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♥ = LOW CHOLESTEROL ITEM

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### APPETIZERS

#### **CALAMARI FRITTI \$15.75**

Deep fried squid with spicy tomato sauce

#### **STUZZICHINO \$15.50**

Selection of cured meats, cheeses and olives

#### ♥ **SALMONE AFFUMICATO \$17.50**

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

### APPETIZER SALADS

#### **INSALATA CESARE \$12.75**

Romaine lettuce with our special Caesar dressing and garlic croutons

#### ♥ **INSALATA TRATTORIA \$11.30**

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

#### ♥ **INSALATA MISTA \$9.35**

Mixed lettuce with your choice of dressing

#### **POMODORI E MOZZARELLA \$15.75**

Fresh mozzarella, ripe tomatoes and olive oil over mixed lettuce

### MAIN SALADS

#### **INSALATA DI POLLO E AVOCADO \$16.50**

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

#### **CESARE CON POLLO \$16.50**

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

#### **GAMBERI CAPESANTE \$20.75**

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

#### ♥ **TONNO ALL'INSALATA \$17.35**

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

#### ♥ **MEDITERRANEO INSALATA \$16.35**

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

#### **COUSCOUS E VEGETALI INSALATA \$15.25**

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 \$16.25**

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 \$2.00*

#### **FOCACCIA AL POLLO \$15.75**

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

#### **FOCACCIA TRICOLORE \$15.75**

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

#### **CIABATTA MILANESE \$15.75**

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

#### **PANINO CON PESCE \$16.75**

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

#### **CIABATTA CON TACCHINO \$15.75**

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

#### **BISTECCHINA \$15.75**

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

#### **PANINO AL SALMONE \$16.75**

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

#### **HAMBURGER TRATTORIA \$15.75**

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

#### **SALSICCIA E BROCCOLI \$15.75**

Grilled sausage, sautéed broccoli and Provolone cheese in a baguette

### SOUPS

#### ♥ **ZUPPA DI PESCE \$9.50**

Fish chowder laced with Bermuda Black Rum and sherry peppers

#### **ZUPPA DEL GIORNO \$8.75**

Chef's Soup of the Day

## **PIZZA \*\***

**Made in Bermuda's Only Traditional Wood Burning Brick Oven  
Prices shown for 12" - Extra toppings \$2.25 each | Shrimp \$3.75**

***GLUTEN FREE DOUGH AVAILABLE – Add \$2.00***

- 1. MARGHERITA CLASSICA \$18.95**  
Mozzarella cheese and tomato sauce
- 2. PEPPERONI \$20.50**  
Pepperoni, mozzarella cheese and tomato sauce
- 3. CAPRICCIOSA \$21.75**  
Ham, mushrooms, pepperoni, cheese and tomato sauce
- 4. PIZZA CON GAMBERETTI \$22.90**  
Tomato sauce, lite mozzarella and jerk seasoned shrimp
- 5. VEGETALI CON AGLIO \$21.75**  
Roasted vegetables, tomato sauce, olive oil and goat cheese
- 6. SALSICCIA \$21.75**  
Green & red bell pepper, Italian sausage,  
mozzarella cheese, tomato sauce
- 7. ARUGULA \$21.75**  
Arugula, parma ham (prosciutto) mozzarella cheese and tomato sauce
- 8. PIZZA NEW DELHI \$21.75**  
Chicken tikka, red onions, mozzarella cheese, cilantro, yogurt
- 9. VERDE \$21.75**  
Spinach, broccoli, garlic, black olives and smoked mozzarella
- 10. PIZZA SARAH \$20.80**  
Tomato sauce, mozzarella, chili flakes and honey
- 11. PIZZA SICILIANA \$21.75**  
Eggplant "Funghetti", tomato sauce, smoked mozzarella and basil
- 12. PIZZA ALFREDO \$21.75**  
Cream and parmesan sauce, cooked ham, mushrooms and mozzarella
- 13. AL SALAME \$21.75**  
Salami "Napoli," roasted artichokes, mozzarella, shaved parmesan  
and tomato sauce
- 14. PIZZA D'AMATO \$30.75**  
Mozzarella, mushrooms, sliced black truffles and Parma ham
- 15. PIZZA BURRATA E POMODORINI \$27.60**  
Tomato sauce, sliced cherry tomatoes, arugula, parmesan and burrata cheese
- 16. PIZZA NAPOLETANA \$22.55**  
Tomato sauce, garlic, oregano, capers, anchovies, light mozzarella and olives
- 17. PIZZA CON CAPRINO \$22.55**  
Pesto sauce, goat cheese, sliced tomatoes, garlic, topped with arugula

### **PLEASE NOTE**

**\*\*There is a \$2.25 surcharge for splitting a pizza**

## PASTA SPECIALTIES

*SOME DISHES CAN BE MADE WITH GLUTEN FREE PASTA – ADD \$2.00*

*Extra toppings – Add \$2.00 (Shrimp Add \$3.75)*

### **FETTUCCHINE ALFREDO \$19.85**

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

### **RAVIOLI MONA LISA \$19.85**

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

### **LASAGNA TRATTORIA \$19.85**

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

### **PENNE AL GAMBERI E ARUGULA \$20.75**

Penne, shrimp, arugula and creamy shrimp bisque

### **MANICOTTI CON SPINACI \$19.85**

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

### **SPAGHETTI PESCATORE \$24.50**

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

### **♥ PENNE SICILIANE \$18.50**

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

### **RISOTTO CON LENTICCHIE \$18.50**

Arborio rice, lentil ragout, parmiggiano reggiano cheese

### **FETTUCCHINE AL POMODORO \$18.50**

Flat egg noodles, tomato sauce, feta cheese and basil

### **CAPELLINI MARCO POLO \$20.75**

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

### **LINGUINE COZZE E SALCICCIA PORTOGHESE \$24.50**

Linguine pasta, fresh mussels, chourico and cherry tomatoes

## MAIN DISHES

### **VITELLO PARMIGIANA \$30.50**

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

### **♥ POLLO GRIGLIA \$25.25**

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

### **BISTECCA AI FERRI \$32.90**

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

### **♥ SALMONE ALLA GRIGLIA \$30.90**

Soy-marinated grilled salmon with sautéed spinach

## **SIDE DISHES**

<b>MOZZARELLA STICKS</b>	<b>\$9.85</b>
<b>ONION RINGS</b>	<b>\$7.50</b>
<b>GARLIC BREAD</b>	<b>\$4.35</b>
<b>FOCACCIA</b>	<b>\$4.35</b>
<b>BRUSCHETTA (La Trattoria Style)</b>	<b>\$4.35</b>
<b>OLIVE PASTE</b>	<b>\$4.15</b>
<b>STICK BREAD</b>	<b>\$2.25</b>

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