



WELCOME

TRATTORIA  
*Rustica*

20 PRINCES STREET NORWICH NR3 1AE

MENU

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Most dishes are made to order - Please ask if you want any ingredients removed whilst ordering. Any concerns regarding your order must be raised at the beginning of your meal as food consumed will be fully charged for. All Trattori Rustica employees receive above the national living wage and ALL tips are shared amongst the team who helped create your dining experience. Minimum order - one main course per person. We encourage our customers to pay contactless by phone or by card when possible. We do not accept cheques.

DUE TO THE RECENT CHANGES IN LEGISLATION SERVICE CHARGE WILL NOT BE INCLUDED IN YOUR BILL ANY TIPS SHOULD BE LEFT IN CASH ONLY TO BE DIVIDED BETWEEN ALL MEMBERS OF STAFF.



## STUZZICHINI (SNACKS)

### Focaccia Rustica ..... £6.95

🌱🌿🍷 Homemade Italian bread mixed herbs served with olive oil and balsamic vinegar. 🌿🍷

### Marinated Olives ..... £6.95

🌱🌿🍷🍷 Mixed pitted olives with chopped pickled vegetables/spices. 🌿🍷

### Garlic Bread ..... £6.95

🌱 Tuscan garlic bread with cheese and tomato sauce.  
(Vegan without cheese) 🌿🍷

### Zucchine Fritte ..... £7.95

🌱 Fried battered courgettes and onions served with cocktail sauce 🌿🍷🍷

## ANTIPASTI (STARTERS)

### Zuppa Di Pomodoro ..... £8.95

🌱🌿🍷 Daily made vegan tomato soup with garlic, tomato sauce and fresh basil with cream and foccacia bread.  
(Vegan without cream and gluten free without bread)

### Arancini di Riso ..... £12.95

🌱 Carnaroli rice ball stuffed with Mozzarella, peas and tomato, coated in bread crumbs, deep fried. Served with tomato sauce. 🌿🍷🍷

### Ali Di Pollo..... £9.95

Free range chicken wings marinated in garlic and italian herbs, coated in bread crumbs deep fried served with sweet chilli sauce 🌿🍷🍷

### Calamari Fritti ..... £12.95

🐟 Fried squid rings coated in batter served with garlic mayonnaise and a wedge of lemon. 🌿🍷🍷🍷

### Mozzarella in Carozza ..... £9.95

🌱 Butter sautéed mozzarella sandwich, served with tomato and basil sauce. 🌿🍷🍷

### Frogs Legs Piccanti ..... £13.95

Crispy frogs legs marinated in garlic and fresh herbs, coated in bread crumbs, fried in olive oil, served with garlic mayonnaise. 🌿🍷🍷

### Bruschetta Rustica ..... £9.95

🌱🌿🍷 Grilled Tuscan bread topped with marinated courgettes, garlic, diced tomatoes, baby leaves and balsamic sauce. 🌿

### Gamberoni Piccanti ..... £13.95

🐟 Shell-off king prawns in spicy tomato sauce, white wine, onions, garlic and foccacia bread.  
(Gluten free without bread) 🌿🍷🍷

### Sofficini Quatro Formaggi ..... £9.95

Pancake filled with four cheeses coated in breadcrumbs deep fried served with tomato & cheese 🌿🍷

### Mussels Marinara ..... £13.95

🐟 Shell-on mussels cooked in their own juice in a light olive oil, garlic, spicy tomato sauce, white wine, fresh parsley and focaccia bread. 🍷🌿🍷 (Gluten free without bread)

### Bruschetta Ai Funghi ..... £10.50

🌱 Grilled Tuscany bread, topped with mushrooms cooked in garlic, white wine, cheese and parsley.  
(Vegan without cheese) 🌿🍷🍷

### Mussels Piemontese ..... £13.95

🐟 Shell-on mussels cooked in their own juice in a light olive oil, garlic, cream sauce, white wine, fresh parsley and focaccia bread. 🍷🌿🍷 (Gluten free without bread)

### Bruschetta Garibaldi ..... £10.95

Grilled Tuscany bread, salami Napoli, diced tomatoes, cheese, basil, garlic, green leaves and olive oil. 🌿🍷

### Antipasto Rustico ..... £22.95

For two to share A selection of parma ham, salami, olives, marinated courgettes, mushrooms, cheese, tomatoes with chefs' special tapas served with focaccia bread. 🌿🍷🍷

## RISOTTO

### Risotto all'Indiana ..... £19.95

Country style risotto made with creamy curry sauce, Chicken, spicy tomato, courgettes, onions, garlic and white wine. 🍷🍷 (Can be made Gluten Free or Vegan)

### Risotto Gamberetti ..... £20.95

🐟 Delicately creamy with king prawns, asparagus, cream, tomato and white wine. 🌿🍷🍷

### Risotto Funghi Porcini ..... £20.50

🌱 Wild porcini mushroom sauce, field mushrooms, olive oil, garlic, cream, white wine and parsley. 🍷🍷  
(Can be made Gluten Free or Vegan)

### Risotto Costa Smeralda ..... £21.95

🐟🍷 Sardinia's most popular risotto with king prawn, squid, mussels, mixed sea food, garlic, hot chillies and tomato. 🌿🍷🍷

### Risotto Rustico ..... £20.95

🍷 Rustic recipe with, chicken, chorizo, saffron, chillies, peas, peppers, onions, garlic, tomato sauce and white wine. 🍷

### Risotto Andalusia ..... £22.95

🐟🍷 Delicious paella style, king prawn, mixed sea food, spicy chicken, saffron, chillies, peppers, peas, white wine, garlic and tomato. 🌿🍷🍷

🌱 VEGETARIAN 🌿 VEGAN 🐟 FISH 🍷 GLUTEN FREE | GUIDE TO FOOD ALLEGENS IN DISHES 🌿 SOYA 🍷 NUTS 🍷 CRUSTACEANS 🍷

**Food allergies and intolerances** - Please ask a member of staff if you require information on the ingredients in the food we serve. All dishes may contain total guarantee that minute traces of particular allergens may not be present in certain dishes, but we will endeavour to provide as much information

## PASTA WITH FISH

### Linguine Portofino ..... £18.95

Fisherman's style with mussels, tomato sauce, olive oil, chillies, garlic, white wine and basil. 🌿🐚🍷🥄

### Penne Gino ..... £19.50

King prawns, ham, capers, garlic, cream, nutmeg, black pepper and parsley. 🌿🍷🥄🍷🥄

### Linguine Al Salmone ..... £19.95

Smoked salmon, brandy, cream, butter, tomato, asparagus, nutmeg and black pepper. 🌿🍷🥄🍷

### Linguine Romeo ..... £20.50

King prawns, asparagus, cognac, cream, tomato sauce, garlic, olive oil, marjoram and parsley. 🌿🍷🥄🍷

### Linguine Pescatora ..... £20.95

King prawns, squid, mussels, baby clams, white fish, langoustines cooked in a light olive oil, garlic, hot chillies, white wine and parsley sauce. 🌿🐚🍷🥄🍷

### Linguine Lucia ..... £20.95

King prawns, white wine, garlic, spicy salami, peppers, peas, tomato sauce and parsley. 🌿🍷🥄

### Spaghetti Bella Napoli ..... £20.95

King prawns, mussels, langoustines, capers, baby clams, white wine, thyme, cream and garlic. 🌿🐚🍷🥄🍷🥄

### Spaghetti Frutti di Mare ..... £20.95

King prawns, squid, mussels, langoustines, mixed sea food, garlic, hot chillies, white wine, tomato sauce and basil. 🌿🐚🍷🥄🍷🥄

We do not recommend Parmesan on our fish dishes but if required please ask (£1.95 each)

## CLASSIC PASTA

### Spaghetti Abruzzo ..... £16.95

Pancetta, choriza, onions, hot chillies, olive oil, garlic, tomato sauce, basil, white wine and parmesan. 🌿🍷

### Spaghetti Carbonara ..... £16.95

Pancetta, butter, egg yolks, cream, parmesan and black pepper. 🌿🍷🥄 (Can be made without cream)

### Penne Montanara ..... £17.50

Ham, mushrooms, butter, cream, black pepper, white wine and parmesan. 🌿🍷 (Can be made vegetarian)

### Penne Alfredo ..... £17.95

Penne pasta cooked with chicken, cream, four cheeses and parmesan. 🌿🥄 (Can be made vegetarian)

### Spaghetti Bolognese ..... £17.95

100% prime minced beef, tomato sauce, onions, rosemary, oregano and parmesan. 🌿🍷

### Linguine Al Capone ..... £17.95

Meat balls (100% beef), tomato sauce, garlic, onions, parmesan and oregano. 🌿🍷

### Penne Leonardo ..... £17.95

Diced chicken fillet, garlic, hot chillies, peppers, curry, cream, flat parsley, tomato and parmesan. 🌿🍷 (Can be made vegetarian)

### Spaghetti Botticelli ..... £18.95

Diced chicken fillet, pancetta, onions, tomato sauce, peas, wine, garlic and parmesan. 🌿🍷 (Can be made vegetarian)

### Penne Michelangelo ..... £19.95

Chicken, asparagus, field mushrooms, porcini mushroom sauce, cream, garlic and parmesan. 🌿🍷 (Can be made vegetarian)

## OVEN BAKED

### Lasagna Classica (Gluten free £1 extra) ..... £16.95

Fresh egg pasta, 100% prime minced beef, white sauce, mozzarella, parmesan and tomato sauce. 🌿🍷🥄

### Cannelloni ..... £16.95

✔ Cannelloni pasta stuffed with spinach, ricotta, topped with tomato sauce, cream, mozzarella and parmesan. 🌿🍷🥄

### Pasta al forno ..... £17.95

✔🍷 Layers of lasagne sheets, spinach, pepper, onions, courgettes, garlic, aubergines & tomato sauce 🌿

### Crespelle Monte Carlo ..... £18.95

✔ Pancake filled with spinach, cheese, topped with asparagus, broccoli, mushrooms, cream and parmesan. 🌿🍷🥄

### Crespelle Emilliana ..... £19.95

Pancake filled with chicken, cheese, spinach, topped with broccoli, mozzarella, parmesan, cream and tomato. 🌿🍷🥄



## GNOCCHI

### Gnocchi Casanova ..... £18.95

✔ Traditional potato pasta with four cheeses, broccoli, spinach, black pepper, saffron, nutmeg and cream. 🌿🥄

### Gnocchi Vegetariani ..... £19.50

✔ Traditional potato pasta, broccoli, courgettes, peppers, peas, mushrooms, onions, garlic and tomato sauce. 🌿🍷

### Gnocchi Alla Sarda ..... £19.95

Traditional potato pasta with spicy salami, onions, pancetta, tomato, mushrooms, chillies and garlic. 🌿🍷

### Gnocchi Sorrento ..... £19.95

Potato pasta with chicken, tomato sauce, broccoli, chillies, basil, garlic, onions, white wine, cream and mozzarella. 🌿🍷🥄

FISH 🐚 MOLLUSCS 🍷 EGGS 🌿 CELERY 🍷 MILK 🌿 CEREALS CONTAINING GLUTEN 🌿 SESAME SEEDS 🍷, MUSTARD 🍷 SULPHUR DIOXIDE

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 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.

# PIZZA

## Pizza Margherita ..... £14.95

✔ Mozzarella, tomato, basil, oregano and parsley. 🌿🍷

## Pizza Calabrese ..... £15.95

Mozzarella, tomato, pepperoni sausage, oregano and basil. 🌿🍷

## Pizza Carbonara ..... £15.95

Bacon, egg, white sauce, mozzarella, black pepper and parmesan (made without tomato). 🌿🍷

## Pizza Napoletana ..... £16.95

🍷 Mozzarella, tomato, capers, anchovies, olives, basil and garlic. 🌿🍷🍷

## Pizza Primavera ..... £16.95

✔ Mozzarella, mushrooms, peppers, courgettes, spinach, onions and tomato. 🌿🍷 (Vegan without cheese)

## Pizza Tropicale OR Calzone ..... £16.95

Ham, mushrooms, pineapples, tomato sauce, mozzarella, oregano and black pepper. 🌿🍷

## Pizza Vesuvio ..... £16.95

Mozzarella, tomato sauce, pepperoni, olives, mushrooms, capers and oregano. 🌿🍷

## Pizza Rustica ..... £17.95

Mozzarella, tomato sauce, chicken, ham, hot chillies, garlic, mushrooms and oregano. 🌿🍷

## Pizza Mamma Mia ..... £17.95

100% minced beef meatballs, mozzarella, tomato sauce, oregano, parsley and garlic. 🌿🍷🍷

## Pizza Regina ..... £17.95

Mozzarella, tomato, King prawns, pepperoni sausage oregano, black pepper and basil sauce. 🌿🍷🍷

Extra toppings including hot Chilli oil, olive oil, Parmesan cheese, balsamic vinegar and more, from £1.95 each please ask.

# CARNI E PESCI (MEAT AND FISH DISHES)

## Pollo Montecassino ..... £24.95

Chicken coated in bread crumbs, topped with parma ham, fontina cheese, grilled, served with spaghetti in tomato sauce. 🌿🍷🍷🍷

## Pollo ai Funghi ..... £22.95

Chicken cooked with mushrooms, porcini mushroom sauce, garlic, white wine and cream. 🌿🍷🍷

## Pollo Piccante ..... £22.95

🍷 Chicken cooked in garlic, parma ham, hot chillies, onions, pancetta, peppers, red wine and tomato sauce. 🌿🍷

## Fegato Alla Siciliana ..... £22.95

Lamb liver cooked in olive oil, garlic, bacon, cherry brandy, sweet marsala wine, onions, cream and sage. 🌿🍷🍷

## Fegato Alla Veneziana ..... £22.95

🍷 Lamb liver cooked in olive oil, garlic, chillies, red wine, onions, tomato sauce and rosemary. 🌿🍷🍷

## Saltimbocca Romana ..... £23.95

Free range pork fillet escallops, parma ham, flamed with brandy, sage, butter, white wine and cream. 🌿🍷🍷

## Bracciola ..... £23.95

Free range sliced pork loin cooked with sliced pineapples, sage, flamed with cognac, dill, butter and cream. 🌿🍷🍷

## Cotoletta alla Milanese ..... £24.95

Free range sliced pork loin coated in bread crumbs, cooked in butter and sage served with spicy tomato spaghetti. 🌿🍷🍷

## Agnello Aromatico ..... £24.95

🍷 Leg of lamb casserole cooked with mixed vegetables, onions, red wine, mint, tomato sauce and hot chillies. 🍷

## Merluzzo alla Livornese ..... £25.95

🍷 Pan fried Cod fillet, King prawns, mussels, mushrooms, garlic, onions, tomato sauce, parsley & white wine 🌿🍷🍷🍷

## Zuppa Di Pesce ..... £25.95

🍷 Italian real fish stew with king prawn, mussels, squid, seasonal seafood, garlic, onions, hot chillies, white wine and tomato sauce, served with Italian bread. 🌿🍷🍷🍷🍷  
(Gluten free without bread)

Potatoes and vegetables are NOT INCLUDED with meat and fish dishes - Please choose from the side dishes below

# CONTORNI (SIDE DISHES)

## Insalata Mista ..... £6.95

✔ Chopped mixed salad leaves, tomatoes, olives, extra virgin olive oil and balsamic vinegar.

## Garlic Bread ..... £6.95

✔ Tuscany garlic bread with cheese and tomato sauce. 🌿🍷

## Pomodori e Basilico ..... £6.95

Fresh sliced tomatoes and basil sauce salad, olives, onions, olive oil, balsamic vinegar. Served with croutons. 🌿🍷🍷

## Crema di Broccoli ..... £7.95

✔ Broccoli topped with cream, mozzarella, herbs and parmesan, oven baked. 🍷🌿

## Patate Al Gratin ..... £7.95

Sliced potatoes fried in butter with rosemary and mixed herbs sprinkled with parsley and Balsamic vinegar. 🍷🌿

## ✔ Chunky Chips ..... £5.95

We are a small Italian family restaurant Minimum order one main course per person Any concerns regarding your order must be raised at the beginning of your meal as food consumed will be fully charged for any queries please ask we will be happy to replace it for you.