


The Only Wood-Fired Pizza In Town!!!

We are **passionate about healthy food**; so we are serving up some fabulous plant based foods, healthier options on our dishes and even our pizzas are made using our unique sourdough recipe which gives a light and easy to digest base - then cooked in our wood-fired oven that chars the base and crisps the crust creating **the best taste around!**

The Spirit of Italy



The Pizza Parlour & Music Cafe is Cambridgeshire's ONLY Italian restaurant awarded the 'Healthy Options' accreditation !! 

Monday to Thursday 11.30am - 10pm | Friday 11.30am - 11pm | Saturday 11am - 11pm | Sunday 11.30am - 9pm



Antipasti Della Casa

Il Contadino - (for 2 to share)

14.95

A fine and true classic selection of Italian meats, olives served with ciabatta bread, extra virgin olive oil & balsamic dip.

Olive Miste (v) 

3.50

Green olives seasoned to perfection.

Ciabatta Basket (v) 

4.50

Fresh ciabatta bread served with an extra virgin olive oil and balsamic dip.

Polpette

7.50

Fresh homemade meatballs (with parmigiano!) cooked and presented in our delicious Neapolitan sauce and served with garlic crostini.

Bruschette (v)

6.95

A trio of bruschette consisting of cherry tomato and red onion, garlic mushrooms, and oozing mozzarella.

Funghi All'Aglio (v)

6.50

Mushrooms pan-fried with garlic butter and a hint of chilli and served with garlic crostini.

Formaggio Croccante (v)

5.85

Breaded sticks of soft Halloumi-style cheese, deep fried and served with our rich, spicy salsa.

Calamari Fritti (v)

8.50

Delicately coated calamari deep fried and served with either Tartare sauce or our homemade Neapolitan sauce.



Pizza

Please request if you want a gluten-free base (gf) or vegan mozzarella. (ve)

La Mia Pizza (create your own) ♥ 14.50
Seasoned tomato sauce, grated mozzarella and a choice of 3 toppings. (King Prawns topping +£2.99)

Margherita (v) 10.95
The classic 'Margherita' pizza - seasoned tomato, grated mozzarella and topped with basil.

Pollo Rustico 14.95
Seasoned tomato sauce, grated mozzarella, diced chicken breast, sliced sweet peppers, red onion and fresh chilli.

La Napoletana 13.95
Seasoned tomato sauce, grated mozzarella, pepperoni, mushrooms, ham & peppers.

Hawaii Cinque Zero 11.95
Seasoned tomato sauce, grated mozzarella, pineapple chunks and diced ham.

Piccante 13.50
Seasoned tomato sauce, grated mozzarella, pepperoni and fresh chilli.

Bee Sting **BEST SELLER**  13.95
Seasoned tomato sauce, grated mozzarella, spicy Calabrian sausage, black olives, chilli flakes and drizzled with honey.

Vegetariana (v) 12.95
Seasoned tomato sauce, grated mozzarella, sweet peppers, red onion, black olives and mushrooms.

Boscaiola 14.95
Seasoned tomato sauce, grated mozzarella, premium Tuscan sausage, Parma ham, topped with fresh rocket and parmigiano shavings.

Toscana 14.50
Seasoned tomato sauce, grated mozzarella, premium Tuscan sausage, pepperoni and ham.

Il Calzone 14.50
Folded pizza filled with our seasoned tomato sauce, grated mozzarella, mushrooms, pepperoni & sweet peppers.

Extra toppings (+£2.00):
grated mozzarella, parmigiano shavings, diced chicken breast, Tuscan sausage, spicy Calabrian sausage, Parma ham, pepperoni, diced ham, black olives, sweet peppers, red onion, fresh rocket, mushrooms, pineapple, chilli, honey. (King Prawns £2.99)

Bada Bing (can be made v or ve) 29.95

Created with up topping from up to 4 of our pizzas

BADA BING It's not personal - it's made for sharing!
Our **HUGE 20"** pizza



Contorni (sides)

Pane All'Aglio (v/ve) 4.95
Our freshly made sourdough pizza base infused with extra virgin olive oil and garlic. (Add mozzarella/vegan mozzarella +50p)

Patate Fritte (v/ve/gf) 4.75
Delicately seasoned chunky chips

Patate Dolci (v/ve/gf) 4.95
Delicately seasoned sweet potato fries

Insalata Mista (v/ve/gf) ♥ 5.50
Fresh mixed salad leaf with cherry tomatoes, red onion, cucumber and dressed in extra virgin olive oil and balsamic vinegar.

Insalata Caprese (v) 5.95
Cherry tomato tossed with fresh mozzarella, red onion and basil, then dressed.

Pasta

Please request if you want gluten-free pasta. (gf)
Allow 15/20 minutes cooking time.

Lasagne Al Forno

14.95

Centuries-old classic. Pasta sheets layered with our homemade prime beef slow cooked ragu sauce, parmigiano and grated mozzarella.

Cannelloni (v)

12.50

Long pasta tubes filled with our fresh ricotta cheese, parmigiano and spinach mix, topped with our Neapolitan sauce then oven baked.

Spaghetti Alla Carbonara

13.95

Made the Roman way - NO CREAM! - Spaghetti tossed in our egg, parmigiano and black pepper mix, served with crispy pancetta.

Rigatoni Arrabiata (v/ve)

11.95

Rigatoni served with our homemade Neapolitan sauce, with mozzarella and topped with fresh chilli and basil.

Spaghetti Con Polpette

14.50

Spaghetti with our homemade prime beef meatballs (with parmigiano!) served in our classic Neapolitan sauce.

Spaghetti Con Gamberi (v)

15.95

Spaghetti with king prawns and white wine served in our home made Neapolitan sauce and a touch of chilli.

Spaghetti Alla Bolognese

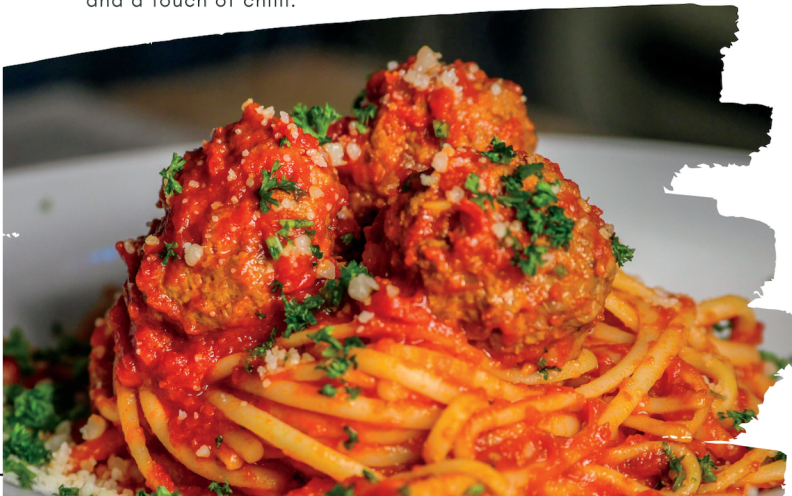
14.50

Spaghetti served in our homemade prime beef Ragu sauce.

Spaghetti Aglio Olio (v/ve) ♥

10.50

Spaghetti tossed with extra virgin olive oil, garlic, parsley and a touch of chilli.



“ We are NOT a fast food restaurant.
All our food is FRESHLY MADE....
It's worth the wait! ”



Secondi (main)

Bistecca Alla Casa (gf)

19.99

10oz prime rump steak topped with garlic butter, served with seasoned chunky chips and a dressed side salad.

Pollo Alla Milanese

16.50

Chicken escalope (breast of chicken coated in breadcrumbs) pan-fried and served with seasoned chunky chips and a dressed side salad.

Salmone (v)

17.50

Pan-fried salmon drizzled with our extra virgin olive oil, garlic, fresh basil dressing and topped with roasted cherry tomatoes and served with seasoned chunky chips and a dressed side salad.

Chicken Caesar Salad

14.95

Romaine Cos lettuce drizzled in our traditional Caesar dressing topped with chargrilled chicken breast, fresh parmigiano shavings and crispy croutons.

The Healthy way to eat **VEGETALIANO**



Food You Can Trust

Food hygiene ratings help you choose where to eat out or shop for food by telling you how seriously the business takes their food hygiene standards. The Pizza Parlour & Music Cafe are happy to say that we have been awarded the top grade of 5 for our restaurant.

Passionate About Pizza ♥

All our pizzas are made with our unique sourdough. Created with the leading Italian brand of flour and fermented for up to 72 hours. When it hits our 500° traditional wood-burning oven, the intense heat chars the base and shapes a crisp 'cornicione' (edge) locking in moisture giving a soft and easily digestible crust.

Vegetarian (v) / Vegan (ve)

Many of our dishes and pizzas are already vegetarian – just look for the 'v' against our dish titles.

Please request if you wish to have a vegan pizza. We use a premium quality **vegan mozzarella**. For other dishes, look for the 've' throughout our menu.

Allergens/ Gluten Free (gf)

Many of our pizzas along with some pasta dishes and desserts are gluten-free or can be made gluten-free. Look for the 'gf' throughout the menu.

Food prepared in our restaurant may contain various allergens. If you have a food allergy or special dietary requirement please inform our staff who can help you choose a safe and delicious dish to enjoy. Thank you.

Our Neapolitan Sauce

Our delicious handmade Neapolitan sauce is made with: carrot, celery, garlic, onion, basil & tomatoes.

Healthier Options ♥

The Pizza Parlour & Music Cafe is **Cambridgeshire's ONLY Italian restaurant awarded the Healthier Options accreditation !!**

The 'Healthier Options Award' aims to increase healthier food and drink choices when eating out in Cambridgeshire. Local takeaways and food outlets with a food hygiene rating of three or above are awarded for providing and promoting Healthier Options.

We use **rapeseed oil** as a **healthier alternative** to normal cooking oils due to its omega-3 to omega-6 ratio of 1:2.



The Pizza Parlour & Music Cafe, 5 Cowgate, Peterborough. PE1 1LR
01733 902233 | contactus@pizzaparlourpb.co.uk | www.thepizzaparlourpeterborough.co.uk



Dolci

Sorpresa Alla Nutella (v)

8.50

A truly wonderful calzone sourdough pizza, filled with Italy's all time favourite 'Nutella' spread and topped with 2 scoops of your gelato choice, then drizzled with chocolate sauce.

Big enough to share

Tiramisu (v)

6.50

A light coffee and brandy soaked sponge base layered with a zabaglione flavoured mousse.

Torta Al Cioccolato E Arancia (v/gf)

6.50

A rich, moist chocolate cake flavoured with orange and topped with a scoop of your gelato choice.

Vanilla Cheesecake (v)

6.50

A thick creamy cheese vanilla bake on a light biscuit base with summer fruits and served with a scoop of your gelato choice.

Gelato (v) or Sorbet (v/vf/gf)

5.65

2 scoops of lemon sorbet or luxury Italian ice cream (flavours strawberry, chocolate or vanilla).

Chocolate Brownie (v)

6.25

Our rich and fudgy chocolate cake baked to perfection and served with either a scoop of vanilla, chocolate or strawberry gelato.



Hot Drinks

Coffee Liqueurs

6.25

Irish, Amaretto, Tia Maria, Baileys or Brandy.

Cappuccino

3.50

Americano

2.95

Espresso

1.95

Double Espresso

2.45

Flat White

3.25

Latte

3.50

Moccha

3.25

Hot Chocolate

3.50

English Breakfast Tea

2.85

Add a syrup shot to your hot coffee for 80p
- Vanilla, Amaretto or Caramel

Hot Drink & Dessert Special

9.25

Your choice of a hot drink and dessert.
(excludes coffee liqueurs & sorpresa alla nutella.)



Treat Yourself

Ask for our Cocktail Menu