

La Dolce Vita

Mediterranean Cuisine with an Italian Flair

Arrosticini (Rosticks) GF £15.00

Arrosticini are delicious and irresistible roasted mutton skewers, served with homemade toasted bread and our own spicy chilli sauce.

As a starter, or a quick and satisfying snack on their own, we believe you're going to love them. To share, or to enjoy all by yourself, try a pot of Arrosticini and transport yourself to the warm welcoming streets of Abruzzo. **Buon Appetito!**



Crispy Focaccia Great to share

Mortadella

Mortadella, ricotta cheese, pistachios and rocket

£14.00

Salmon

Cheese spread, smoked salmon, capers, rocket and red onion

£15.00

Grilled Vegetables VG

Grilled zucchini, aubergine, sundried tomatoes and rocket

£14.00

Ventricina

Ventricina (spicy salami), mushrooms, olive oil and parmesan dressing

£14.00

Prawns

Prawns, rocket salad, cherry tomatoes and parmesan shavings

£15.00

Mozzarella V

Mozzarella, tomato, basil dressing and oregano

£14.00

Extras

Patatine Fritte

Crispy chips

£6.00

Bread and Olives

Simple and delicious

£6.00

Fried Zucchini

£8.00

Bruschetta

Bruschetta al Pomodoro V

Tomato

£8.00

Bruschetta al Funghi V

Mushroom

£8.00

8 Grove Road • Eastbourne • BN21 4TJ • 01323 404802

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Starters

Antipasto Board - great to share (2 people)

Selection of cold cut meats, cheeses, pickles and vegetables

£24.00

Insalata Caprese V

Mozzarella, tomatoes, croutons, celery and with our own basil dressing

£10.00

Carpaccio di Bresaola GF

Sliced cured beef with olive oil, lemon, rocket, balsamic vinegar and parmesan shavings

£11.00

Polpette

Baked beef meatballs in a tomato sauce with smoked mozzarella cheese. With toasted bread

£11.00

Calamari Fritti

Fried squid rings with large king prawn, courgettes and tartare sauce

£12.00



Fresh Oysters GF

Fresh from the sea and delivered to your table

3 oysters £10.50 6 oysters £21.00



Capesante GF

Two large fresh king scallops wrapped with pancetta, grilled and served in the shell over a warm zucchini purée

£12.00

Melanzane V

Lightly breaded aubergine rolled with ricotta cheese topped with tomato, mozzarella and baked

£12.00

Prawn Cocktail GF

The favourite prawn cocktail, served in a sundae glass with beetroot, shredded iceberg lettuce, celery, cucumber and avocado, topped with our zesty Marie Rose sauce (a house special) with bread and lumpfish caviar

£15.00



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Pasta

Lasagna Casalinga

Baked homemade lasagne with meat sauce, bechamel and mozzarella

£15.00

Tagliatelle al Ragu

Homemade tagliatelle with our own tasty beef and pork ragu

£15.00

Linguine alle Vongole

Linguini with fresh clams, olive oil, garlic, white wine and parsley

£18.00

Ravioli Astice

Homemade lobster-filled ravioli with prawns and mussels in a subtle creamy tomato and saffron sauce

£22.00

Fusilli Primavera VG

Fresh fusilli with garlic, oregano, tomato sauce and mixed vegetables

£15.00

Fusilli ai Gamberi

Fresh fusilli with king prawns, scallops, courgettes, cherry tomatoes and garlic

£20.00

Panzerotti Funghi

e Tartufo V

Half moon shaped ravioli with shallots, mushrooms and black truffles in a creamy dolce latte sauce

£19.00



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Pollo (chicken)

Pollo Milanese

Breaded chicken breast, fried, served with salad, garlic mayo and crispy chips

£16.00

Pollo Marsala

Breast of chicken stuffed and rolled with ham, mozzarella and sage in a marsala wine and mushroom sauce over a bed of tender stem broccoli

£20.00

Pollo Margherita

Sautéed chicken breast, finished with white wine, tomato sauce and oregano, topped with mozzarella and basil, served with roast potato and vegetables

£17.00



Pesce (fish)

Frittura Mare (our fish & chips)

Golden deep fried calamari, cod goujons, scampi, king prawn, chips and courgettes, served with our marinara zesty sauce

£17.00

Orata (sea bream)

Grilled, crispy-skin sea bream, finished in the oven and served with salad and vegetables of the day

£22.00

Gamberoni all'aglio (king prawns)

Sautéed red Argentine king prawns, finished in garlic butter, red bell peppers, spring onion and white wine sauce, over toasted bread and served with salad and vegetables

£22.00

Sogliola (dover sole)

Locally sourced sole in a meunière sauce with roast potato and vegetables

£30.00

Pesce Spada (swordfish)

Swordfish steak seared with olives, capers and celery in a white wine and lemon sauce with roast potato and vegetables

£22.00

**Lobster for two to share
cooked in terracotta,
Monkfish, Turbot and Salmon
Please ask for availability**

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Carne (meat)

Agnello alla Griglia (lamb) 
Grilled lamb chops served with crispy chips
and salad
£24.00

Filetto di Manzo (beef fillet) 
10oz matured beef fillet, perfectly grilled
and served with salad and crispy chips
(* peppercorn sauce upon request £2.50)
£32.00

For Veal or Pork Chops
Please ask for availability

Fiorentina di Manzo 
(t bone steak)
20oz grilled T bone steak, matured
to perfection and served with salad
and crispy chips
(* peppercorn sauce upon
request £2.50)
£39.00

Tagliata di Manzo 
(beef sirloin)
8oz matured grilled sirloin,
sliced and served with rocket,
shavings of parmesan, balsamic
vinegar and chips
£27.00

Insalate (salads)

Caesar Salad 
Romaine lettuce, avocado, croutons,
fresh tomato, shavings of parmesan,
black pepper in a caesar dressing
£12.00

Insalata Mista 
Our mixed salad with olive oil,
black pepper and salt
£6.00

FOOD ALLERGIES

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, peanuts, and tree nuts. If you or one of your party have a food allergy, it is important that you please notify your server.

We strive to ensure that dishes including ingredients to which you or one of your party might be allergic are prepared in a different area. Once again, please tell your server about food allergies and we'll do all we reasonably can to ensure potentially problematic ingredients are excluded from your order.

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Desserts

Homemade Tiramisu - £7.50

Warm Chocolate Fudge Cake - £7.50

Tartufo Al Limoncello (parfait) - £7.50

Ricotta Cheesecake with Pistacchio - £7.50

Affogato - £7.50

Zabaglione al Marsala (when available) - £10.00



Formaggi (cheese board)

Selection of cheese, fruit and biscuits - £12.00

