



Frattorica

Breads

Traditional Italian, garlic, semi-dried, olive, or pesto

Entrees

Tomato Bruschetta

Bruschetta is a traditional Italian Antipasto - Grilled Italian bread topped with roughly chopped Roma tomatoes, garlic, basil, olive oil and onions

Mediterranean Dips Plate (serves 2)

includes taramasalata, hommus, capsicum & eggplant served with fresh bread

Minestra di Verdure

Traditional minestrone vegetable soup

Pacchetti di Melanzane alla Griglia

“Grilled eggplant parcel”-Plum tomatoes, bocconcini cheese, prosciutto, basil, wrapped in thin pan seared slices of eggplant

Carpaccio with Rocket

Carpaccio is named after the renaissance painter “Vittorio Carpaccio” whose use of reds is reflected in the dish. It was created in Harry’s bar in Venice for a favourite customer whose doctor had placed him on a diet, forbidding cooked meats. Carpaccio is a fine dish of raw beef, marinated with lemon juice and olive oil, finished with flakes of fresh parmesan, cracked black pepper and garlic

Emilia Romagna Funghi

Wood fired Mushrooms filled with a risotto of bacon, spinach & selected herbs with parmesan cheese

Quaglia arrosto con Salsicce

Wood fired jumbo quail stuffed with Italian sausage

Caesar Salad

Wild Rocket & cos lettuce tossed through grilled eggplant, char grilled artichoke, crispy prosciutto & shaved parmesan cheese, drizzled with balsamic olive oil dressing

Extra Large Coffin bay Oysters

Natural or Kilpatrick

Authentic Pasta & Risotto

Fettucine all’amatriciana

Classical slow cooked tomato sauce with, bacon, onion and mixed peppers

Lasagna di Ricotta e Spinaci

Spinach, fetta, ricotta & mozzarella, layered between homemade lasagne sheets finished with Napolitana sauce

Penne alla Zingara

Marinated chicken fillets with pesto capsicum puree, roasted pine nuts, finished with chilli and cream

Fettucine al gamberi con Pomodoro

(Chilli Prawns) Prawns, garlic, brandy, shallots and tomato with a hint of chilli

Spaghetti Primavera

Seasonal vegetables, drizzled with local olive oil with a hint of garlic

Spaghetti ai Frutti di Mare

Fresh market seafood, cooked the traditional Trattoria way. (Choice of extra virgin olive oil, Tomato or Cream)

Risotto con Cozze in Vino Bianco

Steamed black mussels in a lemon saffron risotto

Risotto al Pollo

Pan fried chicken breast with mushrooms and roasted capsicum finished with Arborio rice and parmesan

Risotto con la Zucca Gialla

(Pumpkin risotto) Arborio rice served with roasted pumpkin, wild mushrooms, semi dried tomato, and sprinkled with thyme

Mains

Squazzata di Cozze

Black mussels in a tomato broth

Polpette di Pomodoro

Traditional meat balls topped with a homemade tomato concasse

Gamberi al Prosciutto

Fresh Prawns wrapped with prosciutto, pan seared with lemon, basil & garlic, accompanied with Arborio rice

Pollo Involtini di Ripieno

Oven roasted chicken breast filled with prawns, bocconcini, semi dried tomatoes, drizzled with a red wine jus

Veal Saltimbocca alla Romana

Pan seared escallops of veal with grilled prosciutto in a lemon sage jus

Vitello con Funghi

Pan seared escallops of veal with wild mushrooms & pepper sauce

Galletto Arrosto

Marinated Spatchcock, slowly cooked in our wood fired oven with lemon and oregano served with roasted potatoes

Prosciutto al Salmone

Grilled fresh Atlantic salmon wrapped with shaved prosciutto & drizzled with lemon and baby caper sauce

Veal Putanesca con Gamberi

Pan seared escallops of veal with prawns, olives & baby capers in a rich tomato sauce

Side Dishes

Bowl of Trattoria's own chips

Bowl of seasonal vegetables

Kid's Meals

Ham & Pineapple pizza

Double smoked ham, pineapple and cheese

Fettucine Carbonara

Bacon, egg, parmesan cheese, parsley and cream

Spaghetti alla Bolognese

The all time favourite and well known Italian dish

Petto di Pollo Grigliato e Patate Fritte

Grilled chicken fillet & chips

Insalata

Insalata verde di Pomodoro

Simple but delicious with mixed green lettuce, dill, white vinegar and olive oil and garnished with fresh tomato

Trattoria Insalata

Mixed lettuce, Roma tomatoes, rocket, bocconcini cheese, olives, cucumber, basil & red onions drizzled with balsamic vinaigrette dressing

Insalata di Finocchio

Light refreshing salad of cos lettuce, rocket, fennel and sliced orange

Wood Fired Pizzas

Pizza Bianca

Crumbled fetta cheese, drizzled with olive oil & sprinkled with black pepper and herbs

Pizza Prosciutto e Rucola

Tomato base with bocconcini cheese topped with shaved prosciutto & wild rocket

Trattoria Speciale

Roasted lamb, fresh tomato, haloumi cheese & grilled eggplant drizzled with lemon, garlic yoghurt

Vegetariana

Oven roasted vegetables, drizzled with pesto & topped with bocconcini cheese

Mare Ionio

“The song of the sea”....scallops, prawns, calamari, crumbled fetta cheese, olives, tomato, garlic & oregano

Quattro Stagioni

This name means “four seasons” and the seasons are represented by ingredients in each quarter, Prosciutto, tomato, bacon, mushroom, artichoke & oregano

Margherita

The pizza invented for the Queen Margherita from a pizzaiolo, Raffaele Esposito, based on the colours of the Italian flag, with tomatoes, basil & bocconcini

Napolitana

Mushrooms, anchovies, olives and sprinkled with oregano

Pizza con Pollo

Marinated chicken with BBQ sauce, topped with shaved bacon & drizzled with aioli

when you're here, you're family