
♥ = LOW CHOLESTEROL ITEM

APPETIZERS

CALAMARI FRITTI \$14.50

Deep fried squid with spicy tomato sauce

STUZZICHINO \$14.50

Selection of cured meats, cheeses and olives

♥ **SALMONE AFFUMICATO \$16.55**

Thinly sliced smoked salmon on whole-grain toast with chives, red onion, boiled egg and sour cream

APPETIZER SALADS

INSALATA CESARE \$12.10

Romaine lettuce with our special Caesar dressing and garlic croutons

♥ **INSALATA TRATTORIA \$10.75**

Avocado, red onions, palm hearts, arugula, radicchio and Belgian endive

♥ **INSALATA MISTA \$8.95**

Mixed lettuce with your choice of dressing

POMODORI E MOZZARELLA \$15.00

Fresh mozzarella, ripe tomatoes and olive oil over mixed lettuce

MAIN SALADS

INSALATA DI POLLO E AVOCADO \$16.00

Avocado, chicken tikka, tomatoes and cucumber in a curry dressing with lettuce and toasted almonds

CESARE CON POLLO \$16.00

Romaine lettuce, grilled chicken breast served with our special Caesar dressing and garlic croutons

GAMBERI CAPESANTE \$19.70

Grilled shrimp & scallops over a bed of mixed field greens with balsamic-Dijon vinaigrette

♥ **TONNO ALL'INSALATA \$16.55**

Grilled tuna on a bed of string beans, cucumber, Kalamata olives, potatoes and tomatoes

♥ **MEDITERRANEO INSALATA \$15.50**

Chickpeas, lentils, cucumber, red onion, Kalamata olives, grape tomatoes, broccoli, kale and balsamic vinaigrette

COUSCOUS E VEGETALI INSALATA \$14.50

Couscous with roasted zucchini, yellow squash, eggplant, peppers and extra virgin olive oil
Add Chicken (\$4.75), Shrimp (\$6.00)
or Salmon (\$6.00)

CAPONATA NAPOLETANA \$15.50

Fresh mozzarella, cherry tomatoes, olives, roasted eggplant, garlic croutons, dressed with extra virgin olive oil and basil

PANINI

(SUBS, WRAPS & MORE)

GLUTEN FREE BREAD AVAILABLE

Add \$1.60

FOCACCIA AL POLLO \$15.00

Homemade Focaccia bread with grilled chicken breast and grilled vegetables, served hot with mustard dressing and bean salad

FOCACCIA TRICOLORE \$15.00

Homemade Focaccia, fresh mozzarella cheese, avocado, tomato, arugula and Parma ham

CIABATTA MILANESE \$15.00

Chicken Milanese with arugula, herb mayo and Provolone cheese in a ciabatta

PANINO CON PESCE \$15.00

Toasted raisin bread with lettuce, tomato, tartar sauce and the fish of the day

CIABATTA CON TACCHINO \$15.00

Ciabatta bread, smoked turkey, herbed goat cheese, apples and mango chutney

BISTECCHINA \$15.00

Thinly sliced sirloin steak with onions, arugula, avocado and spicy mayo on a baguette

PANINO AL SALMONE \$15.00

Pan-fried fresh salmon, arugula, tomatoes and herbed mayonnaise on olive bread

HAMBURGER TRATTORIA \$15.00

6oz homemade hamburger topped with fried onions (we use hormone and antibiotic-free beef from Niman Ranch)

SALSICCIA E BROCCOLI \$15.00

Grilled sausage, sautéed broccoli and Provolone cheese in a baguette

SOUPS

♥ **ZUPPA DI PESCE \$8.95**

Fish chowder laced with Bermuda Black Rum and sherry peppers

ZUPPA DEL GIORNO \$8.15

Chef's Soup of the Day

PIZZA **

**Made in Bermuda's Only Traditional Wood Burning Brick Oven
Prices shown for 12" - Extra toppings \$1.95 each**

GLUTEN FREE DOUGH AVAILABLE – Add \$1.60

- 1. MARGHERITA CLASSICA \$18.40**
Mozzarella cheese and tomato sauce
- 2. PEPPERONI \$19.45**
Pepperoni, mozzarella cheese and tomato sauce
- 3. CAPRICCIOSA \$20.70**
Ham, mushrooms, pepperoni, cheese and tomato sauce
- 4. PIZZA CON GAMBERETTI \$21.75**
Tomato sauce, lite mozzarella and jerk seasoned shrimp
- 5. VEGETALI CON AGLIO \$20.70**
Roasted vegetables, tomato sauce, olive oil and goat cheese
- 6. SALSICCIA \$20.70**
Green & red bell pepper, Italian sausage,
mozzarella cheese, tomato sauce
- 7. ARUGULA \$20.70**
Arugula, parma ham (prosciutto) mozzarella cheese and tomato sauce
- 8. PIZZA NEW DELHI \$20.70**
Chicken tikka, red onions, mozzarella cheese, cilantro, yogurt
- 9. VERDE \$20.70**
Spinach, broccoli, garlic, black olives and smoked mozzarella
- 10. CALZONE TOTO \$20.70**
Pizza pocket with ham, mushrooms, sun-dried tomatoes and mozzarella
- 11. PIZZA SICILIANA \$20.70**
Eggplant "Funghetti", tomato sauce, smoked mozzarella and basil
- 12. PIZZA ALFREDO \$20.70**
Cream and parmesan sauce, cooked ham, mushrooms and mozzarella
- 13. AL SALAME \$20.70**
Salami "Napoli," roasted artichokes, mozzarella, shaved parmesan
and tomato sauce
- 14. PIZZA CON TONNO \$20.70**
Tomato sauce, tuna chunks, light mozzarella, red onions and sliced lemon
- 15. PIZZA CON PATATE \$20.70**
Tomato, mozzarella, potatoes, onions, truffle oil and diced Parma ham
- 16. PIZZA NAPOLETANA \$20.70**
Tomato sauce, garlic, oregano, capers, anchovies, light mozzarella and olives
- 17. PIZZA CON CAPRINO \$20.70**
Pesto sauce, goat cheese, sliced tomatoes, garlic, topped with arugula

PLEASE NOTE

****There is a \$2.10 surcharge for splitting a pizza**

PASTA SPECIALTIES

SOME DISHES CAN BE MADE WITH GLUTEN FREE PASTA – ADD \$1.60

Extra toppings – Add \$1.60 (Shrimp Add \$2.60)

FETTUCCHINE ALFREDO \$18.90

Flat noodles tossed with mushrooms, ham and parmesan cheese in a cheese sauce

RAVIOLI MONA LISA \$18.90

Pockets of pasta stuffed with ricotta cheese in a creamy sauce with a hint of tomato, peas and topped with parmesan cheese

LASAGNA TRATTORIA \$18.90

Sheets of pasta layered with meat and cheese and baked with mozzarella cheese

PENNE AL GAMBERI E ARUGULA \$19.65

Penne, shrimp, arugula and creamy shrimp bisque

MANICOTTI CON SPINACI \$18.90

Sheets of pasta, rolled and filled with ricotta cheese, diced chicken, Parmesan cheese and sautéed spinach, baked in a tomato sauce

SPAGHETTI PESCATORE \$23.10

Spaghetti, garlic, white wine, cherry tomatoes and a variety of seafood in a light tomato sauce

♥ PENNE SICILIANE \$17.60

Whole wheat penne pasta, eggplant, tomato sauce, basil, smoked mozzarella

RISOTTO CON LENTICCHIE \$17.60

Arborio rice, lentil ragout, parmiggiano reggiano cheese

FETTUCCHINE AL POMODORO \$17.60

Flat egg noodles, tomato sauce, feta cheese and basil

CAPELLINI MARCO POLO \$19.45

Angel hair pasta, shrimp, julienne of vegetables, spinach, a touch of ginger and soy sauce...a little spicy

LINGUINE COZZE E SALCICCIA PORTOGHESE \$23.10

Linguine pasta, fresh mussels, chourico and cherry tomatoes

MAIN DISHES

VITELLO PARMIGIANA \$29.15

Breaded veal topped with tomato and mozzarella, penne with tomato sauce

♥ POLLO GRIGLIA \$23.90

Chicken breast paillard topped with tomato salsa and served with grilled vegetables

BISTECCA AI FERRI \$31.25

Grilled sirloin steak, french fries, arugula, red onions and tomatoes

♥ SALMONE ALLA GRIGLIA \$29.35

Soy-marinated grilled salmon with sautéed spinach

SIDE DISHES

MOZZARELLA STICKS	\$9.40
ONION RINGS	\$7.10
GARLIC BREAD	\$4.15
FOCACCIA	\$4.15
BRUSCHETTA (La Trattoria Style)	\$4.15
OLIVE PASTE	\$3.95
STICK BREAD	\$2.10

For your convenience, a 17% service charge will be added to your bill
For parties of eight or more, an additional 3% service charge will be added