Secondi

Pollo alla Cacciatora £17.95

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

Scaloppine ai Funghi £17.95

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

Nasello al Forno £19.95 🕞

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

Gamberoni al Forno £20.95 🕞

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

Parmigiana di Melanzana 15.25 🖤 🕞

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

Stufato di Verdure 14.35 V 😊

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

Insalata (Salad)

Caprese £12.55 😉

Buffalo mozzarella, tomato, olive oil, fresh basil.

Insalata della Casa £9.95 ♥ €

Mixed leaves, cucumbers, tomatoes, peppers, onion.
Sun blushed tomatoes and mixed olives.

Chicken Caesar £15.95

Chicken breast, bacon, lettuce, cucumber, olives, croutons, anchovies, Caesar dressing and parmesan.

Contorni

Bread Basket £4.95 W

Tomato and basil salad £4.95 ♥ €

Tomato, onion and cucumber salad £4.95 ♥ €

Rocket, tomato and Parmesan salad £6.95 🛡 🕞

Fries £4.50 🖤 😉

Roasted Potato Wedges £4.50 V 🕞

Sauteed Spinach £5.25 V 😉

Sauteed Mushrooms £5.25 V 😉

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







La Trattoria
51-52 Quarry Rigg
Bowness-on-Windermere
Cumbria, LA23 3DU
www.trattoriabowness.co.uk
T: 015394 45786

Stuzzichini

Pane Olio e Aceto, Olive Marinate £8.50 ♥

Home made Italian bread and marinated Sicilian olives. served with Balsamic vinegar and virgin olive oil,

Calamari £7.25

Deep fried squid rings, served with garlic mayonnaise.

Trio Italian £8.95

Deep fried breaded green olives stuffed with seasoned minced pork. Sicilian Arancini rice balls stuffed with a bolognese sauce and fresh mozzarella cheese. Battered courgette flowers stuffed with ricotta cheese.

Garlic Pizza

Garlic Pizza £7.25 ♥ 🕒

Garlic Pizza with Cheese £7.95 ♥ 😊

Garlic Pizza with Cheese And Caramelised Onion £7.95 ♥ €

Garlic Pizza with Cheese And Tomato £7.95 **⊕**

Garlic Pizza with Tomato And Chilli £7.95 ♥ €

Antipasti

Zuppa Di Fagioli £6.75 🕡 😊

Homemade Italian mixed bean soup with freshly made Italian bread.

Bruschetta £7.25 ♥

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

Bruschetta Ai Funghi £8.95 ₩

Homemade toasted Italian bread topped with wild mushrooms, Gorgonzola, garlic and mixed herbs.

Calamari e Gamberi £11.75

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

Pate Della Casa £8.50

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

Cozze alla Marinara/Mariniere/Piccanti £11.75 🕞

Steamed mussels with a choice of tomato sauce, white wine or spicy sauce. Served with a slice of freshly made Italian bread.

Gamberoni A.O.P £11.75 😉

Giant King Prawn tails, white wine, butter, garlic, lemon, fresh chill, fresh rocket.

Stone Baked Pizza

Margherita £10.75 **♥ ©**

Tomato, mozzarella and fresh basil.

Trattoria £13.45 😊

Tomato, mozzarella, ham, bacon, spicy salami.

Frutti di Mare £15.50 😊

Tomato, mozzarella, mixed seafood.

Pizza Bianca £12.50 🕞

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

Quattro Formaggi £14.35 🛡 🕒

Tomato, gorgonzola, scamorza, parmesan, mozzarella.

Parma £14.35

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

Quattro Stagioni £13.45 🕒

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

Diavola £13.45

Tomato, mozzarella and spicy Italian salami.

Vegetariana £12.55 ♥ ⓒ

Tomato, mozzarella, aubergine, courgette, cherry tomato, peppers, mushroom, garlic, mixed herbs.

Prosciutto e Funghi £12.55 😉

Tomato, mozzarella, ham and mushrooms.

Hawaiian £12.55 😉

Tomato, mozzarella, ham and pineapple.

Pollo £15.25 **ⓒ**

Chicken breast, mushroom, sweetcorn, mozzarella.

Cipolla e Tonno £12.55 🕞

Tomato, mozzarella, tuna, red onion and olives.

Bolognese £15.95 😊

Homemade bolognese sauce, mozzerella cheese

Bufala £14.35 **©**

Tomato, Buffalo Mozzarella, fresh basil.

Extra Pizza Toppings

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

Calzone (Folded Pizza)

Calzone £15.95

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

Tomato, mozzarella, aubergine, courgette, cherry tomato, peppers, mushroom, garlic, mixed herbs.

Calzone di Mare £17.95

Tomato, mozzarella, mixed seafood, onion.

Pasta

Tagliatelle al Sugo £13.45

Home made meat balls in a tomato sauce.

Spaghetti Bolognese £14.35 **©**

Trattoria's classic Bolognese recipe.

Spaghetti alla Carbonara £14.35 🕞

Bacon, cream, egg and Grana Padano cheese sauce.

Available with or without cream, please ask.

Spaghetti Ai Frutti Di Mare £18.85 🕞

Mixed seafood, white wine, garlic, double cream, parsley and dill.

Tagliatelle al Pollo £17.95 **©**

Grilled chicken breast, mushrooms, onion, double cream and herbs.

Penne al Arrabbiata £12.55 **♥ ⓒ**

Spicy tomato sauce with garlic and parsley.

Lasagna al Forno £14.35

Trattoria's classic lasagna recipe.

Penne alla Matriciana £14.35 🕞

Parmesan, bacon lardons, chillies and tomato sauce.

Spaghetti A.O.P £12.55 ♥ ⓒ

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

Cannelloni Ricotta e Spinaci £14.35 🛡 🕒

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

Spaghetti Cacio e Pepe £15.25 ♥ ⑤

Cream of Pecorino Romano cheese and black pepper.

Tagliatelle alla Boscaiola £15.25 🕞

Speck, wild mushrooms, gorgonzola, and walnuts.

Penne Primavera Con Pollo £17.95 ©

Penne pasta, chicken breast, broccoli, aubergine, courgette, tomato, peppers, mushrooms, garlic and basil.

Tagliatelle Ai Gamberi £17.95 **(c)**

Tagliatelle with king prawns tails and cherry tomatoes.

Penne Al Forno £16.15 🕡 🕒

Penne pasta, ham, mushrooms, double cream and cheddar cheese.

Gnocchi

Gnocchi Mari e Monti £16.95

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

Gnocchi al Pesto £14.35 ♥

Potato gnocchi with basil pesto and cream. Topped with sun blushed tomato.