



TRATTORIA
Rustica



MENU

20 PRINCES STREET NORWICH NR3 1AE

OPEN MONDAY - SATURDAY 6PM - 12PM

BANK HOLIDAY SUNDAYS 6PM - 10PM

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www.trattoriarustica.com

ANTIPASTI DELLA CASA (STARTERS)

- V Focaccia Rustica** 🍷🍴 **£3.95**
Homemade Italian bread with sun-dried tomatoes and mixed fresh herbs served with olive oil and balsamic vinegar.
- V Pane al Aglio (Garlic Bread)** 🍷🍴 **£3.95**
Ciabatta bread spread with garlic butter, mixed herbs oven baked with mozzarella cheese.
- V Marinated Olives** 🍷 **£3.95**
Zuppa Fiorentina 🍷🍴 **£6.95**
Florence's most popular soup freshly made with chicken, stock, spinach, poached eggs, parmesan flakes and croutons.
- V Minestrone Alla Genovese** **£5.95**
Daily made vegetable soup with garlic and fresh basil sauce and no less than ten vegetables and tomatoes.
- Bruschetta Garibaldi** 🍷🍴 **£7.95**
Grilled rustic bread, succulent beef pastrami, diced tomatoes, basil, garlic, wild rocket, olive oil and mustard.
- V Mozzarella in Carrozza** 🍷🍴 **£7.95**
Butter fried mozzarella sandwich, served with tomato and basil sauce.
- V Funghi Trifolati** 🍷🍴 (Gluten free without bread) **£7.95**
Mushrooms sautéed in garlic, white wine and parsley served with ciabatta.
- V Bruschetta Rustica** 🍷🍴 **£6.95**
Grilled Tuscany bread topped with garlic, mozzarella, fresh tomatoes, baby leaves and balsamic sauce.
- V Insalata Caprese** 🍷🍴 **£11.95**
(enough for two)
Mozzarella, tomatoes, basil, olive oil, olives and onions served with focaccia bread.
- Antipasto Rustico** 🍷🍴 **£8.95**
(for two or more to share) **per person**
A great selection of parma ham, salami, sun-dried tomatoes, olives, mushrooms, artichokes, mozzarella and tomato with chefs' special tapas served with focaccia bread.
- F Bruschetta al Salmone** 🍷🍴 **£8.95**
Grilled Tuscany bread, Smoked Scottish Salmon, diced tomatoes, basil, mozzarella, wild baby leaves topped with olive oil.
- Carpaccio Pastrami or Parma Ham** 🍷🍴 **£12.95**
Succulent cured beef pastrami or parma ham wild baby leaves, parmesan flakes, extra virgin olive oil and Norfolk Mustard and served with bread.
- Crostini di Parma** 🍷🍴 **£7.95**
Grilled Tuscany bread, topped with parma ham, fontina, garlic, basil, tomatoes, green leaves and balsamic sauce.
- Asparagi al Forno** 🍷 **£8.95**
Asparagus, parma ham, batter topped with parmesan and fontina cheese, oven grilled.
- F Cozze Marinara** 🍷🍴🍷 (Gluten free without bread) **£10.95**
(Shell-on mussels)
Cooked in garlic, white wine, fresh hot chillies, tomato sauce and parsley, served with ciabatta bread.
- Lumache alla Rustica** 🍷🍴🍷 Half dozen **£9.95**
(Shell-on snails) Dozen **£14.95**
Baked with garlic butter, hot chillies, fresh mixed herbs, tomato sauce, served with homemade focaccia bread.
- Gambe di Rana Piccanti** 🍷🍴 **£9.95**
(Crispy frogs legs)
Marinated in garlic, fresh herbs, coated in bread crumbs, fried in olive oil served with spicy tomato sauce or garlic mayonnaise.
- F Cozze Piemontese** 🍷🍴🍷 **£10.95**
(Shell-on mussels)
Cooked in their own juice, white wine, parma ham, cream, garlic and capers.

IL RISOTTO

OUR RISOTTOS CAN BE MADE GLUTEN FREE OR VEGAN - PLEASE ASK YOUR WAITER

- V Risotto Ortolana** 🍷🍴 **£13.95**
Country style risotto made with asparagus, broccoli, courgettes, sun-dried tomatoes, peas, onions, garlic, white wine and cream.
- V Risotto Funghi Porcini** 🍷🍴 **£14.50**
Cooked in a fantastic wild porcini mushroom sauce, olive oil, garlic, cream, white wine and parsley.
- F Risotto Gamberetti** 🍷🍴 **£14.95**
Delicately creamy with king prawn, asparagus, prawns, tomato and white wine.
- Risotto alla Toscana** 🍷🍴 **£14.95**
Delightful parma ham artichoke, asparagus and shalots risotto cooked with prosecco, butter, nutmeg, cream, garlic. (Can be made without parma ham for vegetarians).
- F Risotto Andalusia** 🍷🍴 **£16.95**
Delicious paella style, king prawn, mixed sea food, spicy chicken, saffron, chillies, peppers, peas, white wine, garlic and tomato.
- F Risotto Costa Smeralda** 🍷🍴 **£15.95**
Sardinia's most popular risotto with king prawn, squid, mussels, mixed sea food, garlic, hot chillies and tomato.
- Risotto Indiana** 🍷🍴 **£14.95**
(made without chicken for vegetarians)
Italian style curry sauce, diced chicken fillet, apples, peppers, fresh hot chillies, garlic, cream and tomato.
- Risotto Diavola** 🍷 **£14.95**
Wild boar salami, pancetta, fresh hot chillies, garlic, button mushrooms, onions, marsala wine and tomato sauce.
- Risotto Rustico** 🍷 **£14.95**
Rustic recipe with Ham, chicken, mushrooms, broccoli, hot chillies, sun-dried tomatoes, garlic and white wine.
- Pollo e Zucchine** 🍷🍴 **£14.95**
Classic risotto with diced chicken fillets, courgettes, brandy, cream, cherry tomatoes, butter and parsley.

GNOCCHI (TRADITIONAL POTATO PASTA)

- V Casanova** 🍷🍴 **£13.95**
Cooked with four cheeses, broccoli, spinach, black pepper, nutmeg and cream.
- Alla Sarda** 🍷 **£14.95**
Wild boar salami, onions, pancetta, tomato, mushrooms, chillies and garlic.
- Sorrento** 🍷🍴 **£14.95**
Sliced chicken, tomato sauce, chillies, basil, garlic, onions, white wine, cream and mozzarella.
- F Veronese** 🍷🍴 **£14.95**
Smoked salmon, broccoli, garlic, cream, tomato, nutmeg, black pepper.

V SUITABLE FOR VEGETARIANS

F FISH DISHES

MOST DISHES ARE

SPECIALITA DI PASTA (PASTA SPECIALITIES)

- F Fettucine Romeo** 🍷🍷🍷🍷🍷 £14.95
Asparagus, king prawns, cognac, cream, tomato, garlic, olive oil, marjoram and parsley.
- F Spaghetti Bella Napoli** 🍷🍷🍷🍷🍷 £14.95
King Prawn, mussels, prawns, mixed sea food, capers, white wine, thyme, cream, olive oil and garlic.
- F Penne Milanese** 🍷🍷🍷🍷🍷 £13.95
King prawn, parma ham, prawns, capers, garlic, cream, nutmeg and parsley.
- F Tagliatelle Al Salmone** 🍷🍷🍷🍷🍷 £13.95
Smoked salmon, brandy, cream, butter, tomato, nutmeg and black pepper.
- F Spaghetti Frutti di Mare** 🍷🍷🍷🍷🍷 £14.95
King prawn, squid, mussels, prawns, mixed sea food, garlic, hot chillies, white wine, tomato sauce and basil.
- F Spaghetti Vongole** 🍷🍷🍷🍷🍷 £14.95
Shell-on baby clams, garlic, olive oil, hot chillies, white wine, parsley. (Can be made with or without tomato sauce)
- F Spaghetti Marinara** 🍷🍷🍷🍷🍷 £13.95
Fisherman's style with mussels, tomato, chillies, garlic, wine and parsley.
- Fusilli Leonardo** 🍷🍷🍷🍷🍷 £12.95
(made without chicken for vegetarians)
Diced chicken fillet, garlic, hot chillies, curry, cream, tomato, sultanas.
- Fusilli Botticelli** 🍷🍷🍷🍷🍷 £12.95
Diced chicken fillet, pancetta, onions, tomato sauce, peas and garlic
- Fusilli Tarantina** 🍷🍷🍷🍷🍷 £12.95
(made without Salami for vegetarians)
Wild boar salami, sun-dried tomatoes, mixed peppers, green olives, garlic and tomato.
- Penne Michelangelo** 🍷🍷🍷🍷🍷 £13.95
(made without chicken for vegetarians)
Asparagus, chicken, mushrooms, porcini mushrooms, cream and garlic.
- Spaghetti Abruzzo** 🍷🍷🍷🍷🍷 £12.95
Pancetta, onions, hot chillies, olive oil, garlic, tomato sauce, basil and white wine.
- Fusilli Montanara** 🍷🍷🍷🍷🍷 £12.95
(made without Ham for vegetarians)
Parma ham, porcini mushrooms, butter, cream, black pepper and parmesan.

SPECIALITA DI CARNI E PESCE (FISH AND MEAT DISHES)

- Pollo Montecassino** 🍷🍷🍷🍷🍷 £16.95
Free range chicken fillets coated in bread crumbs, topped with parma ham, fontina cheese, grilled, served with tomato sauce.
- Pollo Marco Polo** 🍷🍷🍷🍷🍷 £16.95
Free range chicken fillets coated with apples, sultanas, flaked almonds, sweet marsala wine, cream and a touch of garlic.
- Pollo Piccante** 🍷🍷🍷🍷🍷 £16.95
Free range chicken fillets cooked in garlic, parma ham, hot chillies, onions, pancetta, peppers, red wine and tomato sauce.
- Agnello Aromatico** 🍷🍷🍷🍷🍷 £18.95
(Leg of Lamb Casserole)
Cooked with mixed vegetables, onions, red wine, mint, tomato sauce and hot chillies.
- Saltimbocca Alla Romana** 🍷🍷🍷🍷🍷 £18.95
(Escallops of veal with Parma Ham)
(A) Cooked in butter, sage, white wine, cream and demi-glace.
(B) Cooked with porcini mushrooms, cognac, garlic, cream and white wine.
- Fegato alla Veneziana** 🍷🍷🍷🍷🍷 £18.95
(Calves Liver) Cooked in olive oil, garlic, chillies, Marsala wine, onions, tomato sauce and rosemary.
- Fegato alla Romana** 🍷🍷🍷🍷🍷 £18.95
(Calves Liver) Cooked in olive oil, garlic, bacon, cherry brandy, white wine, onions, basil and cherry tomatoes.
- Filetto Dolce Vita** 🍷🍷🍷🍷🍷 £22.95
(Sliced prime Scottish fillet of beef)
(A) Mixed peppercorns, cognac, mixed fresh herbs, cream and mustard.
(B) Wild mushrooms garlic, cream, flat parsley and white wine sauce.
(C) Gorgonzola cheese, brandy, rosemary, cream and white pepper.

PIATTI DI PESCE (FISH SPECIALITIES)

- F Zuppa Di Pesce** 🍷🍷🍷🍷🍷 £20.95
(Italian real fish stew)
King prawn, mussels, squid, seasonal seafood, garlic, onions, hot chillies, white wine and tomato sauce, served with Italian bread.
- F Tilapia al' Italiana** 🍷🍷🍷🍷🍷 £19.95
Tilapia fish fillet with mussels cooked in olive oil, garlic, white wine, cream, capers, parma ham and pancetta.
- F Moscardini** 🍷🍷🍷🍷🍷 £18.95
Baby octopus and mussels cooked in spicy tomato sauce, garlic, peas, onions and white wine served with Italian bread.

**Potatoes and vegetables are not included with meat and fish dishes
Please choose from the side orders below**

CONTORNI (SIDE ORDERS)

- V Patate Al Forno** 🍷🍷🍷🍷🍷 £3.95
Sliced new potatoes sautéed in butter, rosemary and parsley, topped with parmesan gratin.
- V Cipollata** 🍷🍷🍷🍷🍷 £4.95
Sliced caramelised sweet red onion, hot chillies, basil and tomato sauce.
- V Crema di Spinacci e Broccoli** 🍷🍷🍷🍷🍷 £4.95
Grilled spinach and broccoli topped with cream, mozzarella and parmesan.
- Piselli con Pancetta** 🍷🍷🍷🍷🍷 £4.95
Sweet garden peas sautéed with pancetta, onions, olive oil and garlic.
- V Insalata di Rucola** 🍷🍷🍷🍷🍷 £4.95
Wild rocket, baby leaves, extra Virgin olive oil and balsamic vinegar.
- V Zucchine Fritte** 🍷🍷🍷🍷🍷 £4.95
Fried battered courgettes served with balsamic reduction.

CLASSIC ITALIAN DISHES

TRADITIONAL PASTA

- Spaghetti Carbonara** 🌿 🍳 **£12.95**
Pancetta, butter, egg yolks, cream, parmesan cheese and black pepper.
- V Penne Arrabiata** 🌿 **£10.95**
Garlic, hot chillies, olive oil, tomato sauce, basil and parsley.
- Spaghetti Bolognese** 🌿 🍳 **£12.95**
100% prime minced beef, tomato sauce, onions, rosemary, oregano and parmesan.
- F Penne Puttanesca** 🌿 🐟 **£11.95**
Anchovies, garlic, hot chillies, capers, olives, tomato sauce and parsley.
- Spaghetti Al Capone** 🌿 🍳 **£12.95**
Meat balls (100% beef), tomato sauce, chillies, garlic, onions and oregano.
- Penne Alfredo** 🌿 🍳 **£12.95**
Chicken, cream and four types of cheese.

OVEN BAKED

- V Parmigiana Nostra** 🌿 🍳 **£12.95**
Layers of fresh egg pasta, aubergines, courgettes, onions, peppers, tomato sauce, parmesan cheese and mozzarella.
- Lasagna** 🌿 🍳 **£12.95**
Fresh egg pasta, 100% prime minced beef, white sauce, mozzarella, parmesan and tomato sauce.
- V Cannelloni** 🌿 🍳 **£12.95**
Cannelloni pasta stuffed with spinach, ricotta, topped with tomato sauce, cream and mozzarella.
- V Crespelle Monte Carlo** 🌿 🍳 **£12.95**
Pancakes filled with spinach, cheese, topped with asparagus, mushrooms cream and parmesan.
- Crespelle Emiliane** 🌿 🍳 **£12.95**
Pancakes filled with chicken, cheese, spinach, topped with parma ham, mozzarella, parmesan, cream and tomato.
- F Crespella Porto Fino** 🌿 🍳 🐟 **£12.95**
Pancakes filled with smoked salmon, broccoli, cream, tomato sauce, nutmeg and mozzarella and parmesan cheese.

ITALIAN PIZZA

DAILY MADE AND TRADITIONALLY HAND ROLLED

- V Margherita** 🌿 🍳 **£10.95**
Mozzarella, tomato, basil, oregano and parsley.
- V Primavera** 🌿 🍳 **£11.95**
Mozzarella, mushrooms, peppers, artichokes, aubergines, spinach, onions and tomato.
- Calabrese** 🌿 🍳 **£12.95**
Mozzarella, tomato, pepperoni sausage, oregano and basil.
- F Napoletana** 🌿 🍳 🐟 **£11.95**
Mozzarella, tomato, capers, anchovies, olives, basil and garlic.
- F Celtica** 🌿 🍳 🐟 **£13.95**
Smoked scottish salmon, mozzarella, courgettes, tomato sauce, basil and green leaves.
- V Vegana (Vegan Pizza)** 🌿 **£9.95**
Olive oil, fresh hot chillies, garlic, basil, tomato sauce and parsley (made without cheese).
- Tropicale or Calzone (Folded pizza)** 🌿 🍳 **£11.95**
Ham, mushrooms, pineapples, tomatoes, mozzarella, oregano and black pepper.
- Vesuvio** 🌿 🍳 **£12.95**
Mozzarella, tomato, pepperoni, eggs, olives, mushrooms, capers and oregano.
- Rustica** 🌿 🍳 **£12.95**
Chicken, mozzarella, tomato, ham, mushrooms, hot chillies, garlic and sun-dried tomatoes.
- Mamma Mia** 🌿 🍳 **£13.95**
Parma ham or beef pastrami, mozzarella, garlic, green leaves and parmesan flakes.

GLUTEN FREE ITALIAN DISHES

- Peperonata (Oven baked) Vegan** **£12.95**
Peppers, courgettes, onions, aubergines in garlic, basil and tomato sauce.
- Lasagna (Oven baked)** 🍳 **£12.95**
Gluten free fresh egg pasta, bolognese, white sauce, mozzarella, parmesan and tomato.











ALL OUR RISOTTOS, MEAT AND FISH DISHES CAN BE MADE GLUTEN FREE - PLEASE ASK YOUR WAITER

V SUITABLE FOR VEGETARIANS F FISH DISHES

MOST DISHES ARE MADE TO ORDER - PLEASE ASK IF YOU WANT ANY INGREDIENTS REMOVED
MINIMUM ORDER - ONE MAIN COURSE PER PERSON

We encourage our customers to take away uneaten food - There will be a small service charge of £1 per person.

GUIDE TO FOOD ALLEGENS CONTAINED IN DISHES

-  **NUTS**
-  **CRUSTACEANS**
-  **MOLLUSCS**
-  **FISH**
-  **EGGS**
-  **MILK**
-  **CEREALS CONTAINING GLUTEN**
-  **SESAME SEEDS**
-  **MUSTARD**
-  **SULPHUR DIOXIDE**

FOOD ALLERGIES AND INTOLERANCES - PLEASE ASK A MEMBER OF STAFF IF YOU REQUIRE INFORMATION ON THE INGREDIENTS IN THE FOOD WE SERVE

All Trattoria Rustica employees receive above the National Minimum Wage (NMW) and ALL tips are shared amongst the team who helped create your dining experience.

Service charge not included except for tables of five or more when an optional 10% will be added to your bill. All dishes may contain traces of nuts. Some olives may contain stones. Some dishes contain fish shells. Due to the nature of our kitchens, it is unfortunately not possible to give a total guarantee that minute traces of particular allergens may not be present in certain dishes, but we will endeavour to provide as much information as possible for you to make an informed choice. Due to airborne gluten particles in our kitchens we cannot guarantee dishes are 100% gluten free. We apologise for not accepting cheques.