
♥ = LOW CHOLESTEROL ITEM

APPETIZER SALADS

CALAMARI FRITTI \$15.25

Deep fried squid with spicy tomato sauce

INSALATA CESARE \$10.50

Romaine lettuce with our special Caesar dressing and garlic croutons

♥ **INSALATA TRATTORIA \$10.50**

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

♥ **INSALATA MISTA \$8.50**

Mixed lettuce with your choice of dressing

POMODORI E MOZZARELLA \$14.25

Fresh mozzarella, ripe tomatoes and olive oil over mixed lettuce

MAIN SALADS

INSALATA DI POLLO E AVOCADO \$15.75

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

CESARE CON POLLO \$14.95

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

GAMBERI CAPESANTE \$18.75

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

♥ **TONNO ALL'INSALATA \$15.75**

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

♥ **MEDITERRANEO INSALATA \$14.75**

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

COUSCOUS E VEGETALI INSALATA \$13.95

Couscous with roasted zucchini, yellow squash, eggplant, peppers and extra virgin olive oil
Add Chicken (\$4.50), Shrimp (\$5.50)
or Salmon (\$5.50)

BURRATA CON PROSCIUTTO \$19.35

Creamy burrata cheese with arugula, cherry tomatoes, prosciutto & olive oil

PANINI

(SUBS, WRAPS & MORE)

GLUTEN FREE BREAD AVAILABLE

Add \$2.00

FOCACCIA AL POLLO \$14.20

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

FOCACCIA TRICOLORE \$14.20

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

ROTOLO CON TACCHINO | \$14.20

Spinach wrap, turkey, cheddar cheese, tomatoes, romaine lettuce, herbed mayonnaise & a touch of mustard

CIABATTA MILANESE \$14.20

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

PANINO CON PESCE \$15.25

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

BISTECCHINA \$14.20

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

PANINO AL SALMONE \$15.25

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

HAMBURGER TRATTORIA \$14.20

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

SOUPS

ZUPPA DEL GIORNO \$7.85

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 \$17.95**
Mozzarella cheese and tomato sauce
- 2. PEPPERONI \$19.25**
Pepperoni, mozzarella cheese and tomato sauce
- 3. CAPRICCIOSA \$20.75**
Ham, mushrooms, pepperoni, cheese and tomato sauce
- 4. PIZZA CON GAMBERETTI \$20.75**
Tomato sauce, lite mozzarella and jerk seasoned shrimp
- 5. VEGETALI CON AGLIO \$20.75**
Roasted vegetables, tomato sauce, olive oil and goat cheese
- 6. SALSICCIA \$21.25**
Green & red bell pepper, Italian sausage,
mozzarella cheese, tomato sauce
- 7. ARUGULA \$21.25**
Arugula, parma ham (prosciutto) mozzarella cheese and tomato sauce
- 8. PIZZA NEW DELHI \$20.75**
Chicken tikka, red onions, mozzarella cheese, cilantro, yogurt
- 9. VERDE \$20.75**
Spinach, broccoli, garlic, black olives and smoked mozzarella
- 10. PIZZA SARAH \$19.25**
Tomato sauce, mozzarella, chili flakes and honey
- 11. PIZZA SICILIANA \$20.75**
Eggplant "Funghetti", tomato sauce, smoked mozzarella and basil
- 12. PIZZA ALFREDO \$20.75**
Cream and parmesan sauce, cooked ham, mushrooms and mozzarella
- 13. AL SALAME \$20.75**
Salami "Napoli," roasted artichokes, mozzarella, shaved parmesan
and tomato sauce
- 14. PIZZA D'AMATO \$28.75**
Mozzarella, mushrooms, sliced black truffles and Parma ham
- 15. PIZZA BURRATA E POMODORINI \$25.60**
Tomato sauce, sliced cherry tomatoes, arugula, parmesan and burrata cheese
- 16. PIZZA NAPOLETANA \$20.75**
Tomato sauce, garlic, oregano, capers, anchovies, light mozzarella and olives
- 17. PIZZA CON CAPRINO \$20.75**
Pesto sauce, goat cheese, sliced tomatoes, garlic, topped with arugula

PASTA SPECIALTIES

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

Extra toppings – Add \$2.00 (Shrimp Add \$3.25)

FETTUCCHINE ALFREDO \$18.95

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

RAVIOLI MONA LISA \$18.95

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

LASAGNA TRATTORIA \$18.95

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

PENNE AL GAMBERI E ARUGULA \$19.50

Penne, shrimp, arugula and creamy shrimp bisque

MANICOTTI CON SPINACI \$18.95

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

SPAGHETTI PESCATORE \$23.90

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

SPAGHETTI CARBONARA \$18.95

Spaghetti, pancetta, cream, parmesan cheese & egg

FETTUCCHINE AL POMODORO \$17.75

Flat egg noodles, tomato sauce, feta cheese and basil

LINGUINE COZZE E SALCICCIA PORTOGHESE \$22.95

Linguine pasta, fresh mussels, chourico and cherry tomatoes

MAIN DISHES

VITELLO PARMIGIANA \$29.75

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

♥ POLLO GRIGLIA \$23.95

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

BISTECCA AI FERRI \$30.95

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

♥ SALMONE ALLA GRIGLIA \$29.95

Soy-marinated grilled salmon with sautéed spinach

SIDE DISHES

MOZZARELLA STICKS	\$8.95
FRENCH FRIES	\$6.00
GARLIC BREAD	\$3.95
FOCACCIA	\$3.95
BRUSCHETTA (La Trattoria Style)	\$3.95
OLIVE PASTE	\$3.95

DESSERT

\$9.75 each

Almond Chocolate Cake (gf) | Classic Tiramisu

Sticky Toffee Pudding | Chocolate Molten Cake

Classic Vanilla Crème Brûlée | Fresh Fruit Salad | Sicilian Cannoli