

# Del Mar

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

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

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## Starters - Cold Plates

<b>Basket of Bread, Balsamic Vinegar, Olive Oil and Mixed Olives</b> .....	£3.50
<b>Carpaccio di Manzo</b> .....	£7.85
<i>Thinly sliced beef fillet with rocket salad and parmesan cheese shaves</i>	
<b>Parma Ham</b> .....	£7.25
<i>Parma Ham with rocket salad and parmesan cheese shaves</i>	
<b>Avocado Del Mar</b> .....	£7.15
<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>Prosciutto e Melone.</b> .....	£7.25
<i>Parma ham with melon</i>	
<b>Breasola e Spinaci</b> .....	£7.95
<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> .....	£7.95
<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> .....	£8.95
<i>Pan fried prawns with garlic and chilli sauce</i>	
<b>Calamari Fritti</b> .....	£6.95
<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> .....	£6.95
<i>Deep fried whitebait</i>	
<b>Sardines</b> .....	£6.95
<i>Grilled sardines with garlic, olive oil and lemon</i>	
<b>Mussels</b> .....	£6.95
<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> . . . . .	£11.90
<i>Rice with fresh mixed seafood, garlic, chilli and a dash of tomato sauce</i>	
<b>Risotto Mushrooms (V)</b> . . . . .	£10.50
<i>Rice with wild mixed mushrooms</i>	
<b>Risotto Pollo Asparagi</b> . . . . .	£10.95
<i>Chicken, asparagus, saffron and parmesan cheese</i>	

## Salads

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

## Meat, Poultry and Potatoes

<b>Grilled Fillet Steak Del Mar</b> . . . . .	£20.95
<i>Grilled fillet with mixed exotic mushrooms, Marsalla wine and bacon</i>	
<b>Grilled Fillet Medallions a la Sulema</b> . . . . .	£20.95
<i>Grilled fillet with mixed exotic mushrooms, mustard and brandy sauce</i>	
<b>Grilled Fiorentina.</b> . . . . .	£22.95
<i>Grilled T-Bone steak served with French fries</i>	
<b>Sirloin Steak 10oz</b> . . . . .	£17.95
<i>Grilled sirloin steak with French fries and salad</i>	
<b>Rack of Lamb</b> . . . . .	£15.95
<i>Oven roast rack of lamb with rosemary and red wine sauce</i>	
<b>Shank of Lamb</b> . . . . .	£14.95
<i>Oven roasted shank of lamb with red wine sauce</i>	
<b>Chicken Del Mar</b> . . . . .	£14.95
<i>Chicken supreme stuffed with cheese and spinach</i>	
<b>Chicken Capriccio</b> . . . . .	£13.95
<i>Chicken supreme with asparagus, white wine and cream</i>	
<b>Chicken Grill</b> . . . . .	£12.95
<i>Grilled chicken supreme on a bed of rocket salad</i>	
<b>Chicken Milanese</b> . . . . .	£13.95
<i>Chicken supreme in breadcrumbs</i>	
<b>Roasted Duck</b> . . . . .	£15.95
<i>Oven roast duck breast with bacon and porto sauce</i>	
<b>Vitello alla Crema di Funghi</b> . . . . .	£14.95
<i>Veal escallops in a mushroom and cream sauce</i>	
<b>Saltimbocca alla Romana</b> . . . . .	£15.65
<i>Veal escallops cooked in butter, sage, white wine and topped with parma ham</i>	
<b>Scaloppine al Limone</b> . . . . .	£14.95
<i>Veal escallops in butter lemon sauce</i>	
<b>Scaloppine alla Milanese</b> . . . . .	£14.95
<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>£9.95</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>£10.95</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>£11.50</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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## Pizzas - 12" **TRY OUR TAKEAWAY PIZZAS**

All based with tomato and mozzarella cheese unless otherwise stated

	EAT IN	TAKE AWAY		EAT IN	TAKE AWAY
<b>Margherita</b> . . . . .	£8.95	£8.15	<b>Americana</b> . . . . .	£8.95	£8.15
<i>With spices and herbs</i>			<i>Pepperoni sausage, peppers &amp; chilli</i>		
<b>Proscuitto.</b> . . . . .	£9.65	£9.15	<b>Quattro Stagioni</b> . . . . .	£9.65	£9.15
<i>Ham and spices</i>			<i>Mushrooms, pepperoni sausage</i>		
<b>Calzone</b> . . . . .	£9.95	£9.25	<i>ham, artichokes and olives</i>		
<i>Rolled and stuffed with ham,</i>			<b>Vegetariana (V)</b> . . . . .	£9.15	£8.95
<i>pepperoni sausage and tomato</i>			<i>Vegetables and spices</i>		
<b>Funghi</b> . . . . .	£9.45	£9.15	<b>Pollo</b> . . . . .	£9.95	£9.15
<i>Mushrooms and spices</i>			<i>Grilled chicken, bacon &amp; mushrooms</i>		
<b>Hawaii</b> . . . . .	£9.65	£9.15	<b>Diavola</b> . . . . .	£9.95	£9.15
<i>Ham and pineapple</i>			<i>Mushrooms, pepperoni sausage,</i>		
<b>Napoli</b> . . . . .	£9.65	£9.15	<i>peppers and chilli</i>		
<i>Anchovies, olives and capers</i>			<b>Del Mar Special</b> . . . . .	£10.95	£9.95
<b>Capricciosa</b> . . . . .	£9.95	£9.15	<i>Parma ham, rocket salad &amp; artichokes</i>		
<i>Ham, peppers, anchovies,</i>			<b>Italiana</b> . . . . .	£10.95	£9.95
<i>egg and olives</i>			<i>Parma ham, rocket salad, cherry</i>		
<b>Pescatore (no cheese)</b> . . . . .	£10.95	£9.95	<i>tomatoes and parmesan shavings</i>		
<i>Tomato and mixed seafood</i>			<b>William</b> . . . . .	£9.85	£9.10
<b>Nettuno (no cheese)</b> . . . . .	£9.65	£9.15	<i>Chicken fillets, French fries and</i>		
<i>Tuna, capers and onions</i>			<i>Black peppers</i>		
<b>Florentina (V)</b> . . . . .	£9.65	£9.15	<b>Harry's Pizza</b> . . . . .	£12.50	£10.95
<i>Egg and spinach</i>			<i>A selection of fine Italian cured meat,</i>		
<b>Roma</b> . . . . .	£9.95	£9.15	<i>parma ham, coppa, salami and</i>		
<i>Mushrooms, bacon and sweetcorn</i>			<i>mortadela</i>		
<b>Regina</b> . . . . .	£9.65	£9.15	<b>Quattro Formaggi (4 Cheese)</b> £10.50	£9.95	£9.95
<i>Ham and mushrooms</i>			<i>Dolcelatte, provolone, goat's cheese</i>		
<b>Mamma Mia.</b> . . . . .	£9.45	£9.15	<i>and spinach</i>		
<i>Crushed potatoes and bolognese sauce</i>			<b>Each Extra Topping</b> . . . . .	£1.50	£1.00

**Children Welcome Children's Meal (under 7 years) £5.95 - ANY PIZZA OR PASTA**

### Opening Times

**HIGH SEASON - 7 DAYS A WEEK**

12 noon - 3.00pm & 5.00pm - 11.00pm

**LOW SEASON**

Monday - Friday 5.00pm - 11.00pm

Saturday & Sunday 12 noon - 2.30pm & 5.00pm - 11.00pm