

# BOTTEGA TOSCANA



## Authentic Tuscan cooking with attitude!

Our philosophy is to offer good food prepared with fresh ingredients at a reasonable price, following the tradition of Italian *trattoria* (family restaurant).

We aim to use as many Australian and local quality ingredients and produce as possible. We pride ourself on offering many house made products, including our fresh pasta made with local free range eggs, avoiding as much as possible processed ingredients and industrial food. We don't use cheap and unhealthy seed oil, favouring Extra Virgin Olive Oil instead.

## Paleo and Low Carb Healthy Fats options

We embrace the new food revolution, with a wide offer of Paleo / LCHF options on the menu.

## Not a restaurant

Bottega Toscana is an Italian eatery for everyone, pop in for a quick pasta or enjoy a full Italian dinner. No fancy clothes required, no formally dressed waiters and whispering, it's a relaxed and casual environment.

## Beware of the wog

This is authentic Italian food, cooked with passion by Marco & Antonella. Don't expect garlic bread or pasta with chicken! We will do our best to make you enjoy our simple place, and we are confident you'll love our food. We enjoy life, good food, good laughs and great people. Welcome in our family!

## Executive chefs Marco & Antonella

**GF = Gluten free**

**LC = Low carb**

As we operate a working kitchen please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food. we are therefore unable to guarantee that any item on the menu is free from traces of allergens.

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## ASSAGGI / TAPAS

“Assaggi” means “tastes” in Italian, they are small sharing dishes used as an appetizer, a tantalising way to start your dinner or enjoy with a glass of wine for when you aren't that hungry.

**OLIVE CALDE (GF) (LC)** 6

Warm olives with garlic and rosemary

**OLIVE VERDI (GF) (LC)** 6

green sweet Sicilian olives

**NOCI (GF) (moderately LC)** 6

Spicy roasted mixed nuts

**MEATBALL (1) (GF) (LC)** 4

The humble (but delicious) meatball. Little bite of beef&pork in a rich Napoli sauce

**OVO SODO (GF) (LC)** 4

Boiled egg with hot sauce

**CAPRESE (GF) (LC)** 6

Caprese skewer with mozzarella and cherry tomatoes

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## ANTIPASTI & INSALATE

Salads & entrees

- |   |           |
|---|-----------|
| <b>MEDITERRANEAN SALAD (GF) (LC)</b>  | <b>9</b>  |
| Mixed leaves, fresh tomato, red onion and olives, dressed with Extra Virgin olive oil and a dash of authentic Modena Balsamic vinegar IGP |           |
| <b>TUNA SALAD (GF) (LC)</b>   | <b>16</b> |
| Mixed leaves, fresh tomato, red onion, tuna fish, dressed with Extra Virgin olive oil   |           |
| <b>EGG SALAD (GF) (LC)</b>  | <b>16</b> |
| Mixed leaves, fresh tomato, red onion, boiled eggs, dressed with Extra Virgin olive oil and a dash of hot sauce                           |           |
| <b>SMOKED SALMON SALAD (GF) (LC)</b>  | <b>19</b> |
| Mixed leaves, fresh tomato, red onion, caprino cheese and capers, dressed with Extra Virgin olive oil                                     |           |
| <b>MEATBALLS (4) (GF) (LC)</b>  | <b>14</b> |
| The humble (but delicious) meatballs. Little bites of beef&pork in a rich Napoli sauce  |           |
| <b>CAPRESE (GF) (LC)</b>  | <b>12</b> |
| Caprese skewers with mozzarella and cherry tomatoes   |           |

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## MAINS

"Life has two principal functions: nourishment and the propagation of the species. Those who turn their minds to these two needs of existence, who study them and suggest practices whereby they might best be satisfied, make life less gloomy and benefit humanity." Pellegrino Artusi, "The Science of Cooking and the Art of Fine dining", 1891.

<b>POLLO ALLA CACCIATORA (GF) (LC)</b>	<b>29</b>
Chicken Cacciatora is a very popular Tuscan comfort food, juicy chicken thighs and drumsticks stewed with carrots, celery, olives, wine and a little tomato sauce, served with cauliflower rice. (Tuscany)	
<b>SPEZZATINO D'AGNELLO (GF) (LC)</b>	<b>29</b>
Boneless lamb stew, slow cooked with Italian soffritto, red wine, zucchini and sweet potato (Abruzzo)	
<b>FRITTATA WITH ZUCCHINI &amp; ONION (GF) (LC)</b>	<b>12</b>
<b>FRITTATA WITH CHORIZO (GF) (LC)</b>	<b>12</b>
<b>HAMBURGER (GF option) (LC option)</b>	<b>15</b>
100% beef 170g patty, lettuce, pickles, onion, tomato, homemade sugar free tasty sauce	
<b>CHEESEBURGER (GF option) (LC option)</b>	<b>16</b>
100% beef 170g patty, lettuce, pickles, onion, tomato, cheese, homemade sugar free tasty sauce	
<b>BIGBURGER (GF option) (LC option)</b>	<b>18</b>
100% beef 170g patty, lettuce, pickles, onion, tomato, cheese, fried egg, homemade sugar free tasty sauce	
<b>LOW CARB BURGER BUN (GF) (LC)</b>	<b>3</b>
House made low carb bun for our burgers	

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## PASTA

"Everything you see I owe to spaghetti." Sophia Loren

Our pasta is home made using only the best Australian flour and local free range eggs, because we love good eggs and happy hens.

**Choice of spaghetti, tagliatelle, fusilli or gnocchi, gluten free pasta or zoodles (zucchini noodles)**

<b>BOLOGNESE</b>	<b>22</b>
100% Australian beef&pork authentic Bolognese (Bologna, Emilia Romagna) Please note: authentic Bolognese is not a tomato based sauce! It's beef&pork mince slowly cooked with a little bit of Sanmarzano tomatoes.	
<b>NAPOLI</b>	<b>22</b>
Our Napoli rich tomato sauce (Napoli)	
<b>CAPRI</b>	<b>22</b>
Our Napoli rich tomato sauce with chopped bocconcini mozzarella (Capri island)	
<b>LUMBERJACK</b>	<b>22</b>
Mushroom and smoked ham in a creamy sauce (Tuscany)	
<b>AUSSIE CARBONARA</b>	<b>22</b>
Bacon and onion slowly roasted with a creamy sauce (Australia)	
<b>MEATBALLS</b>	<b>26</b>
100% Australian beef&pork polpette in a Napoli sauce (Sicily)	
<b>ABRUZZO</b>	<b>26</b>
Chunky lamb slowly stewed in tomato sauce (Abruzzo)	

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## FOR THE KIDS

For the children (suitable for children 8 years old and under)

<b>POLPETTINE (GF) (LC)</b>	10
Our famous meatballs in a small dish for little tummies	
<b>PASTA WITH MEATBALLS</b>	10
Our famous meatballs with pasta and Napoli sauce	
<b>PASTA AL BURRO</b>	10
Pasta with light butter and cheese sauce	
<b>PASTA NAPOLI</b>	10
Pasta with a fresh tomato sauce	
<b>PASTA ALLA BOLOGNESE</b>	10
Traditional beef&pork Bolognese sauce	

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## DESSERTS

"Leave the gun, take the cannoli" Richard S. Castellano – The Godfather

**AFFOGATO** 16

Vanilla ice cream, Espresso coffee and Frangelico liquor

**PANNACOTTA AL CAFFÈ (GF)** 12

Antonella's creamy Pannacotta with coffee,

**SLITTI'S CHOCOLATE MARQUISE (GF)** 12

A luscious marquise with International Award winning Slitti's dark chocolate.

## SUGAR FREE & LOW CARB DESSERTS

**PANNACOTTA AL CAFFÈ (GF) (LC)** 12

Antonella's creamy Pannacotta with coffee,

**CHOCOLATE MOUSSE TART (GF) (LC)** 12

With 100% Slitti's dark chocolate, an all-time favourite, pleasure without the guilt!

## COFFEE AND TEA

Choice of Espresso, Long Black, Cappelatte, Flat White or Cappuccino 4

Black teas: English Breakfast, Earl Grey, Russian Caravan 4

Green teas: Buddas Tears, China Jasmine 4

Herbal teas: Strawberries & Cream, Citrus Punch, Peppermint 4