



PRIFYSGOL CYMRU

**Y Drindod Dewi Sant**

UNIVERSITY OF WALES

**Trinity Saint David**

# Menu Engineering

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# LA DOLCE VITA

## *La Dolce Vita* **MENU**

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Since 2022

A top-down view of a dining table set for a meal. Three white plates of spaghetti are arranged on a white tablecloth. Each plate is topped with a poached egg, green herbs, and small pieces of red meat. Two glasses of red wine are placed on the table, one near the top right and one near the bottom left. A silver fork lies horizontally at the bottom of the frame. A small, wrapped object, possibly a cork or a small gift, is visible on the left side. The overall atmosphere is clean and minimalist.

## OUR STORY



Many of the dishes on our menu are inspired by Italian culture and traditions.

We work hard to find the very best ingredients for all of our dishes. Everything is meticulously sourced from producers – both in Italy and around the world – who take enormous pride in what they do. We train our staff to have a thorough knowledge of all the dishes we serve, too. We teach them the origin of each dish, how the dishes have been created and cooked, and the personalities and stories behind them all.





## STARTERS

### Beef Carpaccio

Finely sliced beef fillet, Venetian mustard dressing, rocket & Parmesan

### Roasted Heritage Carrot & Avocado Salad

Spiced honey-roasted carrots, Minas cheese, avocado, seasonal greens, toasted seeds & sauce orange

### Courgette Carpaccio

Thin slices of courgette served with mint & basil olive oil

### Tomato & Ricotta Bruschetta

Slow-roasted cherry tomatoes, ricotta, basil & extra virgin olive oil

### Mixed Green



With olive oil & lemon

# MAIN COURSE



## Italian Steak

Grilled al mattone, served with salsa rosso

## Chicken Breast Paillard

Grilled al mattone, served with salsa rosso

## Chicken Milanese

Deep-fried chicken breast, served with a lime wedge

## Fish of the Day

Always a sourced market fish

## Rump Steak

Grilled al mattone, served with salsa verde

# SIDES

GREEN LENTILS SALAD WITH VEGETABLES, AROMATIZED WITH BLACK TRUFFLES

GREEN SALAD WITH LEMON DRESSING

GRILLED VEGETABLES



# DESSERTS

HOMEMADE BROWNIE

Freshly baked warm fudgy brownie with salted caramel ice cream & caramelized amaretti popcorn

TANGY PINEAPPLE & FROZEN YOGHURT

Pineapple macerated in lime, chili & mint, served with natural frozen yogurt & filo crisps with sesame seeds

WOBBLY PANNA COTTA

Vanilla panna cotta with a berry compote



ICE CREAM/SORBET

One scoop (ask for today's selection)



Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, peanuts and nuts. Please specify before ordering if you have any allergens



# DRINKS

## NEGRONI

Bombay Sapphire, Martini Riserva Rubino, Martini Riserva Bitter garnished with a twist of orange peel in a whiskey glass.

## LA BELLE EPOQUE

Remy Martin VSOP, fresh strawberries, mint leaves, sugar syrup, lime juice and topped up with Laurent Perrier La Cuvée champagne.

## HUGO

St-Germain Elderflower Liqueur, fresh mint leaves, lime juice, topped up with Martini Prosecco and served in a wine glass

## LIMONCELLO

## WATER

## ORANG JUICE

## COKE

## NECTAR

## NON- ALCOHOLIC DRINKS

### VIRGIN MOJITO





For reservations

**[www.ladolcevita.com](http://www.ladolcevita.com)**

[Dinner@ladolcevita.com](mailto:Dinner@ladolcevita.com)

Phone number: +123 456 789





Your menu is a key ingredient in the success of your restaurant. It is vital that it tempts passers-by through your doors, and encourages diners to spend, spend, spend. (Mark, 2023)

La Dolce Vita creates a unique experience for each individual. From family, friends to life partners, including solo diners. Our audience consists of people who want to try and enjoy Italian food that will make them live the Italian tradition and culture without compromising the quality of the food.

Our menu was made in such a way as to fulfill the wishes of each person.

We understand how important it is to include in the menu products that meet the allergen requirements for customers who are lactose intolerant, gluten intolerant, nuts as well as vegetarian customers. We believe that everyone should have the option to try Italian food without restrictions, for this reason we have introduced products that do not contain lactose, gluten and nuts, but also options for vegetarians.



The goal is to keep it simple and memorable.  
(Radkey, 2020)

Our starters reflect the simplicity and freshness of Italian cuisine with the classics such as Ricotta Bruschetta and Courgette Carpaccio. For those looking for a vegetarian, gluten-free and lactose-free option, we have introduced Mixed Green.

In MAINS, we have carefully selected the most loved and traditional Italian dishes that define Italian culture with every bite. Chicken Breast Paillard for those who love a crispy bite of chicken as well as Fish of the day which is sourced and fresh from the local Italian sea.

From Sides, we have a wide variety for gluten-free, vegetarian and dairy-free and, especially for anyone who wants a flavored salad.



A restaurant's menu is its biggest magnet.  
(Bentobox, 2021)

We offer two Italian classics for dessert - Homemade Brownies and Panna Cotta. These indulgent treats have  
made with love and precision, capturing the essence of Italy. And for  
those who crave a refreshing finale, our Gelato selection, available in various flavors, will  
transport  
you to the bustling streets of Italy

For an unforgettable experience, our menu includes a selection of alcoholic and non-alcoholic drinks. From excellent cold Limoncello for everyone's taste to a Virgin Mojito for those who want to try the taste of mojito without alcohol.

Come and embrace the sweetness of life with us at La Dolce Vita, where good food and good company intertwine to create unforgettable memories.

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Thank you

