
♥ = LOW CHOLESTEROL ITEM

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

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

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