

La Trattoria

SNACKS

Taralli Pugliesi (gl,sd) <i>Italian snack from Puglia</i>	£3.00
Olive Verdi <i>Green Olives</i>	£3.50
Bread Basket (gl) <i>Gluten free bread available</i>	£6.00

ANTIPASTI

Baccalà mantecato, pane Carasau (f,g) <i>Creamy cod with crispy Carasau bread</i>	£9.50
Parmigiana di Melanzane (vg) <i>Layers of aubergine with tomato sauce</i>	£9.00
Crostone con Stracciatella, Pomodorini arrosto e Pinoli (veg,d,g,n) <i>Bruschetta with stretched mozzarella, roasted cherry tomato & pinenuts</i>	£9.50
Pallotte Cace e Ove (veg,d,gl,egg) <i>Abruzzo Pecorino cheese & egg balls, served in tomato sauce</i>	£9.75
Tartare di Tonno, Avocado e Nettare (f,g) <i>Tuna tartare, avocado & nectarine</i>	£15.85
Tagliere di Salumi e Formaggi, per 2 persone (g,d,sd,egg) <i>Board of Italian cheeses and cold cuts, for 2 to share</i>	£21.00

FRESH PASTA

Rigatoni Carbonara (egg,gl,d) add fresh truffle £5.50 £16.50
Tube-shaped pasta with egg yolk, pecorino and guanciale

Pappardelle Salsiccia, Funghi e Tartufo (egg,d,gl) £21.50
Pork sausage, mushrooms & fresh truffle (can be vegan)
Mushrooms supplied by Shoots & Spores, Northampton

Gnocchi alla Sorrentina (gl,d,ce,egg) £16.00
Baked gnocchi, smoked mozzarella

Spaghetti alle Vongole (g,f,sd,egg) £18.00
Spaghetti with clams, cherry tomato & chilli

Fettuccine al Limone, Burro, Menta e Bottarga (g,d,egg,f) £ 17.00
Fettuccine with lemon, butter, mint & cured fish roe

Crespella al Pistacchio, Pancetta e Ricotta (g,d,egg,n) £16.50
Soft Italian crêpe, pistachio pesto, pancetta & ricotta cheese

Allergens: Gluten(gl), Eggs(egg), Fish (f), Peanuts(p), Soya(s), Dairy(d), Nuts(n), Mustard(mu),
Sesame(se), Lupin(l), Celery & Celeriac(ce), Sulphur Dioxide(sd), Crustaceans(cr), Molluscs(m) Vegan(vg), Vegetarian(veg)

Discretionary 10% service charge will be added to your bill.

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DOLCI

Tiramisu (gl,d,sd,egg)	£7.00
Millefoglie (gl,d,egg) <i>Flaky layers of puff pastry, layered with custard</i>	£9.00
Torta allo Yogurt con Frutti di Bosco (g,d) Yoghurt cake with red fruits	£8.50
Brownie, Gelato alla Fragola (vg) <i>Vegan brownie with vegan strawberry ice cream</i>	£7.00
Selezione di Formaggi (d,gl,sd) <i>Pecorino tartufato, Gorgonzola dolce, Caciotta piccante Crackers, Bread & Chutney 100ml of Bulas LBV Port £9.00</i>	£11.50

VINI DOLCI	100ml	Btl
Passito Rosso Cannonau, IGT 2020, Abruzzo(50cl)	£9.00	£44.00
Cascinetta Moscato d’Asti, Vietti, 2020, Piemonte	125ml £9.50	Btl £56.00

Allergens: Gluten(gl), Eggs(egg), Fish (f), Peanuts(p), Soya(s), Dairy(d), Nuts(n), Mustard(mu),Sesame(se), Lupin(l), Celery & Celeriac(ce), Sulphur Dioxide(sd), Crustaceans(cr), Molluscs(m)Vegan(vg), Vegetarian(veg)

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Antipasti

Crostone con Stracciatella e Pachino (d,veg,n)
Bruschetta with stretched mozzarella, cherry tomato and pinenuts

Parmigiana di Melanzane (vg)
Layers of fried aubergine with tomato sauce

Baccalà mantecato, pane Carasau(f,g)
Creamy cod with crispy Carasau bread

Pasta

Rigatoni Carbonara (egg,gl,d) add fresh truffle £5
Tube-shaped pasta with egg yolk, pecorino and guanciale

Fettuccine al Pomodoro (egg,gl,d,cl)
Beef ragù & tomato sauce

Spaghetti alle Vongole (g,f,sd,egg)
Spaghetti with clams
(£6.50 supplement)

Secondi

Braciola di Maiale (sd,d)
Pan roasted pork chop

Agnello e Salsicce
Roasted lamb and pork sausages

Zucchine ripiene (veg,d,gl,egg)
Baked courgettes

Contorni di verdure grigliate e patate al forno (vg)
Side of grilled vegetables & roasted potatoes included with mains

La Trattoria

Dolci

Tiramisu (gl,d,egg)

Millefoglie (gl,d,egg)

Flaky layers of puff pastry, layered with custard

Brownie al cioccolato, gelato alla Fragola(vg)

Vegcn chocolate brownie, strawberry ice cream

Selezione di Formaggi (£7.00 supplement)

*Truffle Pecorino, Gorgonzola Dolce, Caciotta Piccante
Crackers, Bread & Chutney*

(d,gl,sd)

3 Corse £29.50

(antipasto – pasta o secondo - dolce)

4 Corse £35.00

(antipasto – pasta – secondo - dolce)

Allergens: Gluten(gl), Eggs(egg), Fish (f), Peanuts(p), Soya(s), Dairy(d), Nuts(n), Mustard(mu),Sesame(se),Lupin(l), Celery & Celeriac(ce), Sulphur Dioxide(sd), Crustaceans(cr), Molluscs(m), Vegan(vg), Vegetarian(veg)

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VINO AL CALICE

BOLLICINE

125ml

Prosecco DOC Spumante Adalina, NV, Veneto

£6.20

Crisp, clean and well balanced sparkling wine with fruity nose and soft refreshing character

BIANCHI

175ml



Carafe

Galassia Pinot Grigio, Garda DOC 2021, Veneto

£6.70

£14.80

Crisp and refreshing, showcasing rich tropical fruit with crisp, zesty citrusy finish. 100% Pinot Grigio

ChichiBio Pecorino Terre di Chieti 2020, Abruzzo  

£7.75

£23.00

This wine of light straw yellow colour has a rich nose of peach, apricot and white blossoms.

On the palate it is fresh and well-balanced with mineral finish. 100% Pecorino

ROSÉ

Pinot Grigio Ramoro Lunaria 2020, Abruzzo  

£9.00

£27.50

30 days on the Pinot Grigio skins which are naturally pink in colour. Fleshy and textured on the palate with notes of ripe nectarines, clementine, strawberries and cream. 100% Pinot Grigio

ROSSI

ChichiBio Montepulciano d'Abruzzo 2021, Abruzzo  

£7.50

£22.00

Purple ruby red wine with an intense bouquet of red berry fruits and sour cherry. Full, harmonic and pleasantly tannic on the palate. 100% Montepulciano



Dolcetto d'Alba, Rocche Costamagna, 2020, Piemonte

£9.00

£27.00

classic Dolcetto for everyday drinking. Deep ruby red colour with purple highlights. A fruity wine characterised by blackberry and black cherry with subtle notes of pepper. 100% Dolcetto

125ml available on request

 Organic  Vegan

BIANCHI

Galassia Pinot Grigio, Garda DOC 2021, Veneto £27.50

Crisp and refreshing, showcasing rich tropical fruit with crisp, zesty citrusy finish.

100% Pinot Grigio

Passerina IGT, Terre di Chieti, Villa Adami, 2021, Abruzzo £28.00

Pale straw yellow in colour, delicate on the nose with fresh fruity notes. 100% Passerina

ChichiBio Pecorino Terre di Chieti 2020, Abruzzo   £30.00

This wine of light straw yellow colour has a rich nose of peach, apricot and white blossoms.

On the palate it is fresh and well-balanced with mineral finish. 100% Pecorino

Trebbiano d'Abruzzo DOC, Zaccagnini, 2021, Abruzzo £38.00

Straw yellow in colour, delicate bouquet, fragrant and aromatic. Fine and elegant taste.

80% Trebbiano, 20% Chardonnay

Gavi di Gavi Guido Matteo, Bosio, 2021, Piemonte £42.50

A refreshing white with zesty lemon and melon notes with a hint of fresh herbs. 100% Cortese

Pecorino Civitas Lunaria 2022, Abruzzo   £50.00

A soft and pleasant wine with aromas of citrus, ripe pear, peach and orange blossom. The palate



is clean and rich with a pleasing mineral complexity and a long finish. 100% Pecorino

Marina Cvetic Chardonnay, Colline Teatine, 2020, Abruzzo £110.00

Creamy white wine (burgundy style) with an intense nose of tropical fruit citrus and spicy hints of

vanilla and cloves. A wine with significant acidity and long finish. 100% Chardonnay

ROSÉ

Pinot Grigio Ramoro Lunaria 2020, Abruzzo   £38.00

30 days on the Pinot Grigio skins which are naturally pink in colour. Fleshy and textured on the

palate with notes of ripe nectarines, clementine, strawberries and cream. 100% Pinot Grigio





Organic





Vegan

ROSSI

ChichiBio Montepulciano d'Abruzzo 2021, Abruzzo   £29.50

Purple ruby red wine with an intense bouquet of red berry fruits and sour cherry. Full, harmonic and pleasantly tannic on the palate. 100% Montepulciano

Primitivo Ruminat Lunaria 2021, Abruzzo   £39.00

Bright ruby red colour. Aromas of plums, carobs, cherries and violets leap from the glass. The palate is soft and smooth with notes of rich black cherries and blackcurrant fruits combined with notes of cinnamon spice and cloves supported by lovely soft tannins. 100% Primitivo

Montepulciano d'Abruzzo DOC, Zaccagnini, 2020, Abruzzo £43.00

Intense ruby red colour, full soft black cherry flavours and damson fruit aromas, full body, well balanced with tannin and oak features. 100% Montepulciano

Dolcetto d'Alba, Rocche Costamagna, 2020, Piemonte £45.50

A classic Dolcetto for everyday drinking. Deep ruby red colour with purple highlights. A fruity wine characterised by blackberry and black cherry with subtle notes of pepper. 100% Dolcetto

Querciavalle Chianti Classico Riserva, 2015, Toscana £59.00

On the nose, it reveals notes of vanilla and ripe berries. The palate is rich and savoury with cherry, spice and mint flavours alongside supple tannins. 100% Sangiovese

Marina Cvetic Montepulciano d'Abruzzo, 2019, Abruzzo £88.00

Big wine with sense of balance, deep, dark, brooding black fruits earth, truffle and mineral, surrounded by ripe tannins and perfect acidity. 100% Montepulciano

Fattoria La Valentina, Belovedere, 2017, Abruzzo £120.00

Deep ruby red with inky purple stripe. Dark plum, blackberry nectar and aromatic herbs, complicated by coffee and cocoa. Noble and powerful tannins, long finish with lovely lingering violet perfume. 100% Montepulciano

BOLLICINE

Prosecco DOC Spumante Adalina, NV, Veneto £35.50
Crisp, clean and well balanced sparkling wine with fruity nose and soft refreshing character on the palate.

Prosecco DOC Adalina Rosé, 2020, Veneto £39.50
Fruity aromas of cherry and berries. It is crisp and light on the palate with a persistent pérlage.

Franciacorta DOCG Brut Satèn Contadi Castaldi 2016, Lombardia £90.00
Bright straw colour with a fine and persistent pérlage. The nose is fresh and elegant, with clear bouquets of hawthorn, bread crust, hints of apple and dried figs. 100% Chardonnay

Franciacorta Rosé DOCG Brut Contadi Castaldi NV, Lombardia £100.00
A beautiful coral pink colour. The nose has clear notes of wild berries, fresh rose petals, hints of apple and tropical fruits. 65% Chardonnay, 35% Pinot Noir

Franciacorta Rosé Brut, Bellavista, 2017, Lombardia £155.00
Cellaring lasts 4 years or more after the harvest. Shining white foam and a thick persistent pérlage. Wild strawberry, wildflowers, toasted bread and sweet almonds. 56% Chardonnay, 44% Pinot Noir

VINI DOLCI 100ml Btl
Passito Rosso Cannonau, IGT 2020, Abruzzo(50cl) £9.00 £44.00
Garnet red in colour with a very delicate bouquet and aromatic scent typical of Cannonau grape. 100% Cannonau

125ml Btl
Cascinetta Moscato d'Asti, Vietti, 2020, Piemonte £9.50 £56.00
Bright straw yellow colour with golden reflections, slightly sparkling. intense aroma of ripe yellow fruit, floral notes and ginger. Sweet and delicate on the palate. Fresh apricot finish. 100% Moscato Bianco

COCKTAILS

Mimosa <i>Orange juice e & prosecco</i>	£8.50
Garibaldi <i>Campari & orange juice</i>	£8.75
Aperol Spritz <i>Aperol, prosecco & soda water</i>	£9.75
Campari Spritz <i>Campari, prosecco & soda water</i>	£10.50
Americano <i>Campari, sweet vermouth & soda water</i>	£10.75
Negroni <i>Gin, campari, sweet vermouth</i>	£11.00
Negroni Sbagliato (wrong negroni) <i>Campari, sweet vermouth, prosecco</i>	£11.50
Espresso Martini <i>Vodka, espresso, coffee liqueur</i>	£11.00
Passion Fruit Martini <i>Vanilla vodka, passion fruit liqueur & puree, lime juice, prosecco shot</i>	£11.00
Cosmopolitan <i>Vodka, cointreau, lemon juice, cranberry juice</i>	£11.00
Margarita <i>Tequila, triple sec, lime juice</i>	£11.00
Tommy's Mezcal Margarita <i>Montelobos mezcal, lime juice, agave syrup</i>	£13.50
Amaretto Sour <i>Amaretto di Saronno, lime juice, egg white</i>	£10.00
Mojito <i>White rum, lime juice, soda water</i>	£9.50

COCKTAILS ANALCOLICI (0.00% abv) £8.00

Espresso martini

Lyre's non-alcoholic coffee liqueur, espresso, sugar

Spritz

Lyre's non-alcoholic Italian spirit & sparkling wine

London dry gin / Pink gin & tonic

Lyre's London spirits & tonic

Strawberry Mojito

Strawberry syrup, lime juice and lemonade

0.00% abv sparkling

125ml

Btl

£4.00

£20.00

SOFT DRINKS

Fevertree (*Tonic, Slimline, Mediterranean*)

£2.70

Schweppes (*Ginger Ale, Lemonade, Soda*)

£2.70

San Pellegrino

£3.10

Aranciata, Limonata

Crodino

£4.00

San Pellegrino Sanbitter

£3.75

Pago Fruit Juice

£3.50

Apple, Orange, Pear, Pineapple, Tomato

Mineral water

£3.80

GIN (50ml)

Bombay	£7.50
Hendrix	£10.50
Engine Gin (<i>organic Italian dry gin</i>)	£10.75
VII Hills (<i>Italian dry gin</i>)	£11.50
Malfy original (<i>Italian dry gin</i>)	£9.50
Malfy sicilian blood orange (<i>Italian dry gin</i>)	£9.50
Malfy sicilian pink grapefruit (<i>Italian dry gin</i>)	£9.50

VODKA (50ml)

Smirnoff	£6.00
Grey Goose	£9.00
Absolute Vanilla	£7.50

RUM (50ml)

Bacardi Carta Blanca	£6.50
Bacardi Spiced	£5.75
Mount Gay XO	£12.00

TEQUILA & MEZCAL (50ml)

Buen Amigo gold/silver	£5.00
Montelobos Mezcal	£11.00

WHISKY (50ml)

Chivas Regal <i>Blended whisky, Scotland</i>	£8.00
Monkey Shoulder Malt Whisky <i>Blended Malt Whisky, Scotland</i>	£8.50
Talisker 10yo <i>Single malt, Scotland</i>	£12.75
The Balvenie Doublewood 12yo <i>Single malt, Scotland</i>	£13.00
Oban <i>Single malt, Scotland</i>	£14.50
Jameson <i>Triple distilled blended Whisky, Ireland</i>	£6.00
Jack Daniel's <i>Tennessee, USA</i>	£6.50
Woodford Reserve <i>Bourbon, minimum of 51% of corn. USA</i>	£9.00
Canadian Club Whisky <i>Blended whisky, Canada</i>	£5.75
Yamazaki 12yo <i>Single malt, Japan</i>	£29.50

COGNAC (50ml)

Martell	£7.00
Courvoisier VS	£6.50

LIQUORI & VERMOUTH (50ml)

Pimms	£4.00
Vermouth extra dry/white/sweet	£4.50
Noilly Prat	£4.50
Punt e Mes sweet vermouth	£4.75
Baileys Irish Cream/ Tia Maria	£5.00
Malibu	£4.50
Southern Comfort	£5.00
Frangelico	£5.00
Amaretto Disaronno	£5.50
Cointreau	£5.50
Amaro Averna	£6.00
Amaro Montenegro/Amaro del Capo	£6.00
Sambuca Molinari Extra/ Coffee	£6.60/£6.00
Vecchia Romagna	£6.00
Evangelista Limoncello <i>Abruzzo limoncello liqueur</i>	£5.00
Evangelista Liquirizia <i>Abruzzo liquorice liqueur</i>	£6.00
Evangelista Ratafia <i>Abruzzo cherry liqueur</i>	£6.25

GRAPPA (50ml)

Grappa Libarna Bianca Cristallo	£6.60
<i>Vanilla flowers, white grape, anise & black pepper.</i>	
Grappa Libarna Moscato, Barrique	£8.00
<i>Sweet grape with notes of honey and flowers on the nose. Dried apricot & wood.</i>	
Bottega Riserva Privata, Barrique	£9.50
<i>Amarone grappa matured, small Limousin & Slavonian barrique that add vanilla and a thick spice richness.</i>	
Nardini Grappa Riserva 40	£10.00
<i>A delicate and aromatic harmonious bouquet on the nose with a refine palate.</i>	
Grappa di Chardonnay Tosolini	£12.00
<i>This is an intensely floral grappa with hints of herbs and apple.</i>	
Capovilla Grappa di Brunello	£16.50
<i>Raisin & strawberry, balanced by black peppercorn, baked earth and toasted almond.</i>	
Nardini Riserva 7yo, Selezione Bortolo Nardini	£19.75
<i>Marmalade, toasted bread, cherry, vanilla pods & coconut.</i>	

BIRRE, BIRRIFICIO MAIELLA (33cl) £6.50

Family run brewery on the foothills of the Maiella mountain in Chieti (Abruzzo). Limited craft beer produced with hand picked and carefully selected ingredients like Solina wheat, the oldest variety of wheat in Abruzzo. Bottle fermented, unfiltered and unpasteurised beers.

Matthias 6.7% abv

An amber ale with hints of orange and a rich creamy foam.

Magia d' Estate 5.2%abv

A wheat ale inspired by the German Weiss. The foam is lightweight, compact and tends to be abundant, while the scent is very light and aromatic.

Isabel 5.4%abv

A white ale with an opalescent golden colour. A brew inspired by the American pale ales. It has American, Australian and New Zealand hops brewed with German and British malts.

Ermes 4.5%abv Gluten free

From the classic taste, with well-balanced bitterness, which make it refreshing, with a straw-yellow colour, abundant foam and scent of hops. Session beer style.

Moretti (660ml bottle) £6.50

Moretti 0.00% abv (330ml bottle) £3.50

Sidro Angioletti Mela Rossa (330ml bottle) £4.50
Apple cider

La Trattoria

CAFFÉ

Espresso	£2.30
Americano	£3.00
Double espresso	£3.30
Cappuccino	£3.50
Latte	£3.50
Hot Chocolate	£3.60
Nutella & Hazelnut coffee	£4.50
Liqueur coffee <i>Jameson, Tia maria, Baileys, Amaretto</i>	£7.50
Twinings tea <i>English Breakfast, Earl Grey, Green, Chamomile Jasmine, Peppermint, Decaffeinated</i>	£2.70

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BREAKFAST Served until 12pm

Uova al pomodoro, pecorino and mozzarella (d,egg) <i>Fried egg on tomato sauce, mozzarella & pecorino cheese</i>	£7.80
Uova benedict (gl,egg,d,sd) <i>Eggs benedict</i>	£8.90
Omelette ai funghi i (egg,d) <i>Mushroom omelette. Mushrooms supplied by Shoots & Spores, Northampton</i>	£8.00
Avocado con pane sourdough (gl) <i>Smashed avocado and tomato on sourdough bread</i>	£7.50
Uova fritte, strapazzate o in camicia (egg,d) <i>Fried, scrambled or poached egg on toast</i>	£5.50
Gluten free pancakes, nutella o frutti rossi (egg,d) <i>Nutella or Red fruit pancake</i>	£8.00
Cornetto semplice o nutella (gl,d,n) <i>Croissant, Classic or Nutella</i>	£2.00/£2.50
Fagottino vegano alla nocciola (gl) <i>Vegan pain au chocolat</i>	£2.80

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PANINI

All sandwiches are made with our homemade focaccia

Prosciutto, Mozzarella e Rucola (d,gl) <i>Ham, mozzarella and rocket leaves</i>	£7.50
Pomodoro, Mozzarella e Pesto di Basilico (d,n,gl) <i>Tomato, Mozzarella & Basil Pesto</i>	£7.20
Petto di Pollo, Maionese alla Paprika e Peperoni arrosto (gl,egg) <i>Roasted chicken breast, paprika mayo & roasted peppers</i>	£8.80
Avocado, Tapenade di Olive, Pomodori secchi e Carciofini (gl,vg) <i>Avocado, olive tapenade, sundried tomato and artichoke</i>	£6.90

LUNCH MENU

STARTER & PASTA / PASTA & DESSERT (2 COURSES) £15.00

STARTER / PASTA / DESSERT (3 COURSES) £18.50

Ask the waiter for more information

Allergens: Gluten(gl), Eggs(egg), Fish (f), Peanuts(p), Soya(s), Dairy(d), Nuts(n), Mustard(mu),Sesame(se),Lupin(l), Celery & Celeriac(ce), Sulphur Dioxide(sd), Crustaceans(cr), Molluscs(m), Vegan(vg), Vegetarian(veg)

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