

*La*  
**Trattoria**  
*Cafe • Ristorante • Pizzeria*

*La Trattoria*  
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 **@trattoriabowness**



## Stuzzichini (appetisers)

### Pane Della Casa £2.50

Home made Italian bread served with aged Balsamic vinegar and first pressed olive oil.

### Olive Marinare £3.95

A bowl of marinated Sicilian olives.

### Crostini all' Italiana £5.25

Toasted bread with garlic, fresh baby plum tomatoes, oregano and extra virgin olive oil.

### Capperi £3.95

Bowl of caper berries and sun-blushed tomatoes.

### Panzerotti £5.95

Four petite fried calzone filled with tomato & mozzarella.

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## Garlic Pizza

### Garlic Pizza £3.95

### Garlic Pizza Cheese £4.95

### Garlic Pizza Tomato And Chilli £4.50

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## Antipasti (first course)

### Zuppa £4.95

Homemade soup of the day with freshly made Italian bread.

### Cestini Di Sfoglia Con Formaggio di Capra £6.95

Goat cheese tartlet served, tomato, wild rocket red onion marmalade and balsamic reduction.

### Bruschetta £5.95

Homemade Italian bread topped with garlic, spicy Sicilian caponata, sun blushed tomatoes, smoked mozzarella toasted in the pizza oven and finished with rocket leaves.

### Pate Della Casa £6.95

Smooth homemade chicken and duck liver pate served with chefs red onion and balsamic chutney and toasted homemade Italian bread.

### Palotte Cacio e 'Ov £5.95

Fried bread and cheese balls served in a simple basil and tomato sauce.

### Antipasto Vegetariano £6.95

Roasted Mediterranean vegetables, olives, caper berries, sun blushed tomatoes, caponata, marinated button mushrooms, warmed asparagus and rocket.

### Affetati Misti £8.95

Mixed platter of freshly sliced Parma ham, Bresaola, and salami Milano, served with buffalo mozzarella, sun blushed tomatoes, rocket and Grana Padano cheese.

### Cozze al Pomodoro £6.95 (subject to availability)

Steamed Welsh Meni mussels in garlic, white wine and tomato sauce with a little chilli and homemade Italian bread.

### Parmigiana di Melanzane £5.95

Sicilian classic layers of baked aubergine, tomato sauce, mozzarella and parmesan cheese.

### Capesante, Pancetta e Parmigiano £8.95

Pan fried scallops, served with crispy pancetta, in a parmesan cheese basket finished with micro herbs.

## Pasta

Available in Starter/Main Portions

### Tagliatelle al Sugo £6.95/£10.95

Home made meat balls in a meat sauce with egg tagliatelle.

### Spaghetti alla Carbonara £6.95/£10.95

Pancetta, cream, egg and Grana Padano cheese sauce.

### Penne all' Arrabiata £5.95/£9.95

Penne pasta with hot and spicy tomato sauce.

### Lasagne al Forno £7.50/£11.95

Trattoria's classic lasagna recipe.

### Penne San Giovanni con Tonno £5.95/£9.95

Penne pasta with tuna, onions, capers, olives, white wine and tomato sauce.

### Farfalle al Salmone e Vodka £7.50/£11.95

Butterfly shaped pasta with Scottish smoked salmon, asparagus in a light vodka and cream sauce.

### Spaghetti alla Cozze £6.95/£10.95

Spaghetti with fresh Welsh mussels, garlic, white wine, lemon juice and rich tomato sauce with a touch of chilli.

### Tagliatelle al Ragù £5.95/£9.95

Tagliatelle with our own rich mince meat and tomato sauce.

### Farfalle alla Boscaiola con Porcini £6.95/£10.95

Butterfly shaped pasta with mixed wild mushroom, porcini mushrooms, black olives in a cream sauce finished with cherry tomatoes and thyme.

### Spaghetti Aglio Olio e Peperoncino £5.95/£9.95

Spaghetti simply tossed in extra virgin olive oil garlic and fresh chilli.

### Farfalle alla Panna e Pollo £5.95/£9.95

Butterfly shaped pasta with cream, garden peas and chicken tossed in parmesan cheese.

### Cannelloni Ricotta e Spinaci £7.50/£11.95

Pasta tubes filled with fresh spinach and ricotta cheese, cooked in tomato and béchamel sauce.

### Fettuccine ai Frutti di Mare £7.95/£12.95

Fresh long pasta cooked in white wine, garlic, and mixed seafood finished with fresh chilli.

### Gnocchi al Pesto £5.95/£9.95

Potato gnocchi with Home-made pesto and cream.

### Gnocchi Gorgonzola e Noci £6.95/£10.95

Potato gnocchi served with creamy gorgonzola cheese and walnut sauce.

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## Risotti (risotto)

Available in Starter/Main Portions

### Risotto ai Frutti di Mare £7.95/£12.95

Risotto with fresh clams, mussels and king prawn tails.

### Risotto Primavera £5.95/£9.95

Risotto with spring vegetables and Grana Padano cheese.

### Risotto ai Formaggi £6.95/£10.95

Light and creamy risotto, finished with dolcelatte and smoked mozzarella.

### Risotto ai Funghi Selvatici £5.95/£10.50

Risotto with mixed wild mushroom.

## Secondi di Pesce (fish)

All our fish is fresh and sourced through a local supplier daily, please check with a member of staff for availability and any substitutions.

### Gamberoni Arrosto £16.95

Grilled large whole head on tiger prawns served with crisp mixed salad and a lemon wedge.

### Filetto di Branzino £16.95

Pan fried sea bass fillet on a bed of creamy mash potatoes with clams and cherry tomatoes and garlic sauce.

### Trio di Mare £18.95

Grilled whole tiger prawns, hand dived Oban seared scallops and steamed Welsh mussels cooked with olive oil, fresh lemon juice, white wine and topped with wild rocket leaf salad.

### Zuppetta di Pesce e Crostacei £18.95

Mixed selection of shellfish and fish cooked with white wine, garlic fresh chilly extra virgin olive oil with a touch of tomato sauce.

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## Secondi di Carne (Meat)

### Tagliata di Manzo £18.95

Sliced 8 oz. of beef served on a bed of wild rocket with a porcini mushrooms sauce, finished with Grana Padano cheese shavings and basil oil.

### Bistecca £18.95

Char-grilled local 8oz Sirloin steak served with grilled Mediterranean vegetables and roast potatoes with rosemary.

Choice of steak sauces

- pink pepper corn, cognac and cream. £2.95 

- mushroom, onion brandy and cream. £2.95 

- pizzaiola, garlic, olive, capers and tomato. £2.50 

### Pollo ai Funghi £14.95

Pan fried butterflied chicken breast cooked in a wild mushroom and cream sauce served with roast garden vegetables and creamed potatoes.

### Pollo alla Valdostana £14.95

Pan fried butterflied chicken breast, cooked in herbs butter topped with ham and cheese, served with rosemary roast potatoes.

### Filetto di Maiale al Brandy £14.95

Pork fillet wrapped in pancetta with apple and sage brandy sauce, with mash potatoes and crispy mange tout.

### Vitello al Marsala £16.95

Escalope of veal in marsala sauce with sautéed wild mushrooms and tarragon served on creamy mash potatoes and tender asparagus.

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## Secondi di Verdure (Vegetarian)

### Parmigiana di Melanzane £9.95

Sicilian classic layers of baked aubergine, tomato sauce, mozzarella and parmesan cheese.

### Verdure con Pure £9.95

Char-grilled Mediterranean vegetables, sun-blushed tomatoes and garlic scented mash.

### Involtini di Verza £10.95

Steamed Savoy cabbage parcels, filled with rice, peppers carrots, onions and potatoes rested on a bed of light tomato sauce.

## Pizza

Our pizza dough is home made daily and gives a traditional thin and crisp pizza.

### Margherita £8.50

Tomato, mozzarella and fresh basil.

### Del Pescatore £9.95

Tomato, mozzarella, tuna, mussels, prawns, olives and capers.

### Conversano £9.95

Tomato, mozzarella, spicy sausage and dolcelatte.

### Milanese £9.95

Tomato, mozzarella and salame Milano.

### Funghi £8.95

Tomato, mozzarella, mushrooms and olives

### Castelana £9.95

Tomato, mozzarella, dolcelate cheese, artichoke

### Quattro Mori £10.50

Tomato, mozzarella, aubergine, spinach and smoked mozzarella.

### Quattro Formaggi £10.95

Tomato, mozzarella, Taleggio (d.o.p.), Dolcelate, Scamorza affumicata.

### Pizza con Pollo £9.95

Tomato, mozzarella, chicken, spicy sausage and pancetta.

### Quattro Stagioni £11.50

Tomato, mozzarella, ham, mushrooms, olives and artichokes.

### Diavola £9.95

Tomato, mozzarella and spicy Italian sausage.

### Contadina £9.50

Tomato, mozzarella, artichokes, roasted peppers, aubergines and courgettes

### Napoli £9.95

Tomato, mozzarella, olives, capers and anchovies

### Classical pizza Caprese £11.95

(toppings are put on fresh after the base has been cooked) Plain pizza base topped with fresh buffalo mozzarella, fresh cherry tomatoes, rocket and Parma ham.

### Cipolle e Tonno £9.95

Tomato, mozzarella, sliced onions and tuna.

### Prosciutto e Funghi £10.95

Tomato, mozzarella, ham and mushrooms.

### Calabrese £10.95

Tomato, mozzarella, Jalapeno peppers, spicy salami.

### Hawaiian £9.95

Tomato, mozzarella, ham and pineapple.

### Calzone £11.95

Folded Pizza with tomato, mozzarella, ham, pepperoni, mushrooms, onion.

### Extra Toppings

Meat/Fish £2.00 Other £1.00 Buffalo Mozzarella £2.50

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## Contorni (side dishes)

Tomato and basil salad £3.95  

Tomato and onion salad £3.95  

Rocket and Parmesan salad £4.50  

Side salad £3.95  

Chips £3.50  

Pan fried spinach with Parmesan £3.95  

Mixed market vegetables £3.95  

Char-grilled Mediterranean vegetables £3.95  

# Insalata

## Caprese £6.25

Classical caprese salad, simply light and delicious vine tomatoes, buffalo mozzarella and fresh basil.

## Insalata Trattoria £8.95

Mixed leafs, pancetta, buffalo mozzarella, tomato, chicken, olives and capers.

## Insalata di Gamberi £8.95

Mixed salad leafs, North Atlantic prawns, avocado and crutons served with homemade lemon vinaigrette.

## Tuna Nicoise £8.50

Tuna salad with red onions, new potatoes, boiled free range eggs, fine beans, olives and anchovies.

## Lunchtime Special

(available 12pm-3pm)

### 1 Course £7.50

#### Toasted Panini

(served with mixed salad garnish and chips)

#### Smoked Caprese Panini

Smoked mozzarella, vine tomatoes, and basil leafs.

#### Prosciutto Crudo Panini

Green salad leafs, parma ham, avocado and dolcelatte blue cheese.

#### Panino Vegetariano

Grilled aubergine & courgette, mint, garlic drizzled with vinaigrette.

#### Panino al Pollo

Grilled chicken breast, homemade balsamic red onion jam and pesto.

### Insalata

#### Insalata Trattoria

Mixed leafs, pancetta, buffalo mozzarella, tomato, chicken, olives and capers.

#### Tuna Nicoise

Tuna salad with red onions, new potatoes, boiled free range eggs, fine beans, olives and anchovies.

### Pizza

#### Margherita Pizza

Tomato, mozzarella and fresh basil.

#### Funghi Pizza

Tomato, mozzarella, mushrooms and olives

#### Diavola Pizza

Tomato, mozzarella and spicy Italian sausage.

#### Napoli Pizza

Tomato, mozzarella, olives, capers and anchovies

### Pasta

#### Tagliatelle al Sugo

Home made meat balls in a meat sauce with egg tagliatelle.

#### Penne al Arrabiata

Penne pasta with hot and spicy tomato sauce.

#### Lasagne al Forno

Trattoria's classic lasagna recipe.

#### Penne San Giovanni con Tonno

Penne pasta with tuna, onions, capers, olives, white wine and tomato sauce.

## Early Evening Menu

(available until 6pm)

### 2 Courses £12.95

#### Zuppa

Homemade soup of the day with freshly made Italian bread.

#### Polpette Cacio e 'ov

Fried bread and cheese balls served in a simple basil and tomato sauce.

#### Bruschetta

Homemade Italian bread topped with garlic, spicy Sicilian caponata, sun blushed tomatoes, smoked mozzarella toasted in the pizza oven and finished with rocket leaf.

#### Margherita Pizza

Tomato, mozzarella and fresh basil.

#### Funghi Pizza

Tomato, mozzarella, mushrooms and olives

#### Quattro Mori Pizza

Tomato, mozzarella, aubergine, spinach and smoked mozzarella.

#### Diavola Pizza

Tomato, mozzarella and spicy Italian sausage.

#### Napoli Pizza

Tomato, mozzarella, olives, capers and anchovies

#### Tagliatelle al Sugo

Home made meat balls in a meat sauce with egg tagliatelle.

#### Spaghetti alla carbonara

Pancetta, cream, egg and Grana Padano cheese sauce.

#### Penne al Arrabiata

Penne pasta with hot and spicy tomato sauce.

#### Lasagne al Forno

Trattoria's classic lasagna recipe.

#### Spaghetti Aglio Olio e Pepperoncino

Spaghetti simply tossed in extra virgin olive oil garlic and fresh chilli.

#### Gnocchi al Pesto

Potato gnocchi with Home-made pesto and cream.

#### Risotto primavera

Risotto with spring vegetables and Grana Padano cheese.

Please inform waiting staff of any food allergies.

Gluten free Pizza, Pasta available.  
£1.00 surcharge on dishes.

Unlike many restaurants in the area we do Not charge 10% for parties of 6 or more.