>Rice with wild mixed mushrooms</i>	
<b>Risotto Pollo Asparagi</b> . . . . .	<b>£11.95</b>
<i>Chicken, asparagus, saffron and parmesan cheese</i>	

## Salads

<b>Green, Mixed, Tomato</b> . . . . .	<b>£4.85</b>
<b>Mixed Seasonal Vegetables</b> . . . . .	<b>£3.15</b>

## Meat, Poultry and Potatoes

<b>Grilled Fillet Steak Del Mar</b> . . . . .	<b>£21.95</b>
<i>Grilled fillet with mixed exotic mushrooms, Marsalla wine and bacon</i>	
<b>Grilled Fillet Medallions a la Sulema</b> . . . . .	<b>£21.95</b>
<i>Grilled fillet with mixed exotic mushrooms, mustard and brandy sauce</i>	
<b>Grilled Fiorentina.</b> . . . . .	<b>£24.95</b>
<i>Grilled T-Bone steak served with French fries</i>	
<b>Sirloin Steak 10oz</b> . . . . .	<b>£17.95</b>
<i>Grilled sirloin steak with French fries and salad</i>	
<b>Rack of Lamb</b> . . . . .	<b>£16.95</b>
<i>Oven roast rack of lamb with rosemary and red wine sauce</i>	
<b>Shank of Lamb</b> . . . . .	<b>£15.95</b>
<i>Oven roasted shank of lamb with red wine sauce</i>	
<b>Chicken Del Mar</b> . . . . .	<b>£14.95</b>
<i>Chicken supreme stuffed with cheese and spinach</i>	
<b>Chicken Capriccio</b> . . . . .	<b>£13.95</b>
<i>Chicken supreme with asparagus, white wine and cream</i>	
<b>Chicken Grill</b> . . . . .	<b>£12.95</b>
<i>Grilled chicken supreme on a bed of rocket salad</i>	
<b>Chicken Milanese</b> . . . . .	<b>£13.95</b>
<i>Chicken supreme in breadcrumbs</i>	
<b>Roasted Duck</b> . . . . .	<b>£15.95</b>
<i>Oven roast duck breast with bacon and porto sauce</i>	
<b>Vitello alla Crema di Funghi</b> . . . . .	<b>£15.95</b>
<i>Veal escallops in a mushroom and cream sauce</i>	
<b>Saltimbocca alla Romana</b> . . . . .	<b>£15.95</b>
<i>Veal escallops cooked in butter, sage, white wine and topped with parma ham</i>	
<b>Scaloppine al Limone</b> . . . . .	<b>£15.95</b>
<i>Veal escallops in butter lemon sauce</i>	
<b>Scaloppine alla Milanese</b> . . . . .	<b>£15.95</b>
<i>Veal escallops in breadcrumbs</i>	

## Fish

<b>Sea Bass</b> . . . . .	<b>£15.95</b>
<i>Grilled sea bass fillets with fine herbs, olive oil and lemon</i>	
<b>Dover Sole</b> . . . . .	<b>Daily Market Price</b>
<i>Grilled whole Dover sole with butter, lemon and parsley</i>	
<b>Calamari all Livornese</b> . . . . .	<b>£14.95</b>
<i>Sauté of squid with tomato, anchovies, olives and herbs</i>	
<b>Salmon Katy</b> . . . . .	<b>£14.95</b>
<i>Poached salmon fillet with prawns and mornay sauce</i>	
<b>Swordfish</b> . . . . .	<b>£15.95</b>
<i>Grilled swordfish with olive oil and lemon</i>	

## Pasta

<b>Spaghetti alla Bolognese</b> . . . . .	<b>£8.95</b>
<i>Spaghetti with bolognese sauce</i>	
<b>Spaghetti al Frutti di Mare</b> . . . . .	<b>£11.95</b>
<i>Spaghetti with fresh mixed seafood and tomato sauce</i>	
<b>Spaghetti alla Carbonara</b> . . . . .	<b>£9.25</b>
<i>Spaghetti, bacon, egg yolk, and cream</i>	
<b>Spaghetti al Chorizo.</b> . . . . .	<b>£9.75</b>
<i>Spaghetti, chorizo, mushrooms, chilli, spinach and cherry tomato</i>	
<b>Spaghetti alla Nonna</b> . . . . .	<b>£9.75</b>
<i>Spaghetti with smoked chicken, sun-dried tomato, olive oil and spinach</i>	
<b>Penne allo Chef</b> . . . . .	<b>£9.75</b>
<i>Penne, mushrooms, bacon, cream, dash of tomato</i>	
<b>Penne al Arrabiata (V)</b> . . . . .	<b>£8.95</b>
<i>Penne, fresh chilli and tomato sauce</i>	
<b>Penne al Filetto</b> . . . . .	<b>£11.95</b>
<i>Penne, beef fillet, cream and brandy</i>	
<b>Ravioli alla Principessa</b> . . . . .	<b>£10.95</b>
<i>Homemade spinach &amp; ricotta ravioli with asparagus in cream sauce and parmesan cheese</i>	
<b>Penne alla Matriciana</b> . . . . .	<b>£9.25</b>
<i>Penne, bacon, onions and tomato sauce</i>	
<b>Tagliatelle Pollo e Funghi</b> . . . . .	<b>£9.95</b>
<i>Tagliatelle with chicken, mushrooms, white wine and cream sauce</i>	
<b>Tagliatelle al Salmone</b> . . . . .	<b>£9.95</b>
<i>Tagliatelle with smoked salmon, brandy and cream sauce</i>	
<b>Tagliatelle di Mare e Broccoli</b> . . . . .	<b>£11.95</b>
<i>Tagliatelle with prawns, broccoli, chilli and garlic</i>	
<b>Lasagna</b> . . . . .	<b>£9.15</b>
<i>Pasta layer with bolognese, béchamel and parmesan cheese</i>	
<b>Lasagna Vegetarian (V)</b> . . . . .	<b>£9.15</b>
<i>Pasta layer with vegetables, béchamel and parmesan cheese</i>	
<b>Crespoline (V)</b> . . . . .	<b>£9.15</b>
<i>Rolled pancakes with ricotta cheese, spinach, béchamel and tomato</i>	
<b>Canneloni al Forno</b> . . . . .	<b>£9.15</b>
<i>Rolled pancakes stuffed with meat and glazed with béchamel and tomato</i>	
<b>Fettuccine Vegetarian (V).</b> . . . . .	<b>£9.25</b>
<i>Egg pasta ribbons with mixed vegetables, mushrooms, aubergines, courgettes, onion and tomato In a white wine sauce</i>	
<b>Gnocchi Alla Boscaiola</b> . . . . .	<b>£10.50</b>
<i>Homemade potato dumplings, pancetta, mushrooms, garlic &amp; a dash of cream and tomato sauce</i>	
<b>Gnocchi Alla Pescatora</b> . . . . .	<b>£11.95</b>
<i>Homemade potato dumplings with king prawn, calamari, mussels, oil, tarragon and chilli and a dash of tomato sauce</i>	

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R I S T O R A N T E P I Z Z E R I A I T A L I A N O

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## Pizzas - 12"

All based with tomato and mozzarella cheese unless otherwise stated

**Margherita** . . . . . £8.65

*With spices and herbs*

**Proscuitto.** . . . . . £9.65

*Ham and spices*

**Calzone** . . . . . £9.95

*Rolled and stuffed with ham,  
pepperoni sausage and tomato*

**Funghi** . . . . . £9.45

*Mushrooms and spices*

**Hawaii** . . . . . £9.65

*Ham and pineapple*

**Napoli** . . . . . £9.65

*Anchovies, olives and capers*

**Capricciosa** . . . . . £9.95

*Ham, peppers, anchovies,  
egg and olives*

**Pescatore (no cheese)** . . . . . £10.95

*Tomato and mixed seafood*

**Nettuno (no cheese)** . . . . . £9.65

*Tuna, capers and onions*

**Florentina (V)** . . . . . £9.65

*Egg and spinach*

**Roma** . . . . . £9.95

*Mushrooms, bacon and sweetcorn*

**Regina** . . . . . £9.65

*Ham and mushrooms*

**Mamma Mia.** . . . . . £9.65

*Crushed potatoes and bolognese sauce*

**Americana** . . . . . £9.95

*Pepperoni sausage, peppers & chilli*

**Quattro Stagioni** . . . . . £9.95

*Mushrooms, pepperoni sausage  
ham, artichokes and olives*

**Vegetariana (V)** . . . . . £9.15

*Vegetables and spices*

**Pollo** . . . . . £9.95

*Grilled chicken, bacon & mushrooms*

**Diavola** . . . . . £9.95

*Mushrooms, pepperoni sausage,  
peppers and chilli*

**Del Mar Special** . . . . . £10.95

*Parma ham, rocket salad & artichokes*

**Italiana** . . . . . £10.95

*Parma ham, rocket salad, cherry  
tomatoes and parmesan shavings*

**William** . . . . . £9.85

*Chicken fillets, French fries and  
Black peppers*

**Harry's Pizza** . . . . . £12.50

*A selection of fine Italian cured meat,  
parma ham, coppa, salami and  
mortadela*

**Quattro Formaggi (4 Cheese)** £10.50

*Dolcelatte, provolone, goat's cheese*

**Each Extra Topping** . . . . . £1.50

**Children Welcome Children's Meal (under 7 years) from £5.95\***

*\*Margherita Pizza or Spaghetti alla Bolognese - £5.95*

*Other selected menu items available for children - please ask our staff*

*Prices and Menu subject to change at Management's discretion  
Service Charge not included*