

why not visit our italian café bar
serving stone baked pizzas, pasta's,
grills, snacks, ice creams and coffees

It's the perfect place to enjoy the views
over bracelet bay

Restaurant
Lunchtime Special
2 courses for £9.95

Mon - Fri 12.00 - 2.30pm
Sat - Sun 12.00 - 4.00pm

Check out our
Daily Specials Board too!

La Fontanella - Private function room
available for hire for Conferences,
Meetings & special occasions.
Please ring for further details

Restaurant Meals are available for take away
with a 10% discount.

The management reserves the right to alter any
ingredients or prices without prior notice.
All meals are sold subject to availability.

EAST SIDE
INSURANCE SERVICES



Tel: 01792 641611 / 865886

MOTOR • HOUSEHOLD • TRAVEL • COMMERCIAL • LANDLORDS



East Side Insurance Services is authorised and regulated by financial services authority.

BASSETTS

MOTOR GROUP



CITROËN
Swansea
Carmarthen
Bridgend

NISSAN
Now Open:
Neath Rd,
Swansea

HONDA
Swansea
Bridgend

Follow us on [bassettsmotorgroup](http://bassettsmotorgroup.com)

www.bassettsgroup.co.uk

the ONE in front

WINDOW centre **W**

WINDOWS • DOORS • CONSERVATORIES • ETC

FREEPHONE:

0800 026 0557

www.the-windowcentre.co.uk

homefromhome.com
Holiday Cottages

The Largest Collection of Holiday Homes
In Mumbles, Gower & Swansea Marina

01792 360624 enquiries@homefromhome.com

The largest, most established agency in Mumbles, Gower & Swansea Marina

Castellamare

Castellamare
Restaurant Menu

Tel: 01792 369408

Bracelet Bay, Mumbles, Swansea SA3 4JT

OPEN 7 DAYS A WEEK

www.castellamare.co.uk

ANTIPASTI – STARTERS ■ ■ ■ ■ ■

- V** **FRESHLY BAKED BREAD** £3.50
(Initial Basket is Complimentary)
- V** **MARINATED OLIVES** £3.95
A bowl of Green & Black Olives Marinated in Olive Oil & Italian Seasoning
- V** **PANE AL AGLIO** £3.95
Garlic Bread with Fresh Garlic, Olive Oil & Mozzarella Cheese
- ZUPPA DI CASA** £3.95
Home Made Soup
- V** **INSALATA CAPRESE** £5.95
Fresh Tomato & Mozzarella Salad Drizzled with Basil Oil
- V** **FUNGHI VESUVIO** £5.95
Mushrooms in a Tomato & Chilli sauce Topped with Mozzarella Cheese
- V** **FUNGHI AL AGLIO** £6.50
Wild Mushrooms Sauteed with Garlic, White Wine & Parsley, served with Garlic Bread
- ANTIPASTO VESUVIO** £6.95
A selection of Cured Italian Meats & Pickles
- V** **BRUSCHETTA** £5.95
Toasted Italian Bread Topped with Fresh Tomato, Onion & Basil with a Hint of Garlic & Herbs
- MELONE & PROSCIUTTO** £6.95
Melon & Parma Ham
- PRAWN MARIE ROSE** £6.95
A Cocktail of Prawns & a Marie Rose sauce served on a bed of Lettuce Leaves
- GAMBERONI AL AGLIO** £8.95
Garlic King Prawns
- GAMBERONI VESUVIO** £8.95
King Prawns with Mushrooms in a Tomato & Chilli sauce
- POLPETTE** £6.95
Home made Meatballs in a Spicy Tomato sauce

PASTA ■ ■ ■ ■ ■

- V** **PASTA FIORETTI BLU** £12.95
Stilton Cheese & Broccoli in a Cream sauce
- POLLO & ASPARAGUS PASTA** £14.95
Sauteed Breast Pieces of Chicken with Asparagus in a Tomato, Cream & Parmesan sauce Topped with Mozzarella
- LASAGNE** £13.95
Home Made & Oven Baked – Topped with Mozzarella, Served with Garlic Bread
- SPAGHETTI BOLOGNESE** £11.95
A Home Made Classic Italian sauce
- V** **PENNE AL PESTO** £13.95
Basil, Pine Nuts, Parmesan Cheese & Cream sauce

- SPAGHETTI CARBONARA** £13.95
Our Version of a Classic with Bacon, Fresh Cream, Egg & Mushrooms
- V** **PASTA ORTOLANA** £12.95
Pasta with Fresh Vegetables in a Tomato & Oregano Sauce
- V** **GNOCCHI RUSTICA** £13.95
Traditional Potato Pasta with Fresh Mediterranean Vegetables in a Seasoned Tomato sauce Topped with Melted Mozzarella
- SPAGHETTI BOSCAIOLA** £13.95
Bacon, Italian Sausage, Roasted Peppers & Mushrooms in a Chilli Tomato sauce
- SPAGHETTI POLPETTE** £13.95
(OUR MUM'S OWN RECIPE)
Home Made Meatballs in a Spicy Tomato sauce
- V** **PENNE ARRABIATTA** £10.95
Penne Pasta with Onions & Garlic in a Chilli Tomato sauce

PESCE – FISH Our Specialities ■ ■ ■ ■ ■

- SPAGHETTI MARINARA** £17.95
Freshly Prepared Fish & Shellfish Selection Cooked in a Tomato sauce served with Spaghetti
 - PASTA SCOZZESE** £14.95
Smoked Salmon & Asparagus in a Creamy Prawn & Tomato Sauce
 - PASTA GAMBERONI** £17.95
King Prawns in a Spicy Tomato & Courgette Sauce
 - PANFRIED SEABASS** £18.95
Panfried fillets of seasoned Seabass served with Italian Salad & Saute potatoes
- All dishes below are served with a choice of chipped or saute potatoes & a selection of seasonal vegetables or salad (unless otherwise stated)
- MERLUZZO AL VINO BIANCO** £16.95
Fillet of Cod in a Creamy White Wine sauce with fresh Peppers, Prawns and Mussels
 - MERLUZZO LIVORNESE** £16.95
Fillet of Cod in a Seasoned Tomato sauce with Prawns & Mussels
 - SPIGOLA AL VINO BIANCO** £16.95
Fillet of Sea Bass in a Creamy White Wine sauce with fresh Peppers, Prawns and Mussels
 - SPIGOLA LIVORNESE** £16.95
Fillet of Sea Bass in a Seasoned Tomato sauce with Prawns & Mussels
 - ROAST FILLET OF SALMON** £15.95
Served with a Mixed Leaf & Rocket Salad, Parmesan Shavings & Caesar Dressing
 - SALMON A LA CRÈME** £16.95
Fillet of Salmon served on a Creamy Prawn sauce

For more superb Fish Dishes, please ask for todays specials.

CARNE & BISTECCA MEAT & STEAKS ■ ■ ■ ■ ■

All dishes below are served with a choice of chipped or saute potatoes & a selection of seasonal vegetables or salad (unless otherwise stated)

- £13.95 **CELTIC PRIDE SIRLOIN STEAK** £19.95
Cooked to your liking
- £12.95 **CELTIC PRIDE 16oz T-BONE STEAK** £21.95
Cooked to your liking
- £13.95 **CELTIC PRIDE FILLET STEAK** £22.95
Cooked to your liking
- £13.95 **CHOICE OF SAUCES** £2.50
- CASTELLAMARE Chianti & Stilton Sauce
- PIZZAIOLA Spicy Tomato, Olive & Mushroom Sauce
- AL PEPE Traditional Black Pepper Sauce
- MARSALA Sweet Marsala Cream

- CHARGRILLED CHICKEN BREAST** £14.95
Served with a Mixed Leaf & Rocket Salad, Parmesan Shavings & Caesar Dressing

- POLLO CACCIATORE** £15.95
Chicken Breast in a Spicy Tomato, Mushroom and Olive Sauce

- POLLO AL VINO BIANCO** £15.95
Chicken in a White Wine, Smoked Bacon, fresh peppers & Mushroom cream

- ROAST SHANK OF WELSH LAMB** £16.95
Roast Shank of Lamb, Served in a Port & Cranberry Sauce

- PORK TENDERLOIN SALTIMBOCCA** £17.95
Tender Loin Cutlets of Pork, Parma Ham & Sage in a Marsala cream.

(All steaks are approximately 8oz)

CONTORNI – SIDE DISHES ■ ■ ■ ■ ■

- HOMEMADE SAUTE POTATOES** £3.50
- HOMEMADE CHIPPED POTATOES** £2.95
- VEGETABLES** £2.95
A selection of seasonal vegetables
- MIXED SALAD** £2.95
With House Dressing
- ITALIAN SALAD** £3.95
Salad Leaves with a Selection of Olives & Italian Pickles, Dressed with Olive Oil & Oregano
- MOZZARELLA SALAD** £3.95
Mozzarella, Tomatoes & Olives Seasoned with Olive Oil & Oregano
- ROCKET & PARMESAN SALAD** £3.50
Fresh Rocket & Shaved Parmesan dressed with Extra Virgin Olive Oil