

La
Trattoria
Cafe • Ristorante • Pizzeria

La Trattoria
51-52 Quarry Rigg
Bowness-on-Windermere
Cumbria, LA23 3DU
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 **@trattoriabowness**

Stuzzichini (appetisers)

Pane Olio e Aceto £3.95

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

Olive Marinare £3.95

A bowl of marinated Sicilian olives.

Calamari £6.95

Deep fried squid rings, served with garlic mayonnaise.

Olive Ascalone £4.95

Deep fried breaded green olives stuffed with seasoned minced pork.

Garlic Pizza

Garlic Pizza £5.50

Garlic Pizza with Cheese £5.95

Garlic Pizza with Cheese And Caramelised Onion £6.50

Garlic Pizza with Cheese And Tomato £6.50

Garlic Pizza with Tomato And Chilli £6.50

Antipasti (first course)

Zuppa Di Fagioli £5.95

Homemade Italian mixed bean soup with freshly made Italian bread.

Bruschetta £6.95

Homemade toasted Italian bread topped with diced tomato marinated in olive oil, basil and olives.

Calamari e Gamberi £9.95

Deep fried squid rings and whole king prawns served with garlic mayonnaise.

Pate Della Casa £7.95

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

Cozze alla Marinara £7.95

Steamed mussels with tomato sauce, herbs and a hint of chilli. Served with a slice of freshly made Italian bread.

Insalatina di Gamberoni £10.95

Giant King Prawn tails on dressed mixed baby leaves with smoked scamorza cheese and slivers of fresh mushroom.

Arancini di Riso £6.95

Deep fried Sicilian rice balls stuffed with a bolagnese sauce and fresh mozzarella cheese.

Fiori di Zucca Fritti £5.95

Deep fried battered courgette flowers stuffed with ricotta cheese.

Sharing Boards (Minimum 2 Persons)

Antipasto Vegetariano £9.95 (per person)

Bruschetta sticks, ricotta stuffed courgette flowers, grilled vegetables, olives, sun blushed tomatoes, pickled vegetables, marinated artichoke and rocket.

Affettati Misti £11.95 (per person)

Mixed platter of freshly sliced Parma ham, speck, mortadella and salami, served with gorgonzola, pickled vegetables, sun blushed tomatoes, rocket and deep fried dough pieces.

Pasta

Available in Starter/Main Portion

Tagliatelle al Sugo £7.95/£11.95

Home made meat balls in a tomato sauce.

Spaghetti Bolognese £7.95/£11.95

Trattoria's classic bolognese recipe.

Spaghetti alla Carbonara £7.95/£11.95

Bacon, cream, egg and Grana Padano cheese sauce.

Penne al Arrabbiata £7.50/£10.95

Spicy tomato sauce with garlic and parsley.

Lasagna al Forno £7.95/£11.95

Trattoria's classic lasagna recipe.

Penne alla Matriciana £7.95/£11.95

Parmesan, bacon lardons, chillies and tomato sauce.

Spaghetti A.O.P £7.95/£11.95

Garlic, chillies, olive oil, parsley and hint of lemon zest.

Cannelloni Ricotta e Spinaci £7.95/£11.95

Egg pasta tubes, filled with ricotta cheese, baked in the oven with cream, tomato sauce, mozzarella, and parmesan.

Spaghetti Cacio e Pepe £8.95/£12.95

Cream of Pecorino Romano cheese and black pepper.

Tagliatelle alla Boscaiola £8.95/£12.95

Mushrooms, Speck (traditional cured Italian pork), gorgonzola, and walnuts.

Penne Calamari e Piselli £7.95/£11.95

Penne pasta with a fresh green pea velute and pan fried squid.

Tagliatelle Ai Gamberi £9.95/£14.95

Tagliatelle with king prawns tails and cherry tomatoes.

Tagliatelle Alla Norma £7.95/£11.95

Tomato sauce, aubergines, olives and capers.

Seafood Lasagna £9.95/£14.95

Mix seafood, layers of eggs pasta, bechamel sauce.

Gnocchi

Available in Starter/Main Portion

Gnocchi Mari e Monti £9.50/£13.95

Potato gnocchi with red chicory, crispy bacon, king prawns and gorgonzola.

Gnocchi al Pesto £7.95/£11.95

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

Risotti

Risotto Tonno Zafferano e Zucchine £16.95

Risotto with fresh sliced seared tuna steak, saffron and courgettes.

Risotto ai Formaggi £14.95

Light and creamy risotto finished with gorgonzola, smoked cheese and parmesan.

Please see our specials board
for our chefs seasonal dishes

Secondi di Pesce (Fish)

Nasello al Forno £17.95

Oven Baked Hake fillet with herbs, tomatoes, olives and peppers
Served with roasted potato wedges.

Gamberoni al Forno £19.95

Oven cooked whole king prawns with herbs and garlic. Served with
fries and mixed salad leaves.

Tagliata di Tonno £19.95

Sliced fresh tuna steak with cherry tomatoes, mixed leaves and
roasted potato wedges.

Salmone al Pesto di Menta e Mandorle £18.95

Salmon fillet with almond & mint pesto. Served with fries and
sautéed spinach.

Secondi di Carne (Meat)

Served with a choice of roasted potato wedges or fries.

Tagliata di Manzo Rucola e Grana £23.95

Sliced 8oz. beef fillet served medium rare on a bed of wild rocket,
finished with Parmesan shavings and olive oil.

Straccetti di Manzo con Radicchio e Aceto Balsamico £23.95

Pan fried sliced 8oz. beef fillet with red chicory and balsamic glaze.

Scaloppine ai Funghi £17.95

Pan cooked chicken breast with a wild mushroom and cream sauce.

Pollo alla Cacciatora £16.95

Italian herb baked chicken breast with olives, peppers and tomatoes.

Secondi di Verdure (Vegetarian)

Parmigiana di Melanzana 12.95

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

Stufato di Verdure 13.95

Slow cooked traditional vegetable and herb stew. Served with toasted
homemade Italian bread.

Gnocchi al Forno £12.95

Oven baked potato gnocchi with tomato sauce, mixed vegetables
and vegan cheese.

Insalata (Salad)

Caprese £10.95

Buffalo mozzarella, tomato, olive oil, fresh basil.

Insalata della Casa £9.95

Mixed leaves, cucumbers, tomatoes, peppers, onion.
Balsamic glaze dressing.

Insalata del Pastore £11.95

Rocket leaves, smoked scamorza cheese, crispy salami, red onion
marmalade, crushed walnuts, lemon and olive oil dressing.

Insalata dello Chef £9.95

Rocket leaves, radicchio chicory, fennel, green apples, with olive oil
dressing.

Pizza

Traditional thin and crisp 12" stone baked pizza.

Margherita £8.95

Tomato, mozzarella and fresh basil.

Trattoria £11.95

Tomato, mozzarella, ham, bacon, spicy salami.

Frutti di Mare £12.95

Tomato, mozzarella, mixed seafood.

Pizza Bianca £10.95

Pecorino Romano cream, mozzarella, onion, salami, olives.

Quattro Formaggi £11.95

Tomato, gorgonzola, scamorza, parmesan, mozzarella.

Parma £11.95

Tomato, Parma ham, rocket, parmesan cheese, mozzarella.

Quattro Stagioni £11.95

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

Diavola £10.95

Tomato, mozzarella and spicy Italian salami.

Vegetariana £9.95

Tomato, mozzarella, mixed vegetables.

Prosciutto e Funghi £11.95

Tomato, mozzarella, ham and mushrooms.

Hawaiian £10.95

Tomato, mozzarella, ham and pineapple.

Montanara £11.95

Mixed mushrooms, speck (traditional cured Italian pork), gorgonzola.

Cipolla e Tonno £11.95

Tomato, mozzarella, tuna, red onion and olives.

Gamberi £12.95

Tomato, mozzarella, king prawns, cherry tomato, rocket leaves.

Bufala £11.95

Tomato, Buffalo Mozzarella, fresh basil.

Extra Toppings

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

Calzone (Folded Pizza)

Calzone £13.95

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

Calzone Verdure £12.95

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

Calzone di Mare £14.95

Tomato, mozzarella, mixed seafood, onion.

Contorni (side dishes)

Tomato and basil salad £3.95

Tomato, onion and cucumber salad £3.95

Rocket, tomato and Parmesan salad £4.50




Side salad £3.95


Fries £3.50

Roasted Potato Wedges £3.50

Sauteed Spinach £3.50

Mixed grilled vegetables £3.95

 Vegetarian  Vegan (on request)  Gluten Free

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

Lunch Menu

(available 12pm-4pm)

Main Course £7.95

Panuozzi (pizza dough bread)
served with crisps and salad

Classico

Parma ham, mozzarella, rocket leaves.

Veneto

Salami, mushrooms and cheese.

Bologna

Mortadella, peppers and smoked cheese.

Melanzano 

Aubergines, tomato sauce, basil, vegan cheese.

Piadina (Italian flat bread)
served with crisp and salad

Regina


Parma ham, rocket leaves, soft cheese.

Contadina

Ham, cheddar, mushrooms.

Golosa

Sausage, roasted peppers, roasted onion.

Vegan supreme 

Mixed grilled vegetables, vegan cheese.

Insalata



Insalata della Casa  

Mixed leaves, cucumbers, tomatoes, peppers, onion.
Balsamic glaze dressing.

Insalata dello Chef  

Rocket leaves, radicchio chicory, fennel, green apples, with olive oil dressing.

Pizza

Margherita  


Tomato, mozzarella and fresh basil.

Pizza Bianca 

Pecorino Romano cream, mozzarella, onion, salami, olives.

Diavola

Tomato, mozzarella and spicy Italian salami.

Vegetariana  

Tomato, mozzarella, mixed vegetables.

Pasta

Spaghetti Bolognese 

Trattoria's classic bolognese recipe.

Spaghetti alla Carbonara 

Bacon, cream, egg and Grana Padano cheese sauce.

Penne al Arrabbiata  

Spicy tomato sauce with garlic and parsley.

Lasagna al Forno

Trattoria's classic lasagna recipe.

Early Evening Menu

(available until 6pm)

2 Courses £13.95

Zuppa Di Fagioli  

Homemade Italian mixed bean soup with freshly made Italian bread.

Bruschetta 

Homemade toasted Italian bread topped with diced tomato marinated in olive oil, basil and olives.

Arancini di Riso

Deep fried Sicilian rice balls stuffed with a bolognese sauce and fresh mozzarella cheese.

Fiori di Zucca Fritti 

Deep fried battered courgette flowers stuffed with ricotta cheese.

Margherita Pizza  

Tomato, mozzarella and fresh basil.

Trattoria Pizza 

Tomato, mozzarella, ham, bacon, spicy salami.

Pizza Bianca 

Pecorino Romano cream, mozzarella, onion, salami, olives.

Diavola Pizza

Tomato, mozzarella and spicy Italian salami.

Vegetariana Pizza  

Tomato, mozzarella, mixed vegetables.

Hawaiian Pizza 

Tomato, mozzarella, ham and pineapple.

Spaghetti Bolognese 

Trattoria's classic bolognese recipe.

Spaghetti alla Carbonara 

Bacon, cream, egg and Grana Padano cheese sauce.

Penne al Arrabbiata  

Spicy tomato sauce with garlic and parsley.

Lasagna al Forno

Trattoria's classic lasagna recipe.

Spaghetti A.O.P  

Garlic, chillies, olive oil, parsley and hint of lemon zest.

Tagliatelle Alla Norma  

Tomato sauce, aubergines, olives and capers.

Gnocchi al Pesto 

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

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.