

Mains marked with a 🍷 contain fewer than 600 kcals. **V** is for **Vegetarian**. **Ve** is for **Vegan**.
Please ask to see our **Allergen & Dietary Requirements Menu**.

TO KICK THINGS OFF.....

HOUSE PROSECCO, VENETO 11% ABV
Refreshingly lemony, light & dry.
4.95 (125ml) | **23.95** (Bottle)

'SKINNY' PROSECCO, TREVISO 11% ABV
By Thomson & Scott. 67 kcals per 100ml, happy sipping! **5.95** (125ml) | **29.95** (Bottle)

PIMP YOUR PROSECCO 1.00
Add a tasty top-up to your tippie! Choose from; passion fruit / strawberry / orange & cranberry.

STARTERS.....

'LITTLE SOUL' BREADS These doughy puffs are freshly baked with garlic & smoked sea salt. **4.85 V**
Get dipping! Add garlic butter / creamy pesto rosso / lemon & rosemary aioli / white bean & basil pesto. **Choose 2 for 1.00 or 3 for 1.50 V**

GARLIC BREAD Brushed with garlic butter & rosemary. **4.95 V**

GARLIC BREAD WITH MOZZARELLA & caramelised balsamic onions. **5.95 V**

BUTTERFLIED KING PRAWNS Pan-fried in garlic butter, smoky pepper pesto & white wine. Served with pea shoots & our 'little soul' breads. **7.65**

NEW BRUSCHETTA Isle of Wight mixed tomatoes, red onion & roasted garlic, marinated in extra virgin olive oil, on toasted bread, with super green pesto, fresh basil & riserva cheese. **5.85 V**
Add creamy Bufala mozzarella for 1.00 V

SHARERS *Don't want to share? Make it smaller.

CALAMARI Crispy squid rings with a lemon & rosemary aioli. **11.45 / 6.75***

NEW FRITTO MISTO Calamari, plaice goujons, prawn zucchini bites & summer vegetables, all lightly battered. Served with chopped red chillies, parsley & a lemon & rosemary aioli. **13.95 / 7.95***

NEW CICCHETTI BOARD Oven-baked chicken & pepper skewers, mozzarella & pea arancini, prawn zucchini bites, Nduja sausage & mozzarella bread, tomato pesto bruschetta & our 'little soul' breads. All served with creamy pesto rosso & a lemon & rosemary aioli. **15.95**

MEAT + FISH.....

..... **All dishes served with your choice of**
Fried herby potatoes & green beans **OR** **Make it under 600 kcals with** our Green Goddess & Isle of Wight mixed tomato summer salad. 🍷

POLLO PROSCIUTTO Chicken breast with sage wrapped in prosciutto ham, served with a white wine sauce. **13.95**

NEW SEABASS VERDE Pan-fried seabass fillets served with a zingy lemon & herb salsa verde. **15.50**

SALADS.....

SUPER ZUCCA SALAD Roasted butternut squash, goat's cheese, mint, courgettes, lentils, green beans & mixed salad leaves tossed in a white balsamic dressing. Served with our 'little soul' breads. **11.25 V 🍷**
Add chicken skewers for 1.95

GREEN GODDESS SALAD Cannellini beans, courgette ribbons, Isle of Wight mixed tomatoes & mixed leaves, all tossed in super green pesto with radish, pea shoots & toasted omega seeds.
Choose either: Pan-fried salmon fillet 13.95 🍷 OR Tenderstem broccoli 11.25 V Ve 🍷

ZIZZI MIXED OLIVES Our mix of pitted green & purple olives in a garlic, red pepper & herb oil. **3.25 V Ve**

NOCELLARA GIGANTI OLIVES Giant bright green olives sourced from Trapani, Sicily, served naked. The most sought after olives in the world, some say. **3.95 V Ve**

ZIZZI SPICY NUTS A roasted mix of cashews, almonds & chickpeas. **3.25 V Ve**

ARANCINI Our hand-rolled risotto balls with mozzarella, peas & a breadcrumb coating. Served with a chunky tomato pepperonata dip. **6.25 V**

NEW PRAWN ZUCCHINI BITES Lightly battered bites of prawns & courgettes with a lemon & rosemary aioli. **6.25**

NEW BUFALA CAPRESE Isle of Wight mixed tomato summer salad, Bufala mozzarella, bursting balsamic pearls & fresh basil. **6.50 V**

MUSHROOM BRINDISI Creamy mushrooms & smoked mozzarella, oven-baked on our dough, then finished with chopped parsley, riserva cheese, crispy sage & smoked garlic oil. **5.95 V**
Add crispy prosciutto for 1.00

TOSCANA SOUP A hearty blend of tomatoes, leeks, grilled peppers, curly kale & quinoa. Served with smoked mozzarella bread for dipping. **5.95 V**

FONDUTA FORMAGGI A melting pot of three Italian cheeses: Gorgonzola, Alpine & Pecorino. Served with our 'little soul' breads for dipping. **6.25**

NEW ANTIPASTO GRANDE BOARD
Spianata Piccante salami, coppa ham, speck, smoked scamorza, Bufala mozzarella, bursting balsamic pearls, Zizzi mixed olives, mini balsamic onions & fresh figs with baked tomato pesto crostini, our 'little soul' breads & smoked chilli jelly. **15.95**
Vegetarian version available, just ask. 14.95

NEW CHIANTI SHOULDER OF LAMB
Slow-roasted, with garlic & rosemary. Served with a Chianti & rosemary sauce. **15.75**

SPIEDINI PESCATORE A Mediterranean hanging skewer of juicy king prawns, salmon, peppers & courgettes with a white wine & lemon sauce. **14.95**

SPIEDINI POLLO A Mediterranean hanging skewer of roasted chicken breast, red onions, courgettes & peppers with a white wine & lemon sauce. **13.95**

CHICKEN & PROSCIUTTO SALAD Torn chicken, crispy prosciutto, avocado, roasted red onions, Isle of Wight mixed tomatoes, riserva cheese & croutons with spinach, rocket & mixed leaves, dressed with a lemon & rosemary aioli. **11.25 🍷**

PIZZA RUSTICA.....

Our signature pizza: hand-stretched that bit further for a bigger base, crispier texture & even more toppings.

PICCANTE Pepperoni, spicy Nduja sausage, Spianata Piccante salami, hot roquito chillies, mushrooms, mozzarella, rocket & mascarpone. **13.75**

NEW PROSCIUTTO FRESCA A white base of Fior di Latte & smoked mozzarella with fresh figs, prosciutto, caramelised balsamic onions, Bufala mozzarella, pea shoots, riserva cheese & smoked garlic oil. **13.75**

POLLO ROSSO Spicy roasted chicken, Fior di Latte & smoked mozzarella, fire-roasted peppers, balsamic tomatoes, roasted garlic cloves & spinach on a smoky pepper pesto & tomato base. **13.75**

PULLED PORK ROMA Slow-cooked pulled pork & crispy crackling on a white base of Fior di Latte & smoked mozzarella with pepperoni, sunblush tomatoes, rosemary & smoked chilli jelly. **13.75**

PRIMAVERA Goat's cheese, artichokes, spinach, fire-roasted peppers, olives, mozzarella, balsamic tomatoes, super green pesto & rocket on our wholemeal, white & spelt base. **11.95 V**

SOFIA Spicy chicken, pepperoni, crumbled piccante Basilicata sausage, mozzarella, red chillies & rosemary. **13.25**

EXTRA PIZZA TOPPINGS.....

Can't see your favourite? Just ask us.
Pepperoni | Nduja sausage | Anchovies | Torn roasted chicken | Cotto ham | Spicy roasted chicken | Crispy pork crackling | Fior di Latte mozzarella. **1.30 each**
Red chillies | Balsamic onions | Mushrooms | Black olives | Fire-roasted peppers | Pine nuts | Smoked chilli jelly. **90p each V Ve**

We are proud to serve a vegan alternative to our pizza mozzarella. Please see our Allergen & Dietary Requirements Menu for your options.

PASTA.....

We serve non-gluten containing fusilli pasta. Just ask us for an Allergen Menu for your options.

SPAGHETTI POMODORO With Bufala mozzarella, Isle of Wight mixed tomatoes & basil. **8.50 V 🍷**

SPAGHETTI CARBONARA With pancetta, wild mushrooms, rosemary & parsley. **10.95**

PULLED BEEF & VENISON STROZZAPRETI
A rich beef brisket & venison ragu with mushrooms, red wine, garlic & tomatoes, strozzapreti pasta & riserva cheese. **11.95**

STROZZAPRETI PESTO ROSSO Spicy chicken, red pesto, mascarpone & spring onions. **10.95**

SPAGHETTI BOLOGNESE With fresh basil. **10.25**
Vegan lentil ragu alternative available, just ask.

RAVIOLI DI CAPRA Goat's cheese & spinach ravioli with a tomato sauce, super green pesto & pine nuts. **10.75 V 🍷**

PORCINI GIGANTI TORTELLONI Giant tortelloni pockets filled with ricotta & porcini mushrooms, in a creamy wild mushroom sauce, with baby spinach, crispy sage & riserva cheese. **10.95 V**

KING PRAWN LINGUINE King prawns & courgette ribbons in a hot roquito chilli, tomato, white wine & lobster sauce. **12.95 🍷**

CASARECCIA POLLO PICCANTE Spicy chicken in a creamy sauce with tomatoes & baby spinach. **10.95**

CLASSIC PIZZA.....

Our classic pizzas can be made using our non-gluten containing pizza base.

MARGHERITA Tomato, mozzarella & basil.
Classic 8.45 | Rustica 9.95 V

PEPPERONI CAMPAGNA Pepperoni, ham, mushrooms, mozzarella & rosemary.
Classic 10.55 | Rustica 12.05

POLPETTE Lamb & red pepper meatballs, anchovies, Fior di Latte & smoked mozzarella, spinach, olives, sunblush tomatoes, crushed chillies, roasted garlic cloves & smoked garlic oil. **Classic 11.25 | Rustica 12.75**

NEW CAPIA A smoky pepper pesto & tomato base with Fior di Latte & smoked mozzarella, fire-roasted peppers, sunblush tomatoes, black olives, pea shoots, riserva cheese & smoked garlic oil.
Classic 10.45 | Rustica 11.95 V
Add crumbled piccante Basilicata sausage for 1.30

ITALIAN HOT Pepperoni, spicy Nduja sausage, red chillies, Fior di Latte mozzarella, riserva cheese & basil. **Classic 10.25 | Rustica 11.75**

CALZONE.....

CALZONE POLLO SPINACI Roasted chicken, speck, spinach, mushrooms & rosemary in a creamy mozzarella & béchamel sauce, topped with coppa ham. **12.95**

CALZONE CARNE PICCANTE Spicy roasted chicken, bolognese, lamb & red pepper meatballs, mozzarella, mushrooms, tomatoes & red chillies. **12.95**

SKINNY PIZZA.....

Made on our wholemeal, white & spelt base, served with an Italian naked slaw, all under 550 kcals.

SKINNY KING PRAWN DIAVOLA Butterflied king prawns, Fior di Latte mozzarella, crushed chillies & fresh oregano. **10.75 🍷**

SKINNY POLLO ROQUITO Roasted chicken, hot roquito chillies, Fior di Latte mozzarella, sunblush tomatoes, fire-roasted peppers & pea shoots. **10.50 🍷**
25p from each dish sold will go to Cancer Research UK.

SKINNY PRIMAVERA Goat's cheese, spinach, artichokes, fire-roasted peppers, balsamic tomatoes, olives & rocket. **9.95 V 🍷**

OVEN-BAKED PASTA.....

LAMB MEATBALLS AL FORNO Torn roasted lamb & red pepper meatballs, oven-baked with casareccia pasta, smoked mozzarella, spinach & roasted garlic cloves in a pomodoro sauce with a little chilli. **11.75**

PENNE DELLA CASA Oven-baked penne, roasted chicken, pancetta, baby spinach & riserva cheese, all in a creamy mushroom sauce. **11.75**

LASAGNE Rich ragu & béchamel, topped with riserva cheese & breadcrumbs. **11.25**

RISOTTO.....

RISOTTO PESCE King prawns, mussels & squid rings with tomato, chilli & white wine. **12.95 🍷**

RISOTTO POLLO FUNGHI Roasted chicken, mushrooms, rosemary, sage & riserva cheese. **12.45 🍷**
Vegetarian? Ask for it without chicken. 10.95 V 🍷

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SIDES: Tenderstem broccoli 3.50 **V Ve** | **Mixed leaf, tomatoes & spring onion salad 3.50 V Ve** | **Rocket & riserva cheese salad 3.75** | **Fried herby potatoes 3.75 V Ve** | **Green beans 3.00 V Ve** | **Italian naked slaw 3.95 V Ve** | **NEW Lentil ragu 3.50 V Ve**
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ZIZZI GELATO

Meaning ‘frozen’, gelato is made using more milk & less air than traditional ice cream, giving it an intense flavour & a super smooth texture. Think of it as ice cream’s suave Italian cousin.

SUNDAES

LEMON MERINGUE SUNDAE

Lemon sorbet, vanilla gelato, crumbled meringue, whipped mascarpone cream, lemon curd & a pink raspberry snap. **5.95 V**

NEW CHOCOLATE & PISTACHIO SUNDAE

Pistachio & chocolate hazelnut swirl gelato, chocolate gelato, whipped mascarpone cream, chocolate sauce & giant chocolate shavings. **5.95 V**

NEW SUMMER BERRY SUNDAE

Strawberry sorbet, honey, sea salt & mascarpone gelato, whipped mascarpone cream, fresh raspberries, basil, strawberry powder & a pink raspberry snap. **5.95 V**

BY THE SCOOP

3 SCOOPS FOR 4.95

VANILLA The Zizzi take on a classic. **V**

CHOCOLATE With rich cocoa. **V**

NEW PISTACHIO With chocolate hazelnut swirl. **V**

COCONUT With chocolate ripple. **V Ve**

 **HONEY, SEA SALT & MASCARPONE**
Sweet, salty & creamy. **V**

LEMON SORBET Sweet & sharp. **V Ve**

STRAWBERRY SORBET Super 'creamy' & made with sweet British strawberries. **V Ve**

EXTRA TOPPINGS **1.00**

Please see our dessert menu for choices.

DESSERTS

SALTED CARAMEL CHOCOLATE BROWNIE

Served warm & injected with gooey salted caramel, with giant chocolate shavings, rich hot chocolate sauce & vanilla gelato. **6.50 V**

BAKED LEMON & RASPBERRY

CHEESECAKE With whole pistachio nuts, on a crumbly biscuit base. Served with crushed honeycomb & whipped mascarpone cream. **5.95 V**

NEW STICKY CHOCOLATE & PRALINE TORTE

A dairy-free chocolate torte with a date, hazelnut & walnut base. Served with coconut & chocolate ripple gelato. **5.95 V Ve**

VANILLA PANNACOTTA Served with Prosecco & passion fruit coulis & a pink raspberry snap. **5.75**

CHOCOLATE & BANANA CALZONE Sweet, warm dough filled with banana, chocolate sauce & mascarpone cream. Served with vanilla gelato & hot salted caramel sauce. **6.25 V**

TIRAMISU Espresso & liqueur-soaked sponge, layered with mascarpone & cocoa. **5.75 V**

CHOCOLATE MELT Hot, gooey chocolate pudding served with vanilla gelato. **5.95 V**

ESPRESSO AFFOGATO Vanilla gelato & mascarpone cream, espresso & amaretti biscuits, all served individually. **5.50 V**

Add a shot of liqueur! Our favourite is hazelnut Frangelico. 1.95

COCKTAILS

NEW PINK G&T Handcrafted gin with tonic, strawberry purée, cucumber, mint, fresh raspberries & rosemary. **6.25**

NEW PASSION FRUITINI Handcrafted vodka & passion fruit purée with Prosecco, fresh limes & rosemary. **6.25**

NEW GINBERRY FIZZ Handcrafted gin with elderflower & apple pressé, Prosecco, fresh raspberries, lemon & rosemary. **6.25**

SPIRITS & MIXERS

ITALIAN LIQUEURS: Choose from; zesty Limoncello / almond Amaretto / hazelnut Frangelico.

Small (25ml) **3.40** | **Big** (50ml) **5.50**

OTHER HOUSE SPIRITS

Small (25ml) **3.40** | **Big** (50ml) **5.50**

MIXERS 1.50

– HERE'S HOW TIPPING WORKS AT ZIZZI –

All tips are discretionary. For groups of 8 or more, an optional 10% service charge is added. For all gratuities, 100% of the money you leave goes to the restaurant team, with no deductions being made by us. See our website for more details.



Press YES to top up your bill by 25p when you pay by card, and make your pennies Stand Up To Cancer.

Every penny you give goes to charity: 90% goes to Cancer Research UK (registered charity nos. 1089464 & SC041666) in support of the Stand Up To Cancer Campaign and 10% goes to Pennies (registered charity no. 1122489).

PAY QUICKER WITH QKR!

NO NEED TO WAIT FOR YOUR BILL...



Drinks

BEER + CIDER

PERONI NASTRO AZZURRO 5.1% ABV

Brewed in Italy to the original 1963 recipe & still imported to this day, this Italian favourite has a uniquely crisp, dry & refreshing taste.

Small (330ml) **4.30** | **Big** (660ml) **6.85**

NEW GLUTEN-FREE PERONI NASTRO

AZZURRO 5.1% ABV Your favourite Italian beer, without the gluten & no compromise on taste.

4.35 (330ml)

PERONI GRAN RISERVA 6.6% ABV Intensely golden in colour, delicately fruity & lightly bitter with caramel undertones. **4.35** (330ml)

MESSINA 4.7% ABV Brewed in Sicily since 1923 & known as Sicily’s most famous beer. Fermented slowly for premium quality & a unique & delicate taste. **4.25** (330ml)

ASPALL ISABEL'S BERRY SUFFOLK CYDER 3.8% ABV Made with redcurrant & raspberry juice. **4.50** (330ml)

WHITE WINE

175ml | 250ml | 500ml Carafe | Bottle

TREBBIANO, MARCHE Refreshing pear & apricot, easy drinking, light & crisp. **4.30** | **5.65** | **10.25** | **15.25**

FRASCATI, LAZIO Juicy pears & lemons, dry, fresh & zesty. **4.70** | **5.95** | **11.25** | **16.50**

NEW ORGANIC CRAFT CHARDONNAY-CATARRATTO, SICILIA This limited production, handcrafted wine is medium-bodied with crisp lemon & clementine flavours & a remarkably fruity aftertaste. **5.65** | **7.15** | **13.75** | **19.95**

PINOT GRIGIO, VENETO Subtle fruits & spice, dry, delicate & light. **5.80** | **7.35** | **13.95** | **20.50**

SAUVIGNON BLANC, VENETO

Fresh pineapple & lemon, full-bodied, fruity & aromatic. **6.35** | **7.95** | **14.95** | **22.50**

SAUVIGNON BLANC, SAINT CLAIR, MARLBOROUGH, NEW ZEALAND

Elegant, herbaceous & zingy. Intense gooseberry & passion fruit. **6.95** | **8.35** | **16.25** | **24.95**

PINK WINE

175ml | 250ml | 500ml Carafe | Bottle

PINOT GRIGIO BLUSH, VENETO

Fresh apricot & peach, dry, crisp & refreshing. **5.35** | **6.85** | **12.75** | **18.95**

ZINFANDEL, CALIFORNIA, U.S.A.


Sweet strawberry & watermelon, medium, light & fresh. **5.55** | **6.95** | **13.25** | **19.45**


PINOT NERO ROSÉ SPUMANTE, RUGGERI, VENETO Delicious raspberry & cranberry, dry, sparkling & crisp. **23.50**


All of our wines by the glass are also available in 125ml for £1 less than the equivalent 175ml price. Vintages vary, ask us for more information.

The ABV% on alcoholic drinks are correct at the time of printing this menu, but could be subject to change. Our dish descriptions don't always mention every single ingredient, so give us a shout if you're unsure. All of our dishes are made to order, so unfortunately calorie counts can only be approximate. If you have any specific dietary requirements, we have a great allergen menu to help you make a decision, just ask us for a copy (please note that allergens contained within our condiments are not included). Please inform staff of any food allergies prior to placing your order, even if you have eaten the dish previously. Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen free. Keep an eye out for any pesky stray olive stones, seafood shells or little fish bones. Vegetarians: sorry, but the Grana Padano cheese offered at your table isn't veggie friendly. Our freshly squeezed orange juice is lightly pasteurized. We place an optional 10% service charge on big groups of eight or more. Stand Up To Cancer and Stand Up To Cancer Brand Marks are registered trademarks or trademarks of the Entertainment Industry Foundation.

WILD BEER Drink WILDLY Different.

 **Fresh 5.5% ABV** A frisky, fragrant pale ale with punchy hop character, an appetising bitterness & a crisp, dry finish. **4.95** (330ml)

 **NEW Epic Saison 5.0% ABV** Epic by name, epic by nature. A hoppy farmhouse pale ale, crisp & balanced with a distinctly dry and refreshing finish. **4.95** (330ml)

 **NEW Wild Goose Chase 4.5% ABV** This spritely 'all-day' beer balances a light moreish bitterness with a zingy punch from fresh gooseberries. Delicious! **4.95** (330ml)

MENABREA 4.8% ABV Brewed for more than 150 years in Piemonte, northern Italy, this family-owned blonde craft beer boasts a slightly sweet, malty flavour. **4.45** (330ml)

ORCHARD PIG REVELLER CIDER 4.5% ABV

A celebration of Somerset. Snort in the hearty aroma of West Country cider apples. Crisp, refreshing & lightly sparkling cider with a tangy note of freshly squeezed lime. **5.50** (500ml)

RED WINE

175ml | 250ml | 500ml Carafe | Bottle

NERO D'AVOLA, SICILIA Juicy cherry & strawberry, easy drinking, smooth & light. **4.30** | **5.65** | **10.25** | **15.25**

MONTEPULCIANO, ABRUZZO Rich black cherry & light oak, medium, spicy & smooth. **4.70** | **5.95** | **11.25** | **16.50**

MERLOT, SICILIA Spicy plum & wild berry, medium, soft & juicy. **5.30** | **6.85** | **12.75** | **18.95**

NEW ORGANIC CRAFT PRIMITIVO, PUGLIA Full-bodied, smooth & handcrafted in select family run vineyards. Spiced cherries, toasted almonds & earthiness to finish. **5.65** | **7.15** | **13.75** | **19.95**

CHIANTI RISERVA D.O.C.G., CANTINA BONACCHI, TOSCANA

Intense bouquet & lingering oak finish, dry, balanced & velvety. **6.75** | **8.35** | **15.95** | **23.50**

• **AWARD-WINNING** • **MALBEC, ANDELUNA 1300, MENDOZA, ARGENTINA** Juicy cassis & dark chocolate, full-bodied & smooth. Hints of dulce de leche. **6.95** | **8.35** | **16.25** | **24.95**

BUBBLY

125ml | Bottle

HOUSE PROSECCO, VENETO 11% ABV

Refreshingly lemony, light & dry. **4.95** | **23.95**

'SKINNY' PROSECCO, TREVISO 11% ABV

By Thomson & Scott. 67 kcal per 100ml, happy sipping! **5.95** | **29.95**

VEUVE CLICQUOT, CHAMPAGNE, FRANCE

It's a classic for a reason. Champagne for that special occasion. **49.95**

Menu last updated March 15th 2017
Pricing and dishes subject to change.
Dishes are representative of the type of food available at the restaurant.