



RESTAURANT BAR CAFE CHICHETI

ANTI PASTI

Mixed Olives (v) Marinated Mixed Olives	£3.95
Pane All'Aglio - Garlic Pizza Bread	£6.00
Con pomodoro - with tomato	£7.50
Con formaggio - with cheese	£7.95
Pane Fresco Della Casa (v) Home made fresh Tuscan bread	£4.50
Bruschetta (v) Vine ripened tomatoes, basil and garlic	£7.00
Minestrone (v) Traditional Italian vegetable soup	£7.00
Funghi Caprino (v) Baked field mushrooms with spinach and goats cheese on Tuscan bread, dressed with pesto	£9.50
Paté Terra & Mare Home made chicken liver paté, served with red onion marmalade and toast	£9.00
Calamari Fritti Fried Calamari with a salad garnish and a Garlic Mayonnaise	£9.50
Cozze Steamed mussels in a white wine, garlic, shallots and cream sauce, or a choice of tomato sauce	£10.50
Gamberoni King prawns in a garlic, chili and butter sauce on Tuscan bread	£11.50
Carpaccio di Manzo Thinly Sliced peppered fillet with rocket and parmesan, lemon juice and balsamic glaze	£11.50
Costolette Dello Chef Spare ribs in special BBQ sauce	£11.00
Caprese (v) Slices of tomato, mozzarella and basil olive oil	£9.50
Funghi All Aglio Garlic mushrooms cooked with creamy Dolce Latte sauce	£9.00

PASTA

Lobster Ravioli Pasta Ravioli filled with lobster served with prawns, cream and tomato sauce	£16.50
Linguine Di Mare Fresh mixed seafood (mussels, king prawns, squid) with cherry tomato, chilli, garlic and white wine	£16.00
Linguine Gamberoni King prawns with garlic, cherry tomatoes & chilli butter sauce	£15.50
Ravioli (v) Pasta Ravioli filled with Ricotta and spinach cooked in a sundried tomato sauce	£14.00
Penne Con Pollo Strips of chicken breast, with pine nuts and onions in a tomato and cream sauce	£14.00
Penne Piccanti Italian spicy pepperoni with onions, garlic chilli, basil, fresh spinach and tomato sauce	£13.50
Spagetti Carbonara Crispy pancetta in a cream sauce finished with parmesan	£13.50
Spaghetti Bolognese Traditional meat ragu sauce	£13.00
Lasagne Pasta layered with meat sauce, bechamel cheese and baked in the oven	£13.00
Penne Salmone Smoked Salmon, cream, spinach, peas & dill in a white wine & cream sauce	£13.50
Tagliatelli Primavera (v) Tagliatellui with asparagus, courgette & broccoli in a garlic & cream sauce	£13.95
Penne Salsiccia e Funghi Tuscan Pork, sausage, wild mushrooms, parmesan cream & herbs	£13.50
Ragu Di Cinghiale Slow cooked wild boar ragu, sweet marsala wine, black pepper served with tagliatelle	£14.50

PIZZA

Margherita (v) Tomato, cheese, oregano and basil	£10.50
Diavola Nduja, fresh chilli, dolce latte, cheese and tomato	£13.50
Roberta Mozzarella, tomato, chopped salami milano, chilli infused honey, fresh chilli, rocket, red onion & goats cheese	£14.00
Di Mare Pizza with mussels, baby prawns, anchovies and a touch of chilli	£14.00
Pollo e Parmigiano Char-grilled chicken, cheese, cherry tomatoes, basil and parmesan shavings	£13.50
Calzone Folded pizza with pepperoni and mushrooms	£13.50
Vegetariana (v) Mozzarella, tomato, mushrooms, peppers, courgettes, olives	£13.00
Prosciutto Mozzarella, with cooked ham & mushrooms	£13.50
Vegan options available	
Extra Toppings Parma ham, chicken, pepperoni, mushrooms, cheese, peppers, Nduja, anchovies and olives	£2.50 each

RISOTTO

Risotto Primavera (v) Risottob with asparagus, leek & green peas a touch of cream finished with parmesan	£13.50
Risotto Paesana Chicken, mushroom, onions, tomato and cream sauce	£13.50
Risotto di Mare Fresh mixed seafood, touch of tomato, garlic and white wine	£15.50

PESCE

Naselo Pan fried hake, served on a bed of leek and asparagus risotto in a creamy dijon mustard sauce	£23.50
Branzino Whole filleted Sea bass served with king prawns in a garlic and white wine sauce	£23.50
Salmon Terra & Mare Scottish salmon steak cooked with baby prawns, cherry tomato, garlic and butter sauce	£23.00

GRILL

Fillet Steak 10oz fillet steak grilled with a choice of sauce	£32.00
Fillet Rossini Fillet steak cooked with Marsala wine topped with paté and served on croutons	£32.00
Rib Eye 10oz grilled Rib Eye steak served with red wine sauce	£25.00

Choice of sauces:
Peppercorn, Diane, Garlic butter, Red wine, Dolce latte

CARNE

Pollo Al la Crème Chicken breast cooked in a mushroom, onions, white wine and cream sauce	£20.00
Pollo Parma Grilled Chicken breast topped with parma ham spinach, mozzarella in a white wine, garlic & butter sauce	£20.50
Agnello Lamb Shank served on a bed of mash with a garlic, rosemary red wine sauce	£25.50

All main dishes are served with vegetables of the day unless otherwise stated

CONTORNI

Tomato & Red Onion Salad	£5.00
Zucchine Fritte	£5.00
Spinach	£5.00
Chunky Chips	£5.00
Mixed Salad	£5.00
Rocket & Parmesan Salad	£6.00
Skin on Fries	£5.00

BOOK YOUR NEXT VISIT

Call: 0161 442 2423
Email: bookings@terraemare.co.uk

29 Shaw Road, Heaton Moor
Stockport SK4 4AG

www.terraemare.co.uk



All prices are inclusive of VAT. Service charge is not included, however, a discretionary service charge of 10% will be added to tables of 6 or more. Payment by cheque is not accepted.

Allergen Advice - All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu description does not include all ingredients. If you have an allergy please let us know before ordering.