



# Trattoria

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

## Lunch Menu

(available 12pm-4pm)

### Toasted Ciabatta

Grilled pancetta and smoked mozzarella melt with vine tomato and rocket £5.50

Grilled chicken breast with home made balsamic red onion jam and basil £5.50

Ham with whole grain mustard mayo £4.95

Roast Mediterranean vegetables, sun blushed tomatoes, mozzarella and rocket £4.95 

Warm sliced garlic and herb stuffed slow roast belly pork with red onion marmalade £6.50

Zuppa £4.50  

Home made soup of the day served with home baked bread.

Soup and a sandwich combi £6.95

Choose any of the above sandwiches with a mug of soup.

### Club Sandwiches

Classic Club £6.95

Pancetta, succulent chicken breast, vine tomato, lettuce, English mustard and mayo

Italian Club £6.95

Parmaham, buffalo mozzarella, vine tomato and rocket

### Salads

Trattoria salad £8.95 

Mixed leafs, pancetta, buffalo mozzarella, tomato, chicken, olives and cappers.

Caprese salad £6.10  

Classical caprese salad, simply light and delicious vine tomatoes, buffalo mozzarella and torn basil.

Prawn and Marie-rose salad £7.95 

Crisp mixed leafs, North Atlantic prawns bound in Marie-rose sauce, vine tomatoes and served with home made bread.

Tuna Niçoise £8.50 

Tuna salad with red onions, new potatoes, boiled free range egg, fine beans, olives and anchovies.

 Vegetarian  Gluten Free  Gluten Free on request



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## Stuzzichini (appetisers)

Why not try one of our Stuzzichini's while looking through the menu?

### Pane della casa £1.95

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

### Olive marinate £3.95

A bowl of marinated Sicilian olives.

### Crostini misti £5.20

Three assorted crostini, Smoked salmon with mascarpone, vine tomato with rocket and broad bean puree.

### Capperi £3.95

Bowl of caper berries and sun-blushed tomatoes.

### Panzerotti £5.25

Four petite fried calzone filled with tomato & mozzarella.

## Drinks

### Birra

Peroni Half £2.70 / Pint £4.95  
Birra Moretti Half £2.70 / Pint £4.95

Peroni Red 330ml £3.50  
Peroni Gran Reserva 330ml £4.95  
Budvar 330ml £3.95  
Becks Blue 0% £3.00

Cumberland Ale 500ml £4.95  
Black Sheep 500ml £4.95

### Cider

Thatchers Gold 500ml £4.95  
Thatchers Rose 500ml £4.95

### Mixers

Soda, Tonic Water, Slimline Tonic, Bitter Lemon,  
Ginger Beer £1.30

### Minerals

Pepsi, Diet Pepsi, Lemonade Half £1.95  
Pepsi, Diet Pepsi, Lemonade Pint £2.95  
Orangina £2.20  
Appletiser Apple, Pomegranate £2.20  
Cordial £0.95  
Splash £0.30

### Fruit Juice

Orange, Apple, Pineapple, Cranberry £1.75

### Mineral Water

Still/Sparkling £2.95

## Full Wine List and Cocktail/Mocktail Menu Available

## HAPPY HOUR

(5pm-6pm)

## 2 Courses £11.95

### Zuppa

Homemade soup of the day with freshly made Italian bread.

### Pomodoro ripieno

Plum tomatoes stuffed with Dolcelate cheese and grilled, finished with olive oil.

### Bruschetta

Homemade Italian bread topped with garlic, spicy Sicilian caponata, sun blushed tomatoes, smoked mozzarella toasted in the pizza oven and finished with rocket leaf.

### Margherita Pizza

Tomato, mozzarella and fresh basil.

### Funghi Pizza

Tomato, mozzarella, mushrooms and olives

### Quattro Mori Pizza

Tomato, mozzarella, aubergine, spinach and smoked mozzarella.

### Diavola Pizza

Tomato, mozzarella and spicy Italian sausage.

### Napoli Pizza

Tomato, mozzarella, olives, capers and anchovies

### Tagliatelle al Sugo

Home made meat balls in a meat sauce with egg tagliatelle.

### Spaghetti alla carbonara

Pancetta, cream, egg and Grana Padano cheese sauce.

### Penne alle verdure

Penne pasta, served with peppers, aubergine, courgettes and red onion, finished in a tomato and cream sauce.

### Lasagne al Forno

Trattoria's classical lasagna recipe.

### Spaghetti alla puttanesca

Spaghetti with onion, olive, capers, anchovies and hot chilli in a rich tomato sauce.

### Spaghetti ai broccoli

Spaghetti simply tossed in extra virgin olive oil, a touch of garlic and chilly warmed together with steamed broccoli.

### Risotto primavera

Risotto with spring vegetables and Grana Padano cheese.

## Antipasti (first course)

### Zuppa £4.95

Homemade soup of the day with freshly made Italian bread.

### Involtino di Mozzarella £6.95

Baked buffalo Mozzarella wrapped in cumbrian pancetta topped with wild rocket leaf and Grana Padano cheese.

### Bruschetta £5.95

Homemade Italian bread topped with garlic, spicy Sicilian caponata, sun blushed tomatoes, smoked mozzarella toasted in the pizza oven and finished with rocket leaves.

### Pate' della casa £6.95

Smooth homemade chicken and duck liver pate served with chefs red onion and balsamic chutney and toasted homemade Italian bread.

### Tortino di melanzane £5.95

Baked smoked mozzarella cheese wrapped in aubergine rested on mixed salad and finished with balsamic.

### Pomodoro ripieno £5.95

Plumb tomatoes stuffed with Dolcelate cheese and grilled, finished with olive oil.

### Antipasto vegetariano £6.95

Roasted Mediterranean vegetables, olives, caper berries, sun blushed tomatoes, caponata, marinated button mushrooms, warmed asparagus and rocket.

### Affetati Misti £8.95

Mixed platter of freshly sliced Parma ham, Mortadella and Salame Milano served with buffalo mozzarella, sun blushed tomatoes, rocket and Grana Padano cheese.

### Cozze al pomodoro £6.95 (subject to availability)

Steamed Welsh Meni mussels in garlic, white wine and tomato sauce with a little chilli and homemade Italian bread.

### Parmigiana di melanzane £5.95

Sicilian classic layers of baked aubergine, tomato sauce, mozzarella and parmesan cheese.

### Capesante e gamberoni £8.95

Seared hand dived Oban scallops and grilled whole king prawns with rocket salad and lemon infusion.

## Kids Menu

Pasta and tomato sauce £4.95

Homemade meat balls in tomato sauce with pasta £5.95

Margherita pizza £4.95

Chips £2.75

Fresh Fruit £2.95

Ice Cream £1.90 (1 Scoop)

## Secondi di Pesce (fish)

All our fish is fresh and sourced through a local supplier daily, please check with a member of staff for availability and any substitutions.

### Gamberoni arrosto £13.95

Grilled large whole head on tiger prawns served with crisp mixed salad and a lemon wedge.

### Spigola agli aromi £16.95

Baked whole sea bass served with a melange of baby new potatoes, spinach, broccoli and cherry tomatoes.

### Trio di mare £18.95

Grilled whole tiger prawns, hand dived Oban seared scallops and steamed Welsh mussels cooked with olive oil, fresh lemon juice, white wine and topped with wild rocket leaf salad.

## Secondi di Carne (Meat)

### Bistecca £17.95

Char-grilled local 8oz Sirloin steak served with grilled Mediterranean vegetables and gratin potatoes.

Choice of steak sauces

- pink pepper corn, cognac and cream. £2.50 

- mushroom, onion brandy and cream. £2.50 

- pizzaiola, garlic, olive, capers and tomato. £2.00 

### Pollo Brasato ai carciofi e zucca £14.95

Braised Cumbrian chicken breast with butternut squash, potatoes, artichokes, white wine, fresh herbs and chicken stock.

### Fegato di vitello £14.95

Pan-fried veal calfs liver rested on creamed potatoes with red wine and sage jus, accompanied by green beans and pancetta crisps.

### Porchetta Romana £14.95

Pan-roasted Pork belly stuffed with herbs and garlic served with gratin potatoes and roast garden vegetables accompanied by a red wine, sage and caramelised shallot jus.

### Vitello saltimbocca alla Romana £15.95

Pan-fried escalope of veal topped with Parma ham and fresh sage served with creamed potatoes, tender asparagus and its own white wine jus.

## Secondi di Verdure (Vegetarian)

### Verdure con pure £9.95

Char-grilled Mediterranean vegetables, sun-blushed tomatoes and garlic scented mash.

### Melanzana arrosto £9.95

Baked aubergine stuffed with tomato, olives and capers, finished with grated mozzarella.

## Contorni (side dishes)

### Tomato and basil salad £3.95

### Side salad £3.95

### Chips £2.95

### Pan fried spinach £3.95

### Mixed market vegetables £3.95

### Char-grilled Mediterranean vegetables £3.95

## Pizza

Our pizza dough is home made daily and gives a traditional thin and crisp pizza.

### Margherita £7.95

Tomato, mozzarella and fresh basil.

### Del Pescatore £9.95

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

### Conversano £9.95

Tomato, mozzarella, spicy sausage and dolcelatte.

### Milanese £8.95

Tomato, mozzarella and salame Milano.

### Funghi £8.50

Tomato, mozzarella, mushrooms and olives

### Castelana £9.95

Tomato, mozzarella, dolcelate cheese, artichoke

### Quattro Mori £8.95

Tomato, mozzarella, aubergine, spinach and smoked mozzarella.

### Quattro Formaggi £9.50

Tomato, mozzarella, Taleggio (d.o.p.), Dolcelate, Scamorza affumicata.

### Pizza con pollo £9.50

Tomato, mozzarella, chicken, spicy sausage and pancetta.

### Quattro stagioni £9.95

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

### Diavola £8.95

Tomato, mozzarella and spicy Italian sausage.

### Contadina £8.95

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

### Napoli £8.95

Tomato, mozzarella, olives, capers and anchovies

### Classical pizza Caprese £9.95

(toppings are put on fresh after the base has been cooked) Plain pizza base topped with fresh buffalo mozzarella, fresh cherry tomatoes, rocket and Parma ham.

### Cipolle e tonno £8.95

Tomato, mozzarella, sliced onions and tuna.

### Prosciutto e funghi £8.95

Tomato, mozzarella, ham and mushrooms.

### Prosciutto crudo £9.95

Tomato, mozzarella, Parma ham, rocket leaves and Parmesan cheese.

### Hawaiian £8.95

Tomato, mozzarella, ham and pineapple.

## Garlic Pizza

### Garlic pizza £3.95

### Garlic pizza cheese £4.95

### Garlic pizza tomato and chilli £4.50

### Extra Toppings

£1.35 each, Three Toppings £3.50

## Pasta

Available in Starter/Main Portions

### Tagliatelle al Sugo £5.95/£9.95

Home made meat balls in a meat sauce with egg tagliatelle.

### Spaghetti alla carbonara £5.95/£9.95

Pancetta, cream, egg and Grana Padano cheese sauce.

### Penne alle verdure £5.95/£9.95

Penne pasta, served with peppers, aubergine, courgettes and red onion, finished in a tomato and cream sauce.

### Lasagne al Forno £6.95/£10.95

Trattoria's classic lasagna recipe.

### Penne San Giovanni con tonno £5.95/£9.95

Penne pasta with tuna, onions, capers, olives, white wine and tomato sauce.

### Penne al salmone affumicato £6.95/£10.95

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

### Spaghetti alla cozze £6.95/£10.95

Spaghetti with fresh Welsh mussels, garlic, white wine, lemon juice and rich tomato sauce with a touch of chilli.

### Tagliatelle al Ragù £5.95/£9.95

Tagliatelle with our own rich mince meat and tomato sauce.

### Spaghetti alla puttanesca £5.95/£9.95

Spaghetti with onion, olive, capers, anchovies and hot chilli in a rich tomato sauce.

### Spaghetti ai broccoli £4.95/£8.95

Spaghetti simply tossed in extra virgin olive oil, a touch of garlic and chilli, warmed together with steamed broccoli.

## Risotti (risotto)

Available in Starter/Main Portions

### Risotto ai frutti di mare £7.95/£12.95

Risotto with fresh clams, mussels and king prawn tails.

### Risotto primavera £5.95/£9.95

Risotto with spring vegetables and Grana Padano cheese.

### Risotto ai formaggi £6.95/£10.95

Light and creamy risotto, finished with dolcelate and smoked mozzarella.

### Risotto ai carciofi e funghi £5.95/£10.50

Risotto of artichoke and mushroom.

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!



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## White Wines

	Glass 175ml	Glass 250ml	Bottle 750ml
<b>1.Grillo, Pure, Sicily</b> Crisp, fresh and dry with a lovely citrus tang - drunk by local Sicilians with freshly landed fish on the quayside at Palermo	£4.95	£6.95	£15.95
<b>2.Pinot Grigio, Italy, Ca Tesore</b> A vibrant and flavoursome Pinot Grigio, made using lower yielding grapes that give a richer more scented character of apple skin and almond	£4.95	£6.95	£15.95
<b>3.Verdicchio Classico, Pontemagno, Marche, Italy</b> Dry, soft and light - this cracking white has flavours of green apple, pear and hazelnut.	£5.50	£7.50	£18.95
<b>4.Soave Classico, Zenato, Veneto</b> Dry, soft and elegant with a charming liveliness and hints of roasted nuts and floral notes. Zenato is a key grower in this hilly region.			£23.95
<b>5.Greco de Sannio, La Guardienza, Campania</b> The rare Greco grape make a dry, full bodied and golden white wine - coming from terraced vineyards that lie inland from naples in Campania			£25.95
<b>6.Gavi ' I Risi', Giribaldi, Italy</b> The King of Italin white wines! - dry and ripe and exotic with notes of baked apple, almond butter and some spice.			£29.50

## Rose Wines

	Glass 175ml	Glass 250ml	Bottle 750ml
<b>7.Pinot Grigio Blush, Ca Tesore, Italy</b> <u>Very pale pink</u> , steely fresh with a lovely core of cherry and strawberry fruit. Perfect with creamy pasta	£4.95	£6.95	£16.95
<b>8.Rosato ' Roseum' Villa Sandi, Veneto</b> Beautifully ripe and delicious with a touch of sweetness. Perfect elegant and classic.			£19.95

## Red Wines

	Glass 175ml	Glass 250ml	Bottle 750ml
<b>9.Merlot, Pure, Friuli</b> Soft, easy drinking Merlot from Friuli, showing nice ripe plum, cherry and mocha fruit	£4.95	£6.95	£15.95
<b>10.Nero d'Avola, Pure range, Puglia</b> Rich, fruity/jammy red from local Nero d'Avola grapes grown in the warm Puglian Hills	£4.95	£6.95	£15.95
<b>11.Montepulciano d'Abruzzo, Taverna Nova</b> A rich, complex yet elegant red from local Montepulciano grapes grown in Abruzzi. Cherry, black fruits and a hint of leather and oak - charming and forward	£5.50	£7.50	£18.95
<b>12.Primitivo del Salento, A Mano, Puglia</b> Rich jammy, slightly earthy red, tastes like a cross between Australian Shiraz and California Zinfandel jammy, warming, generous and fruity			£19.95
<b>13.Chianti ' Duca de Sassetta', Barbanera, Tuscany</b> A good Chianti, offering typical bitter cherry, leather and damson characters, bound with a degree of freshness and a veneer of sweet oak			£24.95
<b>14.Barbera d'Asti Ca Solare, Piedmont</b> Soft, easy drinking lighter red, made from local Barbera grapes grown in the misty hinterlands of upper Piedmont			£24.95
<b>15.Valpolicella 'Ripasso' Vilalta, Veneto</b> A turbo-charged Valpolicella, made by adding Amarone grapes to fermenting Valpolicella. Big, rounded, creamy and complex - a stunner!			£29.50
<b>16.Prosecco, Italy. Pure</b> Foaming Brilliance - soft, easy drinking and delightful with nice frosted grapes characters	£5.25		£22.50
<b>17.Champagne Baron De Beaupre NV Brut.</b> Crisp elegant with flavours of brioche and crystallised fruits			£37.00

## Cocktails

### **Cosmopolitan £5.95**

vodka, triple sec, lime juice, cranberry juice

### **Espresso Martini £6.95**

Vodka, coffee liqueur, shot espresso, sugar syrup

### **Blue Andy £5.95**

Vodka, blue curacao, apple juice, lemonade

### **Mojito £6.95**

Rum, lime juice, mint leaves, brown sugar, soda water

### **Moscow Mule £5.95**

Vodka, ginger beer, lime juice

### **Rossini £5.95**

Prosecco, strawberry puree

### **Bellini £5.95**

Prosecco, peach puree

### **Aperol Spritzer £5.95**

Prosecco, Aperol

### **Pimm's**

Glass £4.95

Jug £14.95

## Mocktails

### **Lemon Daisy £3.50**

Grenadine, squeezed lemons, soda

### **Bolero £3.50**

Cranberry juice, apple juice, lemonade, lime juice

### **Tropical Passion £3.95**

Orange juice, passion fruit syrup, fresh passion fruit, lime juice, soda water.

## Vermouths, Sherry, Port

Campari, Martini Dry, Martini Rosso,  
Cinzano, Cockburns, Harveys.. 50ml £3.00

## Spirits & Liqueurs

Gordons Gin, Vodka, Famous Grouse, Jameson,  
Bacardi, Rum, Southern Comfort, Tequila, Tia Maria,  
Malibu, Baileys, Sambuca,  
Amaretto, Pimms No.1, Limoncello,  
Frangelico, Grappa, Amoro, Strega.. 25ml £3.00

Bombay Sapphire, Jack Daniels, Martell, Cointreau..  
25ml £3.50

Remy Martin.. 25ml £4.50

## Draught Beer

	½ PINT	PINT
Peroni	£2.70	£4.95
Moretti	£2.60	£4.75

## Bottled Beer

Peroni Red	£3.50
Peroni Gran Reserva	£4.75
Budvar Budweiser	£3.95
Becks 0%	£3.50

## Ale

Black Sheep	£4.95
Cumberland	£4.95

## Cider

Thatchers Gold	£4.95
Thatchers Gold Rose	£4.95

## Minerals

Pepsi	£1.95	£2.95
Diet Pepsi	£1.95	£2.95
Lemonade	£1.95	£2.95
Black Currant Corial	£0.95	£1.50
Lime Cordial	£0.95	£1.50
Orange Cordial	£0.95	£1.50

## Bottled Soft Drinks

Appletizer	£2.20
Appletiser Pomegranate	£2.20
Orangina	£2.20

## Fruit Juice

Orange	£1.75
Pineapple	£1.75
Apple	£1.75
Cranberry	£1.75

## Mixers

Soda	£1.30
Tonic Water	£1.30
Slimline Tonic	£1.30
Ginger Beer	£1.30
Bitter Lemon	£1.30

## Water

Still / Sparkling	£2.95
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