

Italian Restaurant

Gias

Menu

Pizza & Pasta

01582 883042

Antipasti

Ciabatta	£3.25
Olive alla Siciliana (<i>Olives marinated in garlic and olive oil</i>)	£3.55
Bruschetta (<i>Homemade bread topped with fresh tomato, garlic, olive oil and basil</i>)	£3.65
Bruschetta al Tonno (<i>Tuna, celery, spring onion and mayo</i>)	£4.55
Ciabatta al' Antonio (<i>Home made ciabatta bread with mozzarella, black olives, sundried tomatoes and oregano</i>)	£4.25
Bruschetta al Gio (<i>Spinach, garlic and Caprino cheese</i>)	£4.95
Soup of the day	£4.50
Polpette alla Sicialiana (<i>Sicilian meatballs</i>)	£4.95
Funghi al Forno (<i>Portobello mushrooms topped with thyme, parmesan, olive oil and bacon</i>)	£4.95
Insalata di Mare (<i>Mixed seafood salad served on a bed of lettuce and lemon</i>)	£4.95
Coppa di Gamberetti (<i>Prawn Cocktail</i>)	£5.25
Asparagi Tricolore (<i>Baked fresh aparagus with tomato and bechemal sauce</i>)	£4.95
Involtini di Melanzane (<i>Aubergine wraps filled with tomato, mozzarella, parmesan and basil</i>)	£5.95
Prosciutto Melone (<i>Parma Ham and melon</i>)	£5.95
Calamari Fritti (<i>Deep fried squid</i>)	£6.50
Cozze Marinara (<i>Mussels cooked with garlic, chilli, and a light tomato sauce or garlic butter with a hint of chilli and white wine sauce</i>)	£5.95
Gamberoni Provincial (<i>King prawns cooked in garlic, white wine, tomato sauce and fresh herbs</i>)	£6.75
Gamberoni al' Aglio (<i>King prawns cooked in garlic, white wine and lemon sauce</i>)	£6.50
Antipasto Mediterraneo (<i>Salami Milano, mortadella, Parma ham, olives, shaved parmesan and cherry tomatoes - enough for 2</i>)	£10.95

Focaccia Al Forno

Garlic Bread	£3.65
Tomato Bread	£3.95
Cheese Bread	£3.95
Garlic Pizza Bread	£4.55
Tomato Pizza Bread	£4.95
Cheese and Oregano Pizza Bread	£5.45

Insalate

Insalata Verde (<i>Green salad</i>)	£3.95
Insalata Mista (<i>Mixed salad</i>)	£4.50
Insalata Capresse (<i>Tomato, mozzarella and basil</i>)	£4.95
Insalata Tricolore (<i>Avocado, mozzarella, tomato and basil</i>)	£5.25
Insalata di Tonno (<i>Tuna chunks, lettuce, tomato, cucumber, red onion, carrots, olives, extra virgin olive oil and lemon dressing</i>)	£4.95
Insalata Mediterranea (<i>Sundried tomato, brie, red onions, lettuce, black olives and balsamic vinegar</i>)	£5.95
Gios Insalata Speciale (<i>Flame grilled whole chicken breast cut into strips with bacon, parmesan shavings on a bed of salad topped with croutons</i>)	£7.95

Menu per Bambini

For children up to the age of 10 select any of the following items to make the meal of your choice (includes a soft drink). Available 5pm - 7pm daily.

Antipasti - *Melon - Garlic Bread - Prawn Cocktail*

Secondi - *Any child's portion of pizza or pasta*

Dolci - *Ice Cream*

Two courses	£7.50
Three courses	£8.50

Pasta

Spaghetti, Penne, Tagliatelle or Farfalle (add any of the following sauces)

Napoli (<i>Tomato and basil sauce</i>)	£7.50
Bolognese (<i>Traditional meat sauce</i>)	£8.50
Arrabbiata (<i>Tomato and basil sauce with fresh chillies (hot)</i>)	£7.95
Amatriciana (<i>Tomato sauce with onions, bacon and garlic</i>)	£8.50
Gorgonzola (<i>Gorgonzola cheese, parmesan, spinach and cream</i>)	£8.95
Pesto (<i>Roasted peppers and mushrooms in a pesto and cream sauce</i>)	£8.50
Siciliana (<i>Tomato sauce with anchovy, aubergine, mozzarella cheese and fresh basil</i>)	£8.95
Carbonara (<i>Bacon, egg, fresh parmesan, nutmeg, black pepper and cream</i>)	£9.50
Frutti di Mare (<i>Fresh seafood with a choice of tomato or white wine sauce</i>)	£10.50
Mare e Monti (<i>Prawns and zucchini in a tomato and chilli rose sauce</i>)	£10.50
Salmone e Broccoli (<i>Salmon chunks cooked with broccoli with a choice of light tomato or cream sauce</i>)	£9.75
Pasta al Gio (<i>Bacon, chicken and mushrooms cooked in a white wine and cream sauce</i>)	£9.75

Pasta al Forno

Penne al Forno (<i>Penne pasta with mushrooms, tomato and bechamel sauce topped with mozzarella cheese</i>)	£9.50
Parmigiana (<i>Aubergines cooked with parmesan, mozzarella and tomato sauce</i>)	£9.50
Lasagne (<i>Layers of lasagne with a bolognese and bechamel sauce</i>)	£9.50
Canelloni (<i>Pasta tubes filled with spinach, ricotta, mascarpone cheese, topped with bechamel sauce and mozzarella</i>)	£9.50
Penne alla Callabrese (<i>Penne, with courgettes, peperoni sausage, chicken strips, bolognese and bechamel sauce topped with mozzarella cheese</i>)	£9.50

Pizza

All our pizzas are made with fresh dough and baked in our real pizza oven

Margherita (<i>Mozzarella cheese and tomato</i>)	£6.95
Funghi (<i>Mozzarella cheese, tomato and mushrooms</i>)	£7.50
Prosciutto (<i>Mozzarella cheese, tomato and ham</i>)	£7.50
Milanese (<i>Mozzarella cheese, tomato and Salami Milano</i>)	£7.50
Piccante (<i>Mozzarella cheese, tomato, pepperoni sausage and fresh chillies - hot</i>)	£8.75
Napoli (<i>Mozzarella cheese, tomato, anchovies, capers, olives and garlic</i>)	£8.75
Fiorentina (<i>Mozzarella cheese, tomato, spinach, egg, fresh garlic and cherry tomatoes</i>)	£8.90
Marinara (<i>Mozzarella cheese, tomato, tuna, anchovies, garlic, onion and olives</i>)	£8.90
Vegetarian (<i>Mozzarella cheese, onions, mushrooms, mixed peppers and artichokes</i>)	£8.90
Quattro Gusti (<i>Mozzarella cheese, tomato, ham, mushrooms, artichoke and olives</i>)	£8.90
Siciliana (<i>Mozzarella cheese, tomato, artichoke, fresh basil, sundried tomatoes garlic and olives</i>)	£8.90
Prosciutto Funghi (<i>Mozzarella cheese, tomato, ham and mushrooms</i>)	£8.90
Pollo (<i>Mozzarella cheese, tomato, chicken strips, bacon and basil</i>)	£9.25
Rucola (<i>Mozzarella cheese, tomato, Parma ham, cherry tomato, parmesan shavings and rocket</i>)	£9.95
Calzone (<i>Folded pizza with mozzarella cheese, tomato, ham and mushrooms</i>)	£9.75
Calzone al Gio (<i>Folded pizza with Mozzarella cheese, tomato, Parma ham, parmesan shavings and wild rocket</i>)	£10.75
Del Pizzaiola (<i>Mozzarella cheese, tomato sauce, peperoni sausage, onions and sweet corn</i>)	£9.50
Hawaiian (<i>Mozzarella cheese, tomato sauce, ham and pineapple</i>)	£7.75
Quattro Formaggi (<i>Tomato sauce, mozzarella cheese, parmesan, gorgonzola and brie</i>)	£8.50

Piatti Speciali

Risotto di Pollo (<i>Chicken strips, mushrooms, garlic and onions in a white wine and butter sauce</i>)	£9.50
Risotto Frutti di Mare (<i>Mixed seafood with garlic, parsley and a choice of white wine or tomato sauce</i>)	£9.50
Risotto Porcini (<i>Mixed wild mushrooms sauted with garlic, white wine and a touch of cream, topped with parmesan cheese</i>)	£9.50
Pollo Diavolo (<i>Chicken breast with mixed peppers, black olives, onions, a touch of chilli and tomato sauce</i>)	£12.50
Pollo Asparagi (<i>Chicken breast with asparagus, white wine, garlic and cream sauce</i>)	£12.50
Pollo alla Pepperonata (<i>Chicken breast with peppers, onions and tomato sauce</i>)	£12.50
Pollo alla Crema (<i>Chicken breast with white wine, mushrooms, garlic and cream sauce</i>)	£12.50
Salmone alla Gio (<i>Pan fried salmon steak cooked in butter, white wine and lemon juice</i>)	£14.50
Salmone dello Chef (<i>Salmon fillet cooked with mushrooms, prawns in a lobster sauce and flambayed in brandy</i>)	£14.50
Bistecca alla Griglia (<i>Grilled sirloin steak</i>)	£16.50

(Add your choice of sauce:- red wine and mushroom, gorgonzola, peppercorn, or Diane - additional £2.50)

All the chicken, steak and fish dishes are served with seasonal vegetables, and a choice of saute potatoes, fries or a side salad.

Dolce

Profiteroles	£4.25
Tiramisu	£4.25
Torta della Nonna	£4.25
Frutti di Bosco	£4.25
Ice Cream	£4.25

Drinks Menu

Vini Rossi

House	£12.50
<i>Our House red. A clear and smooth ruby red wine</i>	
Valpolicella	£14.95
<i>A pleasant full bodied red wine</i>	
Shiraz Sicilia	£14.95
<i>A full bodied red with plum and blackberry flavours and a hint of oak</i>	
Chianti	£16.95
<i>A fresh full bodied wine with fruity texture</i>	
Montepulciano d'Abruzzo	£16.95
<i>A rich full bodied wine with excellent depth</i>	
Cabernet Sauvignon	£16.95
<i>A deep ruby red wine with full fruit and oaked flavours</i>	
Chianti Riserva	£23.95
<i>Intense ruby red colour with a dry lightly tannic flavour, full bodied with scents of ripe fruit</i>	
Barolo Villadorio	£32.95
<i>Dry, full, robust, austere, velvety and harmonious taste with an intense bouquet of roses and violets</i>	

Vini Rose

House Rose	£12.50
Bardolino Chiaretto	£19.95
<i>A light and delicate soft salmon pink wine</i>	
Pino Grigio Rose	£17.95
<i>A wonderfully refreshing fruity rose wine</i>	

Wine by the glass

House red	£3.95
House white	£3.95
House Rose	£3.95

Beer

Peroni	£3.25
Becks	£3.25
Budvar	£3.25

Spirits

Single (35ml)	£2.75
Premium single (35 ml)	£3.75

Vini Bianchi

House	£12.50
<i>Our House white. A clear straw coloured medium dry white wine</i>	
Orvieto Classico	£15.75
<i>Clean, crisp well balanced with a fresh medium dry flavour</i>	
Frascati	£16.95
<i>A very crisp and mellow textured dry white wine</i>	
Semillion Chardonnay	£15.95
<i>Golden colour with lots of fruit on the nose</i>	
Pino Grigio	£17.95
<i>A strong aromatic fragrant and intensely fruity wine</i>	
Gavi di Gavi	£19.95
<i>A freshly refined, clean aromatic and zesty wine</i>	

Champagne

House Champagne	£25.50
<i>A very fine crisp style with even persistent sparkle</i>	
Moet & Chandon	£36.50
<i>The finest Champagne, soft and extremely elegant</i>	

Soft Drinks

Coca Cola	£1.95
Diet Coca Cola	£1.95
Lemonade	£1.95
Orange Juice	£2.00
Apple Juice	£2.00
Mixers	£1.50
Aqua Minerale (Still half bottle)	£2.95
Aqua Minerale (Sparkling half bottle)	£2.95
Aqua Minerale (Still bottle)	£4.25
Aqua Minerale (Sparkling bottle)	£4.25

Coffee & Hot Drinks

Americano	£1.95
Caffe Latte	£2.25
Cappuccino	£2.25
Espresso	£1.60
Mocha	£2.50
Hot Chocolate	£2.50
English Tea	£1.95

Gios

Award winning restaurant

Overall winner of Herts, Beds and Bucks

For Categories:

Best authentic Pizza & Pasta Customer Services Award

In the true spirit of the Mediterranean we do not
include a service charge.

Gratuities are entirely at your discretion and are shared
between the staff.

All prices include VAT.

All major credit and debit cards are accepted.



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