



# La Strada

**FOOD**menu

## Antipasti

<b>Garlic Bread</b>	£2.70
<b>Garlic Bread with Cheese</b>	£2.95
<b>Soup of the Day</b> Homemade soup.	£4.50
<b>Gamberetti in Salsa Rosa</b> Prawn Cocktail.	£4.95
<b>Calamari Fritti</b> Deep-fried squid in a delicate batter.	£5.50
<b>Bianchetti Fritti</b> Fried whitebait.	£5.50
<b>Funghi Impanati</b> Breaded mushrooms served with a garlic dip.	£4.95
<b>Bruschetta</b> Garlic bread with goats cheese, peppers and cherry tomato.	£4.95
<b>Gamberetti al Aglio</b> Prawns pan-fried served with white wine and garlic, served with two slices of garlic bread.	£6.95
<b>Avacado Prawns</b>	£6.95
<b>Caprese</b> Sliced tomato, fresh mozzarella, olives, extra virgin olive oil and finished with that special La Strada touch.	£5.50
<b>Avocado Tricolori</b> An avocado fan topped with mozzarella, tomato and basil.	£6.95
<b>Insalata di mare</b> A variety of fresh seafood marinated in olive oil and served on a bed of salad.	£7.95
<b>Prosciutto di Parma con Melone</b> Fresh melon dressed with tasty Parma ham.	£6.95
<b>Antipasto con Gardiniera</b> Selection of cold meat with marinated Mediterranean vegetables.	£7.95
<b>Gamberoni al Burro e Aglio</b> King prawns pan-fried in garlic butter and tossed with white wine, onions and tomatoes.	£7.95
<b>Gamberoni con Basilico</b> Peeled king prawns pan-fried with onions, fresh basil and cream.	£7.95

## Pasta

<b>Spaghetti Napolitana</b> With homemade tomato sauce and fresh basil.	£7.95
<b>Spaghetti Bolognese</b> With meat sauce.	£8.95
<b>Spaghetti Carbonara</b> With Pancetta, onions, egg yolks and cream.	£8.95
<b>Spaghetti Marinara</b> With prawns, tuna, white wine, garlic and tomato sauce.	£9.95
<b>Tortellini alla Panna</b> Pasta parcels stuffed with spinach and ricotta cheese, dressed with a ham, mushroom and cream sauce.	£9.50
<b>Lasagna al Forno</b> The great classic from Napoli, served with a side salad.	£9.50



See our blackboard for Chef's Special Antipasti of the day.

# La Strada

*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 6 and over



*The flavour of Italy*

e-mail - [lastrada1@hotmail.com](mailto:lastrada1@hotmail.com)  
website - [www.italianlastrada.co.uk](http://www.italianlastrada.co.uk)

## Soft Drinks

Coke	£1.80
Lemonade	£1.80
Tonic Water	£1.60
Mineral Water 0.5L	£2.50
Red Bull	£2.50
Bitter Lemon	£1.60
Ginger Ale	£1.60
Orange Juice	£2.00
Apple Juice	£2.00
Pineapple Juice	£2.00
Cranberry juice	£2.00
Grapefruit Juice	£2.00
Tomato Juice	£2.00
J20	£2.50

## Spirits

	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

## Draught Beer

	½ pint	pint
Stella Artois	£1.75	£3.50
Heineken	£1.75	£3.20

## Bottle Beer

Italian Beer	4.7%	£3.50
San Miguel	5%	£3.25
Bitter (English Ale)	5.4%	£2.25
Magners Irish Cider	4.5%	£3.95

## Bottled Drinks

Smirnoff Ice	£3.00
WKD, VK	£3.00



## Pizza

<b>Margherita</b>	£7.95
Tomato and mozzarella.	
<b>Carmelina</b>	£8.50
Cheese, tomato and ham.	
<b>Torino</b>	£8.95
Ham and mushrooms.	
<b>Napolitana</b>	£8.95
Capers and anchovies.	
<b>Hawaii</b>	£8.95
La Strada goes Hoola Hoola with ham and pineapple.	
<b>Sicilian</b>	£8.95
An organised crime not to eat it, with onions, mushrooms and chillies.	
<b>Marinara</b>	£9.95
A taste of the Mediterranean with tuna, prawns and anchovies.	
<b>Quatro Stagioni</b>	£10.50
The four seasons pizza with mushrooms, ham, onions, green peppers, artichokes and pepperoni.	
<b>La Strada Magnifico</b>	£10.95
A veritable feast with mushrooms, ham, mixed peppers, onions, garlic, egg and salami.	

*All our food is cooked freshly to order so your patience is very much appreciated.*

## Chef Special's

<b>Fettuccini Alfredo</b>	£9.95
Tagliatelle cooked with chicken, bacon and peas in a creamy mustard sauce.	
<b>Tortelloni La Strada</b>	£9.95
Pasta parcels stuffed with ricotta cheese and spinach with bacon and mushrooms in a Bolognese sauce and fresh cream sauce.	
<b>Fettuccini Rosso</b>	£9.95
Fettuccini with diced veal and mushrooms pan-fried in white wine, tomatoes and fresh cream.	
<b>Penne Salmone</b>	£10.95
Penne tossed with Scottish smoked salmon, onions, avocado, Vodka, tomatoes and fresh cream. Truly European.	
<b>Fettuccini Cacciatore</b>	£10.95
Fettuccini with diced chicken, onions, mushrooms, mixed peppers and garlic in a white wine and fresh cream sauce.	
<b>Penne al Tonno</b>	£10.95
Pasta tubes tossed with onions, mixed peppers, tuna and Pancetta in a white wine and fresh cream sauce.	
<b>Risotto del Pescatore</b>	£11.95
Mixed seafood steamed with rice and Mediterranean herbs, finished with a delicate white wine and tomato sauce and garnished with mussels.	
<b>Spaghetti con Cozze</b>	£11.95
Spaghetti tossed with mixed seafood and pan-fried with garlic, white wine and Napoli sauce and garnished with fresh mussels.	
<b>Fettuccini alla Capesante</b>	£11.95
Fettuccini with garlic, prawns, scallops in white wine, tomato and fresh cream.	



## Carne (Meat dishes)

*All steaks are grilled to your liking.*

**Sirloin Steak** £17.95

Served with all the trimmings.

**Sirloin Bellagioia** £18.95

Sirloin steak with tomatoes, capers, garlic and tarragon and bacon in a red wine and tomato sauce.

**Sirloin con Basilico** £19.95

Sirloin steak with king prawns, onions and fresh basil in a brandy and fresh cream sauce.

**Filetto Dolcelatte** £20.95

Fillet steak with a creamy mushroom and Dolcelatte cheese sauce.

**Filetto Diavola** £20.95

Fillet steak with chillies, capers and olives in a garlic and Napoli sauce.

**Filetto al Pepe** £20.95

Fillet steak cooked in a Brandy, French mustard and black peppercorn sauce.

**Filetto Dianne** £20.95

Fillet steak with mushrooms and onions in a Brandy sauce.

**Filetto del Paese** £20.95

Fillet steak cooked with wild New Forest mushrooms, blue cheese and cream.

**Tournedos Rossini** £21.95

Fillet steak cooked in Demiglace, onions and port, set on a crouton and topped with paté.



*See our blackboard for Chef's Specials of the day.*

## Pollo (Chicken dishes)

**Pollo alla Parmigana** £15.50

Breast of chicken layered with grilled aubergine topped with fresh mozzarella and finished with Napoli sauce.

**Pollo Allaglio** £15.50

Breast of chicken fried with white wine, onion, mushrooms, garlic and cream sauce.

**Pollo Salmone** £15.50

Breast of chicken with smoked salmon cooked with avocado in white wine and cream sauce.

**Pollo con Formaggio** £15.50

Breast of chicken cooked with Dolcelatte cheese in a white wine and spinach sauce.

**Pollo alla Pepperonata** £15.50

Breast of chicken cooked with peppers, onions, olives, garlic, white wines and finished with a Napoli sauce.

**Pollo ai Gamberi** £15.95

Breast of chicken cooked with prawns, king prawns in white wine, tomato and fresh cream sauce.

## Vitello (Veal dishes)

**Vitellino all crema** £16.95

Escalope of veal cooked in mushrooms, onions, white wine and cream sauce.

**Vitellino con Marsala** £16.95

Escalope of veal cooked in marsala wine sauce.

**Vitellino alla Pizzailoa** £16.95

Escalope of veal cooked with anchovies in a white wine, oregano and Napoli sauce.

## Pesce

**Gamberoni all'Aglio** £19.95

King prawns in garlic, onions and a white wine and Napoli sauce.

**Tonno alla Pizzaiola** £17.95

Tuna steak in garlic, onions, anchovies, squid and Napoli sauce.

**Halibut all Veneziana** £17.95

Halibut steak in garlic, onions, prawns, white wine, capers and lemon.

**Pesce Spada all'Aceto Balsamico** £17.95

Swordfish steak in caramelised onions, peppers and balsamic vinegar.

*We do not serve fast food.  
We serve good food as fast as we can.*

## Vegetarian Dishes

**Pizza con Spinachi** £9.50

Cheese, tomato, baby spinach leaves and goats cheese.

**Pizza Roma** £9.50

Mozzarella, tomato, mushrooms, onions, green peppers, olives and oregano.

**Pizza Bianco** £9.50

Mozzarella, tomato, asparagus, onions, artichokes and fresh tomato slices.

**Penne Romana** £9.50

Tube pasta with mushrooms, mixed peppers, aubergine, and garlic combined with a white wine and Napolitana sauce.

**Spaghetti Puttanesca** £9.50

Olives, capers, anchovies and a tomato sauce.

**Penne al Gorgonzola** £9.50

Tube pasta with asparagus, gorgonzola, artichokes and onions in a fresh cream sauce.

**Penne Primavera** £9.50

Tube pasta with spinach, mushrooms, onions and cheese served in a tomato and cream sauce.

**Risotto al Contadino** £9.50

Seasonal vegetables steamed with delicately flavoured rice served with a white wine and Napoli sauce.

**Penne al Formaggio di Cabra** £9.50

Tube pasta with goats cheese, mixed peppers, cherry tomatoes, onions, olive oil and asparagus.



*See our blackboard for Chef's Vegetarian Specialities of the day.*



## Side Dishes

**Fried Potatoes** £2.10

**Selection of Vegetables** £2.75

**Side Salad** £2.10

**Garlic Bread** £2.70

**Spinach** £2.95

**Spaghetti Napoli** £4.50

**Spaghetti Bolognese** £5.50

**Bread** £1.10

**Portion of Marinated Olives** £2.50

## Insalata

**Mixed Salad** £4.50

**Green Salad** £4.50

**Insalata di Roma** £4.50

Tomato and onion salad dressed with basil and virgin olive oil.

**Insalata di Mare** £10.95

Marinated mixed seafood served on a bed of salad.

**Insalata di Pollo** £11.95

Salad with chicken, coutons, parmesan shavings and avocado served with house dressing.

**Insalata di Caprino** £10.95

Salad with goats cheese, caramelised peppers, walnut and galic croutons served with house dressing.

*Service charge not included.*