



La Trattoria

AUTHENTIC ITALIAN EXPERIENCE

Family Italian Restaurant in Stanford

Welcome to **La Trattoria, italian family restaurant in Stanford**

We wish you to taste our traditional Italian cuisine in a warm and welcoming atmosphere. All our food is homemade freshly prepared on the premises and we cook only truly authentic italian recipes and use the best quality ingredients available. You can enjoy lunch or dinner inside the cozy restaurant or in the lovely quiet garden. Enjoy our quality cuisine and we wish you a great time at **La Trattoria**.

BUON APPETITO!

All prices are inclusive of 15% VAT

Service charge is not included

(we reserve the right to charge a service fee for tables of eight and more)

Guests and visitors from abroad please kindly note that it is customary to tip your waitron a minimum of 10% of the bill for good service. Our staff are deeply grateful and thank you very much for your kind attention.

We are unable to accommodate any deviations to the menu on weekends or busy days; unfortunately this places pressure on our small kitchen and results in delays with service. We thank you for understanding.

Major cards welcome. No cheques accepted. No split bills please.

Fully licensed. We would appreciate not to bring your own wine. Thank you. Our wines choice offers to our guests a significant number of great italian and local wines. Please take care of your safety when leaving and enjoy happy moments at **La Trattoria!**
Thanks for coming in our Italian family restaurant.

YOU ARE MOST WELCOME TO ENQUIRE ABOUT PRIVATE FUNCTIONS

CONTACTS

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Ciao!

Welcome to *La Trattoria*

This cosy family restaurant was opened in August 2016. It was started by Corrado and Lionello (father and son) with the purpose of sharing with you the taste of our homeland lifestyle.

One of the questions we are most often asked is “what is *Trattoria* and what does it mean?”

Trattoria (trat-to-ri-a) is a typical place representing the real homemade Italian food culture, where the guests can enjoy traditional cuisine. There are no fashionable plating or fancy flavour combinations. The *Trattoria* is a simply decorated family restaurant, with a carefully selected choice of Italian dishes and meals - whose recipes over the years have been handed down from mother to daughter, or son - with no compromise on the quality of the ingredients and on what “a dish should taste like”. Usually, in the Italian tradition, *Trattoria* is a family-run business.

This is what you'll experience today: father and son, helped by their lovely team, proposing typical and authentic traditional Italian flavors prepared with great passion on the premises and offering a broad selection of Italian wines to complement your meal.

We trust you'll enjoy the time you spend with us ☺

Benvenuti e Buon appetito!

Corrado and Lionello



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All our meals are homemade and the food is freshly prepared on the premises; we cook only truly authentic Italian recipes and use extra virgin olive oil only as well as the best quality ingredients available. Please be patient ...we have only one chef and a small kitchen where we work with love and passion for our guests.

*For Specials of the Day you are most welcome to ask to the Staff.
Kindly inform us about food intolerances and allergies.*

Enjoy your meal and BUON APPETITO!

ANTIPASTI - STARTERS

Italian Tagliere

Selection of characteristic Italian charcuterie served with homemade focaccia bread and olives and slices of bruschetta (2 persons)

Keep me busy

Homemade pizza Bianca with rosemary, coarse salt and garlic oil; paired on request with mortadella Bologna, prosciutto and salame Calabrese

Tris bruschetta

Toasted Italian style bread topped with:
chopped tomato and basil finished with garlic flavoured olive oil
homemade chicken liver paté as per Tuscany style
mushroom and olive paté

Mediterranean mixed Salad

Lettuce, sliced cherry tomatoes, carrots, cucumber,
red onion, radish, black olives, balsamic vinegar reduction

Sicilian mixed Salad

lettuce, cherry tomatoes, carrots, wild rocket, black olives,
orange slices and toasted seeds



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PASTA

Our *pasta* is daily handmade in house, using imported flour from Italy and, when required by the recipe, free range eggs from the valley nearby Stanford.

*You're most welcome to choose your favorite pasta
and combine it with the sauce you prefer*

TAGLIATELLE (regionally called **FETTUCCINE**)

This famous "pasta all' uovo" (the dough contains eggs) is the classic homemade product in the centre and in the North of Italy. The name originates from the verb "tagliare" (to cut), due to the fact that the shape is given by cutting a roll made from a sheet of fresh dough. This pasta was created in 1487 by Mr Zefirano for the wedding of Giovanni II Bentivoglio's son, lord of Bologna. Tagliatelle or Fettuccine combine well with *ragout bolognese*, *sauce napoletana*, *montanara*.

STROZZAPRETI (also called **STRANGOZZI**)

This appetizing pasta originated in the village of Spoleto. When ready, the dough is pushed with a wooden roller-pin through a wood and metal artisanal tool called a "Chitarra". It is shaped in long square sections and made without eggs. The name *Strozzapreti* means "Priest stranglers". Traditionally, in Italy, during big occasions such as weddings, births, anniversaries, and so on, the priest is invited to join the family for lunch or for dinner and is the first person to be served. The legend goes that that this pasta is so good that the priest, to make sure he has the opportunity to be served twice, eats it so quickly that he chokes himself. *Strozzapreti* is superb with truffle from Norcia (when available) and mushrooms, or with *Spoletina* sauce.

BIGOLI

This is a delicious variety of long pasta, typical of the Veneto Region where they are called *Bigoli*. It looks like thick spaghetti, very rough on the surface and made without eggs. *Bigoli* are hand-extruded with the traditional "torchio" and shaped

through a bronze die after which they are cut by hand. This pasta is of peasant origin since the time of the *Serenissima* Republic of Venice; *bigoli* were created in 1604 by the *pastaio* whose nickname was "Abbondanza" in Padova; the name seems to be related to the shape and probably derives from the Venetian dialect word "bigàt", meaning caterpillar. It is typically combined with ragout or "in salsa" with anchovies and chilli.

LASAGNE

The tasty *Lasagne* was already in ancient Roman cuisine in a dish made of pasta and meat, prepared in the oven and in those ancient times called "lagana". The dish has since being developed and its origin is a matter of dispute between two areas famous for the heritage of Italian cuisine: Emilia Region and Naples Region. However it is in Naples that the recipe of *Lasagne* with tomato sauce was written down for the first time in 1881 in the book *The Prince of the Chefs*. There are many variations of lasagne: traditional, mushrooms, pesto, radicchio rosso di Treviso, zucchini, game, salmon and per the fantasy of the Chef.

ORECCHIETTE

Orecchiette (or 'little 'ears') is a variety of dainty pasta that can be made either with wheat flour or with durum wheat flour from the South of Italy and contains no eggs. It's a difficult to determine when and from where this pasta originated. One theory is that *Orecchiette* was brought to Italy during 1200 from the Angioini, who discovered it in Provence (a region of France). The second theory says that this pasta was brought to Italy during the XIII century, under the Norman domination, by the Jewish community that used to make a pasta called "the ears of Haman". *Orecchiette* is the only pasta that is not homemade at La Trattoria.

GNOCCHI

Gnocchi are most probably the oldest pasta type ever made. In fact, the word "gnocco" (where the "gn" sound is soft, not as rough as "ghn") finds its origin in the Lombard culture in the word "knohha", that means the knot in the wood and, later, they were described in the recipe books of the Middle Ages and the Renaissance. In the old days the gnocchi were prepared with flour and water and were as big as eggs. The modern version of *gnocchi* began during 1700 and they reflect the Italian culinary identity and they tell, in a choral way, different stories and traditions, gathered under the banner of the great cuisine of our peninsula. *Gnocchi* can be prepared in many different ways: the traditional ones are with old potatoes but they can also be made with pumpkin, butternut, spinach...

Gluten Free pasta is available on request. This item is not homemade.



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PRIMI PIATTI MAINS

SAUCES FOR YOUR PASTA

GRICIA is an authentic pasta experience from Rome! This sauce was already made in 400 BC in Grisciano, a village not too far from Rome. In the past it was a poor dish prepared by the farmers when they arrived back home after the market. Originally it was made with the skin of *Pecorino* cheese, the *guanciale* (a cut from the head of the pork), black pepper and rosemary.

AMATRICIANA There is a village called Amatrice, which is known in the world for the superb pecorino that is made in the area. *Amatriciana* sauce is the evolution of the Gricia sauce which is prepared with almost the same ingredients, with the addition of *salsa di pomodoro* - tomato sauce. It was created by chef Francesco Leonardi who first wrote down the recipe and this appeared in his book "L' Apicio Moderno" in 1790.

RAGOUT This traditional sauce of our Italian region called Emilia Romagna, is best slow cooked on an old wood stove, as mamma does at home for us, based on selected cuts of meat, mixed and minced in the restaurant and combined with *salsa di pomodoro* - tomato sauce. At *La Trattoria*, Corrado prepares the ragout in three stages and the cooking of the ingredients takes 6 to 8 hours. The dish is left to 'mature' for 24 hours before serving.

CARBONARA is probably one of the most famous Italian sauces, often modified by chefs all over the world, not always on a successful result. The origins of Carbonara are unclear, but it seems to have been made by workers in the coal mines. It is probably an evolved version of the lesser known "Cacio e Uova", which was the pasta that the "carbonai" used to prepare the day before to take with them to the cave. Plenty of black pepper was used to preserve the *guanciale* - it brought to mind the

colour of the dust from the coal. The original recipe does NOT call for the addition of fresh cream. Instead, the creamy result should be achieved with *raw* eggs by a skillful chef.

NORCINA: in Italy the “norcini” are the masters of the preparation of cured meat. The best cured meat in Italy comes from a little town on the Umbria hills, called Norcia, famous for its sausages, cheeses, and truffles. Traditionally *Norcina* is prepared with strozzapreti pasta, homemade sausages flavoured with garlic, chilli and black pepper. Before serving, a drop of fresh cream is added to grated *pecorino romano*, along with a hint of extra virgin olive oil infused with black truffles from Norcia.

MONTANARA: the ingredients of this sauce are the typical products of the Alps: valleys of green fields from spring to autumn and tough cold winters. Mushrooms grow lush in the undergrowth, cows deliver rich, fat milk, and the art of smoking meat is a common tradition to simplify its preservation during winter months. The dish is garnished with fresh chopped parsley and *Parmigiano Reggiano*.

NAPOLETANA: This sauce is a light and fresh dish with Mediterranean flavours: a base of fresh tomatoes, chopped and cooked on demand; basil from the kitchen garden and real fresh mozzarella.

BROCCOLI & ACCIUGHE: We have just landed in Puglia and Sicily! This rich and healthy sauce abounds with vitamins and mineral salts from the broccoli, proteins and Omega-3 from the anchovies. *Pecorino Romano* breadcrumbs deliver a lovely fragrance and texture to the dish which one should definitely have with *Orecchiette* or *Bigoli*.

CAPRI: the real name of this sauce is “Chiummenzana”, but we thought that it would have been helpful to call it after the name of the magic island of its origin, *Capri*. This pasta is much loved by the fishermen because after an entire day at sea, with all the saltiness and under the hot sun, they loved to eat something light but flavoursome: cherry tomatoes, garlic, chilli, fresh basil and extra virgin olive oil. Vegetarian meal.

(PLEASE NOTE that the waiting might be between 15 to 20 minutes.)



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SECONDI PIATTI di CARNE MEAT DISHES

TAGLIATA

This originated in France, at the end of 1700, when Robespierre invented a beef fillet, sliced and cooked so that the outside is well done but the inside remains juicy and rare. In 1970 a chef from Tuscany opened his first restaurant and named it after himself "Sergio" Lorenzi and he immediately became famous for his *Tagliata*. The steak from "vitellone chianino" is grilled, almost crusty outside, but rare in the middle. It is served on a hot dish, sliced perpendicularly to the cut, and garnished only with Extra Virgin Olive Oil and rosemary.

SALTIMBOCCA

This dish is quite recent and the most famous version is the Roman one: very thin sliced veal, cooked with a sliced of "prosciutto crudo" and a leaf of sage. Owing to the scarcity of tender and good veal, at *La Trattoria* we prepare the *saltimbocca* with a thin slice of pork, double tenderized, garnished with *prosciutto* or *coppa*, handmade *tagliolini* and a light *besciamella* (white cream) flavoured with *Marsala* wine.

COTOLETTA ALLA BOLOGNESE

This is a meal for the hungry ones: a big thin schnitzel lightly fried and finished in the oven topped with Parmigiano Reggiano, mozzarella and a slice of ham and on the top a drop of homemade tomato sauce and basil. It is served with handmade *tagliolini*.

Buon Cibo, Buon Vino

Buoni Amici





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DESSERT

Don Gelato single scoop

homemade traditional gelato made with jersey milk and fresh eggs and first class flavours (belgian chocolate, hazelnut, amarena, rhum and raisin, crema, variegated..., and special of the day); fresh fruit for the sorbets

Don Gelato double scoop, you can choose your favourite taste on the flavours of the day

Don Cup, gelato with rhum or whisky or grappa or amarula

Affogato, cup of gelato and espresso

Affogato DG, cup of gelato, espresso and rhum or whisky or grappa or amarula

Apple Strudel, home baked strudel with apples, cinnamon, brown sugar

Apple Strudel with gelato, home baked strudel with single scoop of gelato

Cheesecake, classic version with a topping made of soft, cream cheese, lemon, on a crust or base made from hard biscuits

Cheesecake with berry sauce