

# LA TRATTORIA KIDS MENU

## LITTLE ITALY

Whole wheat options available

- 🍴 Spaghetti with Trattoria Sauce \$13.45
- 🍴 Spaghetti, Meatballs and Trattoria sauce \$13.45
- Penne with Pesto \$13.45
- 🍴 Cheese Ravioli with Trattoria Sauce \$13.45
- 🍴 Cheese and Tomato Pizza \$13.45
- Pepperoni Pizza \$13.45

## KIDS CLASSICS

Served with sweet potato fries

- Cheeseburger \$13.45
- House made Chicken Tenders \$13.45
- 🍴 Grilled Chicken \$13.45
- Grilled Cheese \$13.45

## SIDES

- 🍴 Raw Vegetables with your choice of dip (Salsa or Hummus) \$6.45
- 🍴 Sweet Potato Fries \$6.45
- 🍴 Steamed Vegetables \$6.45

## DESSERTS

- Ice-cream or sorbet (dairy free)
  - ~ One scoop \$5.50
  - ~ Two scoops \$7.75
- 🍴 ~ Fresh Fruit Salad \$7.95
- ~ With one scoop of ice-cream/sorbet or chocolate sauce \$7.95
- 🍴 Healthy Brownies \$7.25
- 🍴 ~ With Fruit \$9.85

# NUTRITION NOTES

Our children's menu has been created with nutrition and flavor in mind. We have kept your favorites but have made many of them healthier.

## **LITTLE GROWNUPS**

Please note that you may order a kids size of any of our regular menu items or non-alcoholic drinks.

## **ALLERGIES**

We will do our best to accommodate any food allergies. Please discuss your needs with your server. We do have gluten free pasta available. The sorbet is dairy free. The brownies are gluten and dairy free. We have dairy free pesto available on request.

## **ANTIBIOTICS & GROWTH HORMONES**

All our chicken and beef items are guaranteed to be growth hormone and antibiotic free. Our chicken tenders are house made from 100% chicken breast meat. Our beef is sourced from Niman Ranch.

## **VEGETABLES**

We steam our vegetables for maximum nutrient retention. We serve local and seasonal produce where possible.

## **TRATTORIA SAUCE**

Our Trattoria sauce is tomato based but includes hidden vegan protein (chickpeas) and vegetables (they vary but usually onion, celery, butternut squash, zucchini and broccoli). We layer our sauce underneath the pizza sauce on all our kids pizzas.

## **BROWNIES**

Catherine's recipe is gluten and dairy free and actually is made with chickpeas (garbanzo beans) rather than flour. We bet your kids will never guess!

## **WHOLE WHEAT**

We have whole wheat spaghetti and pizza bases available on request. Please ask!

## **DRINKS**

Our milk is antibiotic and hormone free. We are happy to dilute fruit juice at your request. We of course have water available free of charge.

## **HEALTHIER CHOICE**

We are committed to including healthier options for Bermuda's kids and our visitors. This symbol helps you identify the best choices. You can make your pizza/pasta choices even healthier by choosing whole wheat!