

*La Trattoria*  
*Cafe • Ristorante • Pizzeria*

*La Trattoria*  
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 @trattoriabowness

## Stuzzichini (appetisers)

### Pane Olio e Aceto £4.95

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

### Olive Marinare £4.95

A bowl of marinated Sicilian olives.

### Calamari £7.95

Deep fried squid rings, served with garlic mayonnaise.

### Olive Ascalone £5.95

Deep fried breaded green olives stuffed with seasoned minced pork.

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## Garlic Pizza

### Garlic Pizza £6.50

### Garlic Pizza with Cheese £7.95

### Garlic Pizza with Cheese And Caramelised Onion £8.50

### Garlic Pizza with Cheese And Tomato £8.50

### Garlic Pizza with Tomato And Chilli £8.50

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## 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 £11.95

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

### Pate Della Casa £8.95

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

### Cozze alla Marinara £9.95

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

### Insalatina di Gamberoni £11.95

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

### Arancini di Riso £8.95

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

### Fiori di Zucca Fritti £7.95

Deep fried battered courgette flowers stuffed with ricotta cheese.

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## Sharing Boards (Minimum 2 Persons)

### Antipasto Vegetariano £11.95 (per person)

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

### Affettati Misti £13.95 (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/£12.95

Home made meat balls in a tomato sauce.

### Spaghetti Bolognese £7.95/£12.95

Trattoria's classic bolognese recipe.

### Spaghetti alla Carbonara £8.95/£13.95

Bacon, cream, egg and Grana Padano cheese sauce.

### Penne al Arrabbiata £7.50/£11.95

Spicy tomato sauce with garlic and parsley.

### Lasagna al Forno £8.95/£13.95

Trattoria's classic lasagna recipe.

### Penne alla Matriciana £8.95/£13.95

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 £8.95/£13.95

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

### Spaghetti Cacio e Pepe £9.95/£14.95

Cream of Pecorino Romano cheese and black pepper.

### Tagliatelle alla Boscaiola £9.95/£14.95

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

### Penne Calamari e Piselli £8.95/£13.95

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

### Tagliatelle Ai Gamberi £10.95/£16.95

Tagliatelle with king prawns tails and cherry tomatoes.

### Tagliatelle Alla Norma £7.95/£12.95

Tomato sauce, aubergines, olives and capers.

### Seafood Lasagna £11.50/£17.95

Mix seafood, layers of eggs pasta, bechamel sauce.

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## Gnocchi

Available in Starter/Main Portion

### Gnocchi Mari e Monti £10.95/£16.95

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

### Gnocchi al Pesto £7.95/£12.95

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

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## Risotti

### Risotto Tonno Zafferano e Zucchine £19.95

Risotto with fresh seared tuna steak, saffron and courgettes.

### Risotto ai Formaggi £15.95

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

**Please Note: our dishes are prepared in an area where allergenic ingredients are present so we cannot guarantee that dishes are 100% free of these ingredients. Some dishes may contain traces of nuts, wheat, gluten or other allergenic ingredients. Please ask member of our service team before ordering**

## Secondi di Pesce (Fish)

### Nasello al Forno £19.95

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

### Gamberoni al Forno £21.95

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

### Tagliata di Tonno £21.95

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

### Salmone al Pesto di Menta e Mandorle £19.95

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 £25.95

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 £26.95

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

### Scaloppine ai Funghi £19.95

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

### Pollo alla Cacciatora £18.95

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

## Secondi di Verdure (Vegetarian)

### Parmigiana di Melanzana 14.95

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 £14.95

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

## Insalata (Salad)

### Caprese £11.95

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 £11.95

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

## Pizza

Traditional thin and crisp 12" stone baked pizza.

### Margherita £9.95

Tomato, mozzarella and fresh basil.

### Trattoria £12.95

Tomato, mozzarella, ham, bacon, spicy salami.

### Frutti di Mare £14.95

Tomato, mozzarella, mixed seafood.

### Pizza Bianca £12.95

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

### Quattro Formaggi £13.95

Tomato, gorgonzola, scamorza, parmesan, mozzarella.

### Parma £13.95

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

### Quattro Stagioni £12.95

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

### Diavola £12.95

Tomato, mozzarella and spicy Italian salami.

### Vegetariana £10.95

Tomato, mozzarella, mixed vegetables.

### Prosciutto e Funghi £12.95

Tomato, mozzarella, ham and mushrooms.

### Hawaiian £11.95

Tomato, mozzarella, ham and pineapple.

### Montanara £13.95

Mixed mushrooms, speck, gorgonzola.

### Cipolla e Tonno £12.95

Tomato, mozzarella, tuna, red onion and olives.

### Gamberi £14.95

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

### Bufala £12.95

Tomato, Buffalo Mozzarella, fresh basil.

## Extra Toppings

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

## Calzone (Folded Pizza)

### Calzone £14.95

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

### Calzone Verdure £13.95

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

### Calzone di Mare £16.95

Tomato, mozzarella, mixed seafood, onion.

## Contorni (side dishes)

### Tomato and basil salad £4.95

### Tomato, onion and cucumber salad £4.95

### Rocket, tomato and Parmesan salad £6.50

### Side salad £3.95

### Fries £4.50

### Roasted Potato Wedges £4.50

### Sauteed Spinach £4.50

### Mixed grilled vegetables £4.95

 Vegetarian  Vegan (on request)  Gluten Free

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