

Secondi

Straccetti di Manzo con Radicchio e Aceto Balsamico £19.95

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

Scaloppine ai Funghi £14.95

Pan cooked chicken breast with a wild mushroom and cream sauce. Served with roast potato wedges.

Nasello al Forno £14.95

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

Gamberoni al Forno £16.95

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

Parmigiana di Melanzana 10.95

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

Stufato di Verdure 11.95

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

Insalata (Salad)

Caprese £8.95

Buffalo mozzarella, tomato, olive oil, fresh basil.

Insalata della Casa £8.50

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

Insalata del Pastore £9.95

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

Contorni

Tomato and basil salad £3.50

Tomato, onion and cucumber salad £3.50

Rocket, tomato and Parmesan salad £3.95

Side salad £3.50

Fries £2.95

Roasted Potato Wedges £2.95

Sauteed Spinach £2.95

Mixed grilled vegetables £3.50

 Vegetarian  Vegan (on request)  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,
Cumbria, LA23 3DU



Stuzzichini

Pane Olio e Aceto £2.95  

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

Olive Marinare £2.95  

A bowl of marinated Sicilian olives.

Calamari £5.95

Deep fried squid rings, served with garlic mayonnaise.

Olive Ascalone £3.95

Deep fried breaded green olives stuffed with seasoned minced pork.

Garlic Pizza

Garlic Pizza £4.50  

Garlic Pizza with Cheese £4.95  

Garlic Pizza with Cheese And Caramelised Onion £5.50  

Garlic Pizza with Cheese And Tomato £5.50  

Garlic Pizza with Tomato And Chilli £5.50  

Antipasti

Zuppa Di Fagioli £4.95  

Homemade Italian mixed bean soup with freshly made Italian bread.

Bruschetta £5.95 

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

Calamari e Gamberi £8.50

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

Pate Della Casa £6.95

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

Cozze alla Marinara £6.95 

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

Arancini di Riso £5.95

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

Fiori di Zucca Fritti £4.95 

Deep fried battered courgette flowers stuffed with ricotta cheese.

 Vegetarian  Vegan (on request)  Gluten Free

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

Stone Baked Pizza

Margherita £7.50  

Tomato, mozzarella and fresh basil.

Trattoria £9.95 

Tomato, mozzarella, ham, bacon, spicy salami.

Frutti di Mare £10.95 

Tomato, mozzarella, mixed seafood.

Pizza Bianca £8.95 

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

Quattro Formaggi £9.95  

Tomato, gorgonzola, scamorza, parmesan, mozzarella.

Parma £9.95

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

Quattro Stagioni £9.95 

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

Diavola £8.95

Tomato, mozzarella and spicy Italian salami.

Vegetariana £8.50  

Tomato, mozzarella, mixed vegetables.

Prosciutto e Funghi £9.95 

Tomato, mozzarella, ham and mushrooms.

Hawaiian £8.95 

Tomato, mozzarella, ham and pineapple.

Montanara £9.95 

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

Cipolla e Tonno £9.95 

Tomato, mozzarella, tuna, red onion and olives.

Gamberi £10.95 

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

Bufala £9.95 

Tomato, Buffalo Mozzarella, fresh basil.

Extra Pizza Toppings

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

Calzone (Folded Pizza)

Calzone £11.95

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

Calzone Verdure £10.95 

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

Calzone di Mare £12.95

Tomato, mozzarella, mixed seafood, onion.

Pasta

Available in Starter/Main Portion

Tagliatelle al Sugo £6.95/£9.95

Home made meat balls in a tomato sauce.

Spaghetti Bolognese £6.95/£9.95 

Trattoria's classic bolognese recipe.

Spaghetti alla Carbonara £6.95/£9.95 

Bacon, cream, egg and Grana Padano cheese sauce.

Penne al Arrabbiata £6.50/£8.95  

Spicy tomato sauce with garlic and parsley.

Lasagna al Forno £6.95/£9.95

Trattoria's classic lasagna recipe.

Penne alla Matriciana £6.95/£9.95 

Parmesan, bacon lardons, chillies and tomato sauce.

Spaghetti A.O.P £6.95/£9.95  

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

Cannelloni Ricotta e Spinaci £6.95/£9.95  

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

Spaghetti Cacio e Pepe £7.50/£10.95  

Cream of Pecorino Romano cheese and black pepper.

Tagliatelle alla Boscaiola £7.50/£10.95 

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

Penne Calamari e Piselli £6.95/£9.95 

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

Tagliatelle Ai Gamberi £8.50/£12.95 

Tagliatelle with king prawns tails and cherry tomatoes.

Tagliatelle Alla Norma £6.95/£9.95  

Tomato sauce, aubergines, olives and capers.

Seafood Lasagna £8.50/£12.95

Mix seafood, layers of eggs pasta, bechamel sauce.

Gnocchi

Available in Starter/Main Portion

Gnocchi Mari e Monti £7.95/£11.95

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

Gnocchi al Pesto £6.95/£9.95 

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