



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 Trattoria 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. Optional 10% service charge will be added to your bill.

## ANTIPASTI (STARTERS)

### Focaccia Rustica ..... £5.95

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

### Garlic Bread ..... £5.95

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

### Marinated Olives 🌱🌱🌱🌱 ..... £5.95

Mixed pitted olives with chopped pickled vegetables/spices.

### Zuppa Di Pomodoro ..... £7.95

🌱🌱 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)**

### Zucchine Fritte ..... £7.95

🌱 Fried battered courgettes served with garlic mayonnaise 🌿🍷🍷🍷

### Arancini di Riso ..... £8.95

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

### Mozzarella in Carrozza ..... £8.95

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

### Bruschetta Vegana ..... £8.95

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

### Bruschetta Ai Funghi ..... £8.95

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

### Bruschetta Garibaldi ..... £9.50

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

### Calamari Fritti ..... £10.95

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

### Gambe di Rana Piccanti ..... £10.95

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

### Snails Alla Rustica ..... £10.95

**Shell-off** snails with garlic, butter, hot chillies, mushrooms, fresh mixed herbs, tomato sauce, served with homemade focaccia bread. **(Gluten free without bread)** 🍷🍷🍷

### Gamberoni Piccanti ..... £11.95

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

### Cozze Marinara ..... £12.95

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

### Cozze Piemontese ..... £12.95

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

### Antipasto Rustico ..... £19.95

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

## RISOTTO

### Risotto all'Indiana ..... £16.95

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

### Risotto Funghi Porcini ..... £17.95

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

### Risotto Rustico ..... £17.95

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

### Risotto Gamberetti ..... £18.95

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

### Risotto Costa Smeralda ..... £18.95

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

### Risotto Andalusia ..... £19.95

🐟🍷 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 Marinara ..... £16.95

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

### Penne Milanese ..... £17.95

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

### Linguine Al Salmone ..... £17.95

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

### Linguine Romeo ..... £18.95

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

### Linguine Pescatora ..... £18.95

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

### Fusilli Lucia ..... £18.95

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

### Spaghetti Bella Napoli ..... £18.95

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

### Spaghetti Frutti di Mare ..... £18.95

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

## CLASSIC PASTA

### Spaghetti Amatriciana ..... £14.95

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

### Fusilli Montanara ..... £15.95

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

### Penne Alfredo ..... £15.95

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

### Spaghetti Carbonara ..... £15.95

Pancetta, butter, egg yolks, cream, parmesan cheese and black pepper. 🌿🍷🍴

### Spaghetti Bolognese ..... £15.95

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

### Linguine Al Capone ..... £15.95

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

### Penne Leonardo ..... £15.95

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

### Fusilli Botticelli ..... £16.95

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

### Penne Michelangelo ..... £17.95

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

## OVEN BAKED

### Lasagna Classica ..... £15.95

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

### Cannelloni ..... £15.95

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

### Lasagna Gluten Free ..... £16.95

🍷 Gluten free fresh egg pasta, bolognese, white sauce, mozzarella, parmesan and tomato. 🍷🍴

### Cannelloni Vegani ..... £16.95

✔ 🍷 Cannelloni pasta stuffed with spinach, red pepper, onions, butternut squash and chickpea flour and lentils topped with lightly spiced tomato sauce. 🌿

### Crespelle Monte Carlo ..... £16.95

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

### Crespelle Emilliana ..... £17.95

Pancake filled with chicken, cheese, spinach, topped with parma ham, mozzarella, parmesan, cream and tomato. 🌿🍷🍴

## GNOCCHI

### Gnocchi Casanova ..... £16.95

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

### Gnocchi Vegetariani ..... £17.95

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

### Gnocchi Alla Sarda ..... £17.95

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

### Gnocchi Sorrento ..... £17.95

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 Rossa ..... £12.95

🌱🍷 Tomato sauce, garlic, hot chillies, extra virgin olive oil and parsley. **(Made without cheese)** 🌿

## Pizza Margherita ..... £13.95

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

## Pizza Primavera ..... £14.95

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

## Pizza Calabrese ..... £14.95

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

## Pizza Napoletana ..... £14.95

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

## Pizza Carbonara ..... £14.95

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

## Pizza Tropicale OR Calzone ..... £14.95

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

## Pizza Vesuvio ..... £14.95

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

## Pizza Rustica ..... £15.95

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

## Pizza Mamma Mia ..... £15.95

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

# CARNI E PESCI (MEAT AND FISH DISHES)

## Pollo Montecassino ..... £19.95

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

## Pollo ai Funghi ..... £19.95

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

## Pollo Piccante ..... £19.95

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

## Fegato Alla Siciliana ..... £19.95

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

## Fegato Alla Veneziana ..... £19.95

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

## Saltimbocca Romana ..... £19.95

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

## Braciola alle Mele ..... £19.95

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

## Cotoletta alla Milanese ..... £19.95

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

## Calamari in Umido ..... £20.95

🍷 Venice stew with sliced calamari, shell-off mussels, peas, potatoes, spinach, lightly spiced tomato sauce and garlic served with focaccia bread. 🌿🍷🍷🍷🍷  
**(Gluten free without bread)**

## Agnello Aromatico ..... £21.95

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

## Zuppa Di Pesce ..... £22.95

🍷 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 ..... £5.95

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

## Garlic Bread ..... £5.95

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

## Piselli Con Pancetta ..... £6.95

Sweet garden peas sautéed with pancetta, cream, parmesan, white wine, onions, olive oil and garlic. 🌿🍷🍷

## Crema di Broccoli ..... £6.95

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

## Patate Al Gratin ..... £7.95

🌱 Sliced potatoes with butter, cream oven backed with cheese and parsley. 🍷🌿

## 🌱 Chunky Chips ..... £3.95