

LUNCH MENU

V VEGETARIAN **G** GLUTEN FREE **VE** VEGAN - IF YOU HAVE ANY FOOD ALLERGIES OR INTOLERANCES PLEASE INFORM US.

2 COURSE LUNCH £16 (Starter + Main)

STARTERS

SOUP OF THE DAY
(ask your server)

BRUSCHETTA AL POMODORO **V**
Toasted rustic Italian bread topped with vine tomatoes, garlic, basil and extra virgin olive oil

BRUSCHETTA AVOCADO E PARMA
Toasted bread with avocado, parma ham, mascarpone and lemon and olive oil dressing

MUSSELS
Fresh mussels in a lime, chive and white wine sauce served with toasted bread

CHICKEN TERRINE
Chicken terrine with black pudding and pistachio served with glazed shallots, rocket, sour cherry and port reduction and toasted bread

GAMBERONI
Breaded and deep-fried king prawns, lambs lettuce, marinated roasted peppers and basil mayo

GRILLED CHICORY **G** **VE**
Grilled white chicory, asparagus puree, grilled tomatoes, crispy parsnip and fresh herb dressing

MAINS

MEZZE MANICHE SALSICCIA E GORGONZOLA
Short tube pasta with Italian sausage, nduja and gorgonzola in a cream sauce

RISOTTO POMODORO E CAPRINO **V**
Risotto cooked in a tomato broth topped with goats cheese and basil oil

LASAGNA
Layers of pasta with slow cooked beef and béchamel sauce

MUSSELS & FRIES
Fresh mussels in a lime, chive and white wine sauce served with toasted bread and french fries

BRAISED BEEF (£4 SUPPLEMENT)
Slow cooked beef neck served with carrot puree, stewed barley, grilled oyster mushrooms and light beef sauce

SEA BREAM GF (£4 SUPPLEMENT)
Fillet of sea bream served with sautéed aubergines, charred spring onion, roasted cherry tomatoes and langoustine bisque

PIZZA DIAVOLINA
Tomato sauce, mozzarella, spicy Italian sausage, peppers and fresh chilli

PIZZA SPECK E FUNGHI
Tomato, mozzarella speck, mushrooms and truffle oil

PIZZA VEGETARIANA **V**
Tomato, mozzarella, artichokes, onion, peppers, mushroom and smoked ricotta

DESSERTS

CHOCOLATE TART 6.5
Short crust tart filled with a chocolate and hazelnut ganache topped with almond creme and amarena cherries
Dessert wine pairing: CORTE GIARA
Recioto della Valpolicella 2015

BABA 5.5
Passion fruit soaked baba filled with whipped vanilla ganache served with mango creme and mango compote
Dessert wine pairing: DONNAFUGATA
Kabir Moscato di Pantelleria 2017

CHEESECAKE 6
Pistachio cheesecake served with raspberry ripple ice cream and raspberry coulis
Dessert wine pairing: RECIOTO DI SOAVE
Rocca Sveva

CARAMEL CREME BRULE **G** 6
Served with pecan creme and candied pecan nuts
Dessert wine pairing: RECIOTO DI SOAVE
Rocca Sveva

STRAWBERRY & COCONUT CAKE **G** **VE** 5.5
Served with coconut creme, strawberries and strawberry coulis
Dessert wine pairing: DONNAFUGATA
Kabir Moscato di Pantelleria 2017

AFFOGATO 6
Vanilla ice cream with espresso and amaretto liqueur

MIXED BERRY & LEMON ETON MESS **G** 5.5
Lemon sorbet, raspberry compote and homemade meringue

GELATO MISTO (3 scoops) 5
Assorted ice cream, choose from:

Vanilla, strawberry, belgian chocolate, toffee fudge, cookies and cream, mint chocolate chip, raspberry ripple or lemon sorbet

FORMAGGI MISTI 9
Mixed selection of finest cheeses with homemade chutneys and crackers

Dessert wine pairing CORTE GIARA
Recioto della Valpolicella 2015

THE
MAIN COURSE
ITALIAN RESTAURANT

TELEPHONE: 01620 842234 ADDRESS: 40 MAIN STREET, GULLANE EH31 2AL
www.themaincoursegullane.co.uk

   tripadvisor

BREADS

HOMEMADE ITALIAN BREAD V	4
MIXED MARINATED OLIVES V	4
GARLIC BREAD WITH MOZZARELLA CHEESE V	5.5
BRUSCHETTA AL POMODORO V	6
Toasted rustic italian bread topped with vine tomatoes, garlic, basil and extra virgin olive oil	
BRUSCHETTA RUSTICA V	7
Toasted bread with sun dried tomato tapenade, buffalo mozzarella, rocket and balsamic glaze	
BRUSCHETTA AVOCADO E PARMA	7
Toasted bread with avocado, parma ham, mascarpone and lemon and olive oil dressing	
FOCCACIA ROSMARINO V VE	6
Seasoned pizza bread with fresh garlic, rosemary and sea salt	

ANTIPASTI (STARTERS)

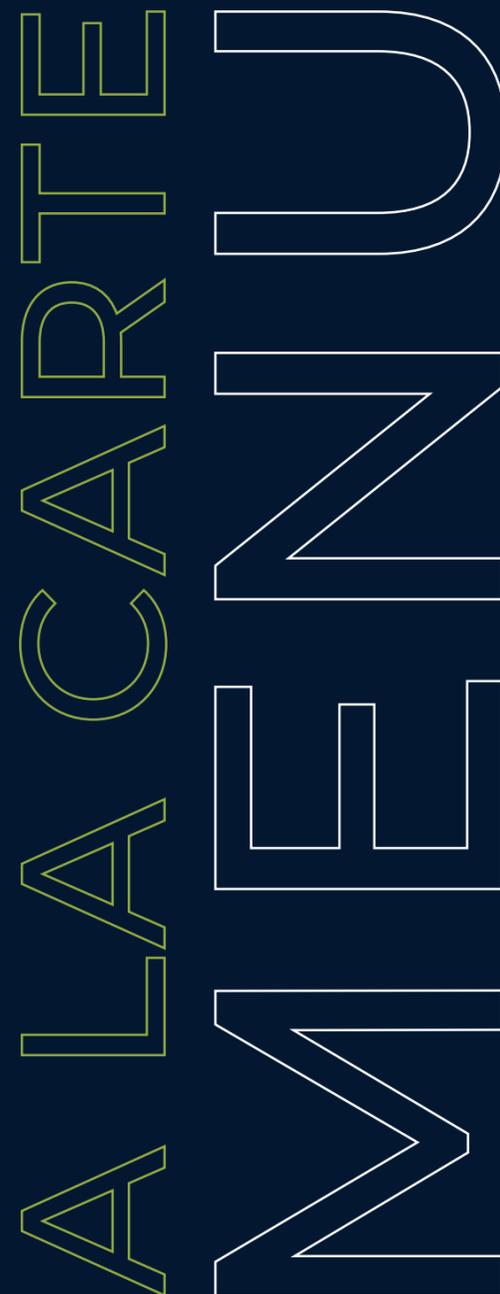
ANTIPASTO ITALIANO (TO SHARE)	16
Selection of the finest italian cured meats and cheeses, pickled vegetables, sun dried tomatoes, olives and toasted sourdough bread	
CHICKEN TERRINE	9
Chicken terrine with black pudding and pistachio served with glazed shallots, rocket, sour cherry and port reduction and toasted bread	
RABBIT ROULADE	11
Rabbit saddle filled with haggis and mushrooms, wrapped in pancetta served with celeriac puree and whisky sauce	
GRILLED SQUID G	10
Grilled baby squid, creamy baby potato puree, garlic origano and chilli dressing	
SCALLOPS	13
Pan fried scallops with broad bean puree, fresh broad beans, crispy guanciale(cured pork cheek) and orange butter sauce	
GAMBERONI	12
Breaded and deep fried king prawns, lambs lettuce, marinated roasted peppers and basil mayo	
GRILLED CHICORY G VE	9
Grilled white chicory, asparagus puree, grilled tomatoes, crispy parsnip and fresh herb dressing	
CALAMARI	9
Lightly floured and deep fried squid with lime mayo	
SMOKED BURRATA V	10
Home smoked burrata cheese, stewed chick peas, sun dried tomato tapenade, celery leaves, extra virgin olive oil and crispy bread	

PASTA

LINGUINE SPADA E LIMONE	16
Linguine pasta with swordfish loin, lemon zest, chopped pistachio, chilli and garlic	
TAGLIOLINI VERDI	16
Homemade flat ribbon spinach egg pasta, spinach puree, prawns and bottarga (cured fish roe)	
TROFIE ALLA PESCATORA	18
Short pasta with mussels, clams, prawns and scallops cooked in a light tomato sauce	
RAVIOLI NERI	16
Squid ink ravioli filled with cod, sun dried tomatoes and ricotta with a roasted tomato sauce and nduja oil	
RISOTTO POMODORO E CAPRINO V	15
Risotto cooked in a tomato broth topped with goats cheese and basil oil	
MEZZE MANICHE SALSICCIA E GORGONZOLA	14
Short tube pasta with italian sausage, nduja and gorgonzola in a cream sauce	
CONCHIGLIONI V VE	14
Large pasta shells with garlic, chilli, capers, olives and sun dried tomatoes in a light tomato sauce	
SPAGHETTI CARBONARA	13
Guanciale (cured pork cheek), egg and parmesan	
TAGLIATELLE BOLOGNESE	13
Homemade traditional minced meat ragu	
LASAGNA	13.5
Layers of pasta with slow cooked beef and béchamel sauce	
GLUTEN FREE PASTA AVAILABLE	

MAINS

ROAST CHICKEN G	18
Roasted baby chicken served with braised parsnips carrots and leek, roasted peppers and demi glace	
PORK FILLET G	19
Pan fried pork fillet served with mash potatoes, grilled white chicory and marsala sauce	
BRAISED BEEF	20
Slow cooked beef neck served with carrot puree, stewed barley, grilled oyster mushrooms and light beef sauce	
MEAT OF THE DAY	MARKET PRICE
Chargrilled meat of the day served with garlic and rosemary potatoes, fried mixed veg and green peppercorn sauce	
COD G	19
Pan fried cod, stewed chick peas, butternut squash puree, sautéed spinach, tarragon and cream sauce	
SALMON	20
Baked with a dill herb crust, celeriac puree, green asparagus, lime and white wine sauce	
SEA BREAM G	20
Fillet of sea bream served with sautéed aubergines, charred spring onion, roasted cherry tomatoes and langoustine bisque	
PIZZAS	
MARGHERITA	10
Finest italian tomato, mozzarella and basil	
DIAVOLINA	13
Tomato sauce, mozzarella, spicy italian sausage, peppers and fresh chilli	
PARMA E BUFALA	15
Tomato sauce, mozzarella, parma ham, buffalo mozzarella, rocket and balsamic dressing glaze	
CAPRICCIOSA	14
Tomato sauce, mozzarella, artichokes, mushroom, ham and black olives	
SPECK E FUNGHI	14
Tomato, mozzarella speck, mushrooms and truffle oil	
CRUDAIOLA V	13
Tomato, mozzarella, rocket, cherry tomatoes, parmesan shavings and balsamic glaze	
ZUCCA E GORGONZOLA	15
Butternut squash puree base, mozzarella, guanciale (cured pork cheek) and gorgonzola	
PIZZA VERDE	15
Spinach puree base, mozzarella, italian sausage, rosemary potatoes and provolone cheese	
PIZZA POLLO	14
Tomato, cheese, chicken, spicy sausage and spianata (calabrian spicy sausage)	
MARINARA	14
Tomato, mozzarella, capers, anchovies, olives, garlic and origano	
NDUJA E MASCARPONE	15
Tomato, mozzarella, nduja (spreadable spicy sausage), mascarpone, spicy sausage and onion	
VEGETARIANA V	14
Tomato, mozzarella, artichokes, onion, peppers, mushroom and smoked ricotta	
CALZONE	14
A folded pizza filled with tomato, mozzarella, ham and mushroom topped with parmesan shavings	
SIDES	
FRENCH FRIES	4
ROSEMARY POTATOES G V	4
FRIED MIXED VEG V	4
CAPONATA G V	4
Sautéed mixed vegetables in a tomato sauce	
MOZZARELLA SALAD G V	4.5/7.5
Rocket, lambs lettuce, cherry tomatoes, avocado, buffalo mozzarella, toasted almonds, yoghurt garlic and chive dressing	
MIXED GREEN SALAD G V	4/7
With fennel, olives, cherry tomatoes, onion, carrots and homemade balsamic dressing	



V VEGETARIAN **G** GLUTEN FREE **VE** VEGAN
IF YOU HAVE ANY FOOD ALLERGIES OR INTOLERANCES PLEASE INFORM US.

THE
MAIN COURSE
ITALIAN RESTAURANT

TELEPHONE: 01620 842234
ADDRESS: 40 MAIN STREET, GULLANE EH31 2AL
www.themaincoursegullane.co.uk
@tripadvisor