



la Strada

Ristorante Italiano

The wines of Italy and the world





antipasti

Garlic Bread	£2.70
Garlic Bread with Cheese	£2.95
Minestrone (Home made vegetable Soup) Truly Italian.....	£4.50
Gamberetti in Salsa Rosa (Prawn Cocktail).....	£4.95
Calamari Fritti (Deep Fried Squid in a delicate Batter).....	£4.95
Bianchetti Fritti (Fried Whitebait).....	£4.95
Funghi Impanati (Breaded Mushrooms served with a Garlic Dip).....	£4.95
Bruschetta (Garlic bread with goats cheese, peppers and cherry tomato).....	£5.95
Gamberetti al Aglio (Prawns pan fried served with White Wine and garlic, served with two slices of Garlic bread).....	£6.95
Avocado Prawns	£6.95
Caprese (Sliced Tomato, fresh Mozzarella, extra Virgin Olive Oil and finished with that special La Strada touch).....	£5.50
Avocado Tricolori (an Avocado fan topped with Mozzarella, Tomato and Fresh Basil).....	£6.75
Insalata di Mare (A variety of fresh Seafood marinated in Virgin Olive Oil).....	£6.95
Prosciutto di Parma con Melone (Fresh Melon dressed with tasty Parma Ham).....	£6.95
Antipasto Quattro Gusti Vegetarian Antipasto (Button Mushrooms with Olives, Peppers, sliced Tomatoes and Mozzarella).....	£6.95
Antipasto con Gardiniera (Selection of cold Meat with marinated Mediterranean Vegetables).....	£7.50
Gamberoni al Burro e Aglio (King Prawns pan fried in Garlic Butter and tossed with White Wine, Onions and Tomatoes).....	£7.50
Gamberoni con Basilico (Peeled King Prawns pan fried with Onions, fresh Basil and Cream).....	£7.50

See Our Blackboard for Chef's
Special Antipasti of the Day



pasta

<i>Spaghetti Napolitana</i> (With homemade Tomato Sauce and fresh Basil).....	£7.95
<i>Spaghetti Bolognese</i> (With Meat Sauce).....	£8.95
<i>Spaghetti Carbonara</i> (With Italian Bacon, Onions, Egg Yolks, & Cream).....	£8.95
<i>Spaghetti Marinara</i> (With Prawns, Tuna, White Wine, Garlic and Tomato Sauce).....	£9.95
<i>Tortellini alla Panna</i> (Pasta Parcels stuffed with Spinach & Ricotta Cheese, dressed with a Ham, Mushroom & Cream Sauce).....	£9.50
<i>Lasagna al Forno</i> (The great classic from Napoli - served with a side salad).....	£9.50

pizza

<i>Margherita</i> (Pizza with Tomato and Mozzarella).....	£7.95
<i>Carmelina</i> (Topped with Ham).....	£8.50
<i>Torino</i> (Ham & Mushrooms).....	£8.95
<i>Napolitana</i> (Capers & Anchovies).....	£8.95
<i>Hawaii</i> (La Strada goes Hoola Hoola with Ham & Pineapple).....	£8.95
<i>Sicilia</i> (An organised crime not to eat it, with Onions, Mushrooms & Chillies).....	£8.95
<i>Marinara</i> (A taste of the Mediterranean with Tuna, Prawns & Anchovies).....	£9.95
<i>Quattro Stagioni</i> (The four seasons Pizza with Mushrooms & Ham, Onions, Green Peppers, Artichokes & Pepperoni).....	£10.50
<i>La Strada Magnifico</i> (A veritable feast with Mushrooms, Ham, Mixed Peppers, Onions, Garlic, Capers, Egg & Salami).....	£10.95

*All our Food is Cooked Freshly to Order
So Your Patience is Very Much Appreciated*



chef specials

Spaghetti Vongole

(Spaghetti with Baby Clams in a White Wine & Napoli Sauce).....£9.95

Tortelloni La Strada

(Pasta Parcels stuffed with Ricotta Cheese and Spinach with Bacon, Mushrooms in Bolognese Sauce, & Fresh Cream Sauce).....£9.95

Fettuccini Rosso

(Fettuccini with diced Veal & Mushrooms pan fried in White Wine, Tomatoes & Fresh Cream).....£9.95

Fettuccini Salmone

(Fettuccini tossed with Scottish Smoked Salmon, Onions, Avocado, Vodka, Tomatoes & Fresh Cream. Truly European).....£10.95

Fettuccini Cacciatore

(Fettuccini with diced Chicken, Onions, Mushrooms, Mixed Peppers & Garlic in a White Wine, Fresh Cream & Napoli Sauce).....£10.95

Penne al Tonno

(Pasta Tubes tossed with Onions, Mixed Peppers, Tuna & Italian Bacon in a White Wine & Fresh Cream Sauce).....£10.95

Risotto Del Pescatore

(Locally caught mixed seafood steamed with Italian Rice & Mediterranean herbs, finished with a delicate White wine & Tomato Sauce & garnished with Poole Bay Mussels).....£11.95

Spaghetti con Cozze

(Spaghetti tossed with mixed Seafood & pan fried with Garlic, White Wine & Napoli Sauce).....£11.95

Fettuccini alla Capesante

(Fettuccini with Garlic, Prawns, Scallops in White Wine, Tomato and Fresh Cream Sauce).....£11.95

*Planning a Party?
Ask Your Waiter for Availability*



pollo

(Chicken Dishes)

Pollo alla Parmigiana

(Breast of Chicken layered with grilled Aubergine topped with Fresh Parmesan and finished with Napoli Sauce).....£14.50

Pollo Allaglio

(Breast of Chicken fried with White Wine, Onions, Mushrooms, Garlic & Cream Sauce).....£14.50

Pollo alla Mandorle

(Breast of Chicken cooked with Almonds, Onions, Amaretto Liqueur and Cream).....£14.50

Pollo Salmone

(Breast of Chicken with Smoked Salmon cooked with Avocado in White Wine & Cream Sauce).....£14.50

Pollo con Formaggio

(Breast of chicken cooked with different Cheeses in a White Wine and Spinach Sauce).....£14.50

Pollo alla Pepperonata

(Breast of Chicken cooked with Peppers, Onions, Olives, Garlic, White wine and finished with a Napoli Sauce).....£14.50

Pollo ai Gamberi

(Breast of chicken cooked with Prawns, King Prawns in White Wine, Tomato & Fresh Cream Sauce).....£14.95

vitello

(Veal Dishes)

Vitellino alla Crema

(Escalope of Veal cooked in Mushrooms, Onions, White Wine and Cream Sauce).....£14.95

Vitellino con Grappa

(Escalope of Veal cooked in Demiglace, Mushrooms, Grappa Liqueur and Cream Sauce).....£14.95

Vitellino con Marsala

(Escalope of Veal cooked in Marsala Wine Sauce).....£14.95

Vitellino alla Pizzaiola

(Escalope of Veal cooked with Anchovies in a White Wine, Oregano and Napoli Sauce).....£14.95

**We Do Not Serve Fast Food.
We Serve Good Food as Fast as we Can!**



carne

(Meat Dishes)

All steaks are grilled to your liking

<i>Sirloin Steak</i>	£14.50
<i>Sirloin Bellagioia</i> (Sirloin Steak with Tomatoes, Capers, Garlic & Oregano in a Red Wine and Tomato Sauce).....	£15.95
<i>Sirloin del Marcellino</i> (Sirloin cooked with Asparagus & Onions in a Brandy & Cream Sauce).....	£15.95
<i>Sirloin con Basilico</i> (Sirloin Steak with King Prawns, Onions & Fresh Basil in a Brandy & fresh Cream Sauce).....	£16.95
<i>Filetto Dolcelatte</i> (Fillet Steak with a Creamy Mushroom & Dolcelatte Cheese Sauce).....	£18.95
<i>Filetto Diavolo</i> (Fillet Steak with Chillies, Capers & Olives in a Garlic & Red Wine sauce).....	£18.95
<i>Filetto al Pepe</i> (Fillet Steak cooked in a Brandy, French Mustard & Black Peppercorn Sauce).....	£17.95
<i>Filetto Dianne</i> (Fillet Steak with Mushrooms & Onions in a Brandy Sauce).....	£18.95
<i>Filetto con Spinaci</i> (Fillet Steak cooked with Onions, Spinach, Brandy & Cream).....	£18.95
<i>Filetto Emporio</i> (Fillet Steak cooked with Onions, Wild New Forest Mushrooms, French Mustard & Red Wine).....	£18.95
<i>Filetto del Paese</i> (Fillet Steak cooked with Wild New Forest Mushrooms, Blue Cheese, Red Wine & Cream).....	£18.95
<i>Tournedos Rossini</i> (Fillet Steak cooked in Demiglace, Onions & Brandy, set on a Crouton and topped with Pate).....	£18.95

See Our Blackboard for
Chef's Specials of the Day



pesce

(Fish Dishes)

Gamberoni all'Aglio (King Prawns in Garlic, Onions & White Wine Sauce).....	£18.95
Tonno alla Pizzaiola (Tuna Steak in Garlic, Onions, Anchovies and Napoli Sauce).....	£16.95
Halibut alla Veneziana (Halibut Steak in Garlic, Onions, Prawns, White Wine and Napoli Sauce).....	£16.95
Pesce Spada all'Aceto Balsamico (Sword Fish Steak in caramelised Onions, Peppers and Balsamic Vinegar).....	£16.95
Pesce Azzuro (Blue Marlin Steak cooked in Pink Peppercorn and Taragon Sauce).....	£16.95

vegetarian dishes

Pizza Toscana (Mozzarella, Tomato, Mushrooms, Capers Artichoke, Potato Slices & Oregano).....	£9.50
Pizza Roma (Mozzarella, Tomato, Mushrooms, Onion, Green Peppers, Olives & Oregano).....	£9.50
Pizza Bianco (Mozzarella, Cheese, Asparagus, Onions Artichokes and Fresh Tomato Slices).....	£9.50
Fettuccini Romana (Tube Pasta with Mushrooms, Mixed Peppers, Aubergine and Garlic combined with a White Wine and Napolitana Sauce).....	£9.50
Penne al Gorgonzola (Tube Pasta with Asparagus, Gorgonzola, Onions in Fresh Cream Sauce).....	£9.50
Penne Primavera (Tube Pasta with Spinach, Mushrooms, Onions and Cheese served in a Tomato and Cream Sauce).....	£9.50
Risotto al Contadino (Seasonal Vegetables steamed with delicately flavoured Italian Rice served with a White Wine and Napoli Sauce).....	£9.50
Penne ai Porcini (Tube Pasta with Garlic Porcini Mushrooms, Spinach In fresh Cream and Napoli Sauce).....	£9.50

See Our Blackboard for Chef's
Vegetarian Specialities of the Day!



side dishes

<i>Fried Potatoes</i>	£2.10
<i>Selection of Vegetables</i>	£2.75
<i>Side Salad</i>	£2.10
<i>Garlic Bread</i>	£2.70
<i>Spinach</i>	£2.95
<i>Spaghetti Napoli</i>	£4.50
<i>Spaghetti Bolognese</i>	£5.50
<i>Bread</i>	£1.10
<i>Portions of Marinated Olives</i>	£2.50

insalata

(Salads)

All prepared using fresh, seasonal produce

<i>Mixed Salad</i>	£4.50
<i>Green Salad</i>	£4.50
<i>Insalata di Roma</i> (Tomato & Onion Salad Dressed with Fresh Basil & Virgin Olive Oil).....	£4.50
<i>Insalata di Mare</i> (Mixed Seafood).....	£10.95
<i>Insalata di Pollo</i> (Salad with Chicken, Anchovies, Croutons served with House Dressing).....	£11.50
<i>Insalata di Caprino</i> (Salad with goat's Cheese, Caramelised Peppers served with House Dressing).....	£10.95

Service Charge Not Included

soft drinks

Coke.....	£1.60
Lemonade.....	£1.60
Tonic Water.....	£1.60
Mineral Water (0.5 L).....	£2.10
Red Bull.....	£2.50
Bitter Lemon.....	£1.60
Ginger Ale.....	£1.60
Orange Juice.....	£1.80
Apple Juice.....	£1.80
Pineapple Juice.....	£1.80
Cranberry Juice.....	£1.80
Grapefruit Juice.....	£1.80
Tomato Juice.....	£1.80
J20.....	£2.40

draught beer

Stella Artois	
pint.....	£3.20
1/2 pint.....	£1.75
Heineken	
pint (5.0%).....	£3.20
1/2 pint.....	£1.75

bottled beer

Italian Beer 4.7%.....	£3.10
San Miguel 5%.....	£3.10
Bitter (English Ale) 5.4%.....	£2.50
Magners Irish Cider 4.5%.....	£3.70

bottled drinks

Smirnoff Ice.....	£3.00
WKD, Vlk.....	£3.00

spirits 0.25ml

Vodka.....	£3.30
Whisky.....	£3.30
Gin.....	£3.30
Martini.....	£3.30
Bacardi.....	£3.30
Archers.....	£3.30
Jack Daniels.....	£3.30
Go Double for £5.50	

la Strada

Ristorante Italiano



La Strada has been Bournemouth's most popular family run restaurant since 1992. We pride ourselves on delivering the finest fresh regional Italian cuisine in stylish surroundings with friendly service.

We welcome parties large or small - birthdays, anniversaries, hen nights, conference delegates or even that special treat for your business clients.

**OPEN 7 DAYS PER WEEK FROM 6PM
OPEN EVERY LUNCHTIME EXCEPT SUNDAY**

ALL MAJOR CREDIT CARDS ACCEPTED

SERVICE NOT INCLUDED

ALL PRICES ARE INCLUSIVE OF VAT

10% SERVICE CHARGE FOR PARTIES OF 5 AND OVER

The flavour of Italy

