

La Trattoria
Cafe • Ristorante • Pizzeria

La Trattoria
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 [@trattoriabowness](https://www.facebook.com/trattoriabowness)



Stuzzichini (appetisers)

Pane Della Casa £2.50

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

Olive Marinate £3.95

A bowl of marinated Sicilian olives.

Bianchetti £5.95

Deep fried whitebait, served with lemon mayonnaise.

Garlic Pizza

Garlic Pizza £3.95

Garlic Pizza with Cheese £4.95

Garlic Pizza with Tomato And Chilli £4.50

Antipasti (first course)

Minestrone £5.50

Homemade Italian vegetable soup with freshly made Italian bread.

Bruschetta Amalfi £6.50

Homemade Italian bread topped with chopped tomato, basil pesto, red onion and fresh rocket.

Peperonata £6.95

A rich stew of mixed peppers, garlic, onion, tomato and olives. Served with crusty bread and topped with smoked cheese.

Pate Della Casa £6.95

Smooth homemade chicken liver pate served with chefs red onion marmalade and toasted homemade Italian bread.

Bruschetta di Capra £6.95

Homemade Italian bread topped with goats cheese and caramelised onion.

Cozze al Pepe £8.95 (subject to availability)

Fresh steamed mussels in garlic, white wine and lemon sauce with a little pepper and homemade Italian bread.

Gamberoni all'aglio £8.95

Pan fried tiger prawns in their shells in a garlic and lemon butter sauce.

Alette Di Pollo £7.95

Oven baked cracker chicken wings served with a spicy tomato sauce.

Sharing Boards (Minimum 2 Persons)

Antipasto Vegetariano £6.95 (per person)

Roasted Mediterranean vegetables, olives, sun blushed tomatoes, peperonata, marinated artichoke, grilled asparagus and rocket.

Affetatti Misti £8.95 (per person)

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

Pasta

Available in Starter/Main Portion

Tagliatelle al Sugo £7.50/£11.95

Home made meat balls in a tomato sauce.

Spaghetti alla Carbonara £7.50/£11.95

Bacon, cream, egg and Grana Padano cheese sauce.

Penne all' Arrabbiata £5.95/£9.95

Penne pasta with hot and spicy tomato sauce.

Lasagna al Forno £7.50/£11.95

Trattoria's classic lasagna recipe.

Penne al Salmone e Prosecco £7.95/£12.95

Penne pasta with Scottish smoked salmon, asparagus in a light prosecco and cream sauce.

Tagliatelle al Ragù £7.50/£11.95

Tagliatelle with our own rich mince meat and tomato sauce.

Tagliatelle alla Boscaiola £6.95/£10.95

Wild mushroom, olives and garden peas in a parmesan cheese sauce.

Spaghetti Aglio Olio Peperoncino £5.95/£9.95

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

Penne Tonno £6.95/£10.95

Penne with tuna, onion, capers and olives in a white wine and tomato sauce.

Spaghetti ai Frutti di Mare £7.95/£12.95

Spaghetti cooked in white wine, garlic and mixed seafood finished with fresh herbs.

Gnocchi

Gnocchi al Pesto £5.95/£9.95

Potato gnocchi with home-made pesto and cream. Topped with sun blushed tomato.

Gnocchi alla Sorrentina £6.95/£10.95

Baked potato gnocchi in fresh tomato sauce topped with mozzarella, parmesan and fresh basil.

Risotti

Risotto ai Frutti di Mare £7.95/£12.95

Risotto with fresh clams, mussels and tiger prawn tails.

Risotto ai Formaggi £6.95/£10.95

Light and creamy risotto finished with stilton, smoked cheese, parmesan and toasted pinenuts.

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

Fries £3.50

Mashed Potato £3.50

Mixed seasonal vegetables £3.95

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.

Merluzzo ai Peperoni £16.95

Line caught hake supreme baked with peperonata, slow cooked onions, peppers, tomato and olives on creamy mashed potato.

Orata all' acqua pazza £16.95

Baked fillet of sea bream cooked in white wine with cherry tomato, asparagus and baby potatoes.

Zuppa di Pesce £18.95

Mixed shellfish and fish cooked in white wine, garlic, black olives and tomato sauce. Finished with extra virgin olive oil.

Served with fresh crusty bread.

Secondi di Carne (Meat)

Served with a choice of roasted potatoes, mashed potato or fries.

Tagliata di Manzo £20.95

Sliced 8 oz. of beef served medium rare on a bed of wild rocket, finished with Grana Padano cheese shavings, basil oil and sun blushed tomatoes.

Bistecca £19.95

Char-grilled local 8oz Sirloin steak.

Filetto £23.95

Char grilled 8oz local Fillet steak

Pollo al Timo £15.95

Oven baked half chicken with fresh Italian herbs.

Choice of steak sauces

- pepper corn, cognac and cream. £2.95 
- mushroom, onion brandy and cream. £2.95 
- red wine jus £2.95 
- stilton and cream sauce £2.95 

Secondi di Verdure (Vegetarian)

Parmigiana di Melanzana 11.95

Baked aubergine topped with tomato sauce, mozzarella, parmesan and fresh basil.

tortino di verdure 12.95 (Vegan)

Hand made pie stuffed with vegetables Served with green salad and roasted potatoes.

Verdure con Pure £9.95

Char grilled vegetables, served with creamy mashed potato. Topped with sun blushed tomato and fresh rocket.

Please see our specials board
for our chefs seasonal dishes

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 £11.95

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

Funghi £8.95

Tomato, mozzarella, mushrooms and olives.

Quattro Formaggi £10.95

Tomato, mozzarella, goats cheese, Dolcelate, Scamorza affumicata.

Boscaiola £11.95

Tomato, mozzarella, chicken, spicy sausage and pancetta.

Quattro Stagioni £10.95

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

Diavola £9.95

Tomato, mozzarella and spicy Italian sausage, fresh chilli.

Contadina £10.95

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

Prosciutto e Funghi £10.95

Tomato, mozzarella, ham and mushrooms.

Hawaiian £9.95

Tomato, mozzarella, ham and pineapple.

Prosciutto Crudo £10.95

Tomato, mozzarella, fresh basil. Finished with Parma ham, rocket and parmesan shavings.

Cipolla e tonno £10.95

Tomato, mozzarella, tuna, red onion and olives..

Extra Toppings

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

Calzone (Folded Pizza)

Calzone £11.95

Tomato, mozzarella, ham, pepperoni, mushroom, onion.

Calzone Verdure £10.95

Tomato, mozzarella, roasted pepper, aubergine, mushroom, onion.

Insalata

Caprese £8.95

Buffalo mozzarella, sliced vine tomato, fresh basil.

Bresaola £8.95

Air dried Italian beef, olives, parmesan shavings and fresh rocket.

Salmon Carpaccio £8.95

Smoked salmon, sun blushed tomato, cucumber and lemon juice.

Green Salad £6.95

Tomato, red onion, cucumber olives, capers.

Lunch Menu

(available 12pm-4pm)

1 Course £7.50

Sandwich / Wrap

choice of white sandwich bread or Piadina wrap.

(served with mixed salad garnish and crisps)

Classico caprese

buffalo mozzarella, sliced cherry tomato, pesto, rocket.

Parma

parma ham, buffalo mozzarella, rocket, tomato.

Tonno

tuna, mayo, grated mozzarella, red onion, mixed leaves.

Vegetariano

peperonata, mixed grilled vegetables, smoked cheese.

Boscaiola

roast chicken, mayo, spicy sausage, bacon, smoked cheese.

Insalata

Caprese

Buffalo mozzarella, sliced vine tomato, fresh basil.

Green Salad

Tomato, red onion, cucumber olives, capers.

Pizza

Margherita

Tomato, mozzarella and fresh basil.

Del Pescatore

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

Funghi

Tomato, mozzarella, mushrooms and olives.

Diavola

Tomato, mozzarella and spicy Italian sausage, fresh chilli.

Pasta

Tagliatelle al Sugo

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

Penne all' Arrabbiata

Penne pasta with hot and spicy tomato sauce.

Lasagna al Forno

Trattoria's classic lasagna recipe.

Early Evening Menu

(available until 6pm)

2 Courses £12.95

Minestrone

Homemade Italian vegetable soup with freshly made Italian bread.

Peperonata

A rich stew of mixed peppers, garlic, onion, tomato and olives.
Served with crusty bread and topped with smoked cheese.

Bruschetta Amalfi

Homemade Italian bread topped with chopped tomato, basil pesto, red onion and fresh rocket.

Margherita Pizza

Tomato, mozzarella and fresh basil.

Funghi Pizza

Tomato, mozzarella, mushrooms and olives.

Contadina

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

Diavola

Tomato, mozzarella and spicy Italian sausage, fresh chilli.

Hawaiian

Tomato, mozzarella, ham and pineapple.

Tagliatelle al Sugo

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

Spaghetti alla Carbonara

Bacon, cream, egg and Grana Padano cheese sauce.

Penne all' Arrabbiata

Penne pasta with hot and spicy tomato sauce.

Lasagna al Forno

Trattoria's classic lasagna recipe.

Tagliatelle al Ragu

Tagliatelle with our own rich mince meat and tomato sauce.

Gnocchi al Pesto

Potato gnocchi with Home-made pesto and cream. Topped with sun blushed tomato.

Risotto ai Fomaggi

Light and creamy risotto finished with stilton, smoked cheese, parmesan and toasted pinenuts.

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.