

Secondi di Pesce

Merluzzo ai Peperoni £13.50

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

Orata all' acqua pazza £13.50

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

Zuppa di Pesce £14.95

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

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

Tagliata di Manzo £16.50

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 £15.95

Char-grilled local 8oz Sirloin steak.

Filetto £18.95

Char grilled 8oz local Fillet steak

Pollo al Timo £12.95

Oven baked half chicken with fresh Italian herbs.

Choice of steak sauces

- pepper corn, cognac and cream. £2.50 

- mushroom, onion brandy and cream. £2.50 

- red wine jus £2.50 

- stilton and cream sauce £2.50 

Contorni

Tomato and basil salad £3.50  

Tomato and onion salad £3.50  

Rocket and Parmesan salad £3.75  

Side salad £3.50  

Fries £2.95  

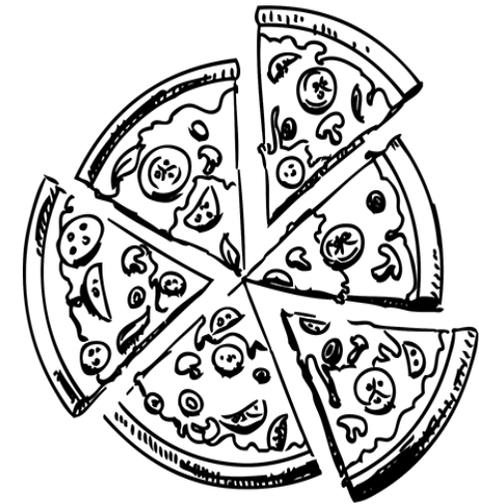
Mashed Potato £3.50  

Mixed seasonal vegetables £3.50  

 Vegetarian  Gluten Free

 Gluten Free on request (£1.00 surcharge on pizza/pasta)

La
Trattoria
Take-Away Menu
015394 45786



www.trattoriabowness.co.uk
51-52 Quarry Rigg, Bowness-on-Windermere,
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Stuzzichini

Pane Della Casa £2.00  

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

Olive Marinare £3.00  

A bowl of marinated Sicilian olives.

Bianchetti £4.75

Deep fried whitebait, served with lemon mayonnaise.

Antipasti

Minestrone £4.50 

Homemade Italian vegetable soup with freshly made Italian bread.

Bruschetta Amalfi £4.95 

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

Peperonata £5.50 

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

Pate Della Casa £5.50

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

Bruschetta di Capra £5.50 

Homemade Italian bread topped with goats cheese and caramelised onion.

Gamberoni all'aglio £6.95 

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

Caprese £6.95 

Buffalo mozzarella, sliced vine tomato, fresh basil.

Alette Di Pollo £6.25 

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

Sharing Boards

(Minimum 2 Persons)

Antipasto Vegetariano £5.75 (per person)  

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

Affettati Misti £6.95 (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.

Garlic Pizza

Garlic Pizza £3.50  

Garlic Pizza Cheese £4.25  

Garlic Pizza Tomato And Chilli £3.95  

Stone Baked Pizza

Margherita £7.25  

Tomato, mozzarella and fresh basil.

Del Pescatore £8.50 

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

Funghi £7.75  

Tomato, mozzarella, mushrooms and olives

Quattro Formaggi £8.25  

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

Boscaiola £8.50

Tomato, mozzarella, chicken, spicy sausage and pancetta.

Quattro Stagioni £8.25 

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

Diavola £8.50

Tomato, mozzarella and spicy Italian sausage, fresh chilli.

Contadina £8.50 

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

Prosciutto e Funghi £8.95 

Tomato, mozzarella, ham and mushrooms.

Hawaiian £8.50 

Tomato, mozzarella, ham and pineapple.

Prosciutto Crudo £8.95 

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

Cipolla e tonno £8.95 

Tomato, mozzarella, tuna, red onion and olives.

Calzone £9.50

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

Calzone Verdure £8.95 

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

Extra Pizza Toppings

Meat/Fish £1.50 Other £1.00 Buffalo Mozzarella £2.00

 Vegetarian  Gluten Free

 Gluten Free on request (£1.00 surcharge on pizza/pasta)

Pasta

Available in Starter/Main Portion

Tagliatelle al Sugo £6.25/£8.95

Home made meat balls in a tomato sauce.

Spaghetti alla Carbonara £6.25/£8.95 

Bacon, cream, egg and Grana Padano cheese sauce.

Penne all' Arrabbiata £5.25/£7.95  

Penne pasta with hot and spicy tomato sauce.

Lasagna al Forno £6.25/£8.95

Trattoria's classic lasagna recipe.

Penne al Salmone e Prosecco £6.95/£9.95 

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

Tagliatelle al Ragù £6.25/£8.95 

Tagliatelle with our own rich mince meat and tomato sauce.

Tagliatelle alla Boscaiola £5.95/£8.95  

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

Spaghetti Aglio Olio Peperoncino £5.25/£7.95 

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

Penne Tonno £5.95/£8.95 

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

Spaghetti ai Frutti di Mare £6.95/£9.95 

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

Gnocchi

Gnocchi al Pesto £5.25/£7.95 

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

Gnocchi alla Sorrentina £5.95/£8.95 

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

Risotti

Risotto ai Frutti di Mare £6.95/£9.95 

Risotto with fresh clams, mussels and tiger prawn tails.

Risotto ai Formaggi £5.95/£8.95  

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