



FRATI

TRATTORIA DAL 1973



WELCOME TO FRATI, THE TASTE OF ITALY IN THE HEART OF TRONDHEIM. SINCE 1973, WE HAVE SERVED ITALIAN APPETIZERS, DINNERS, DESSERTS AND A WIDE SELECTION OF GOOD WINES. IN OUR FAMILY-RUN EATERY, WE TAKE PRIDE IN WELCOMING YOU WITH MEDITERRANEAN JOY AND ATTENTIVENESS. THE AMBIENCE IS WARM, THE KITCHEN IS READY, JUST PUT THE EVERYDAY COMMOTION ON PAUSE AND ENJOY GREAT FOOD AND DRINK IN A TRUE ITALIAN RESTAURANT.

APERITIVI E COCKTAILS

Aperol Spritz.....	147,-
Aperol, prosecco and sparkling water.	
Mimosa.....	147,-
Orange juice and sparkling wine.	
Frozen Passionfruit Daiquiri.....	154,-
Rum, passionfruit and sugar.	
Frozen Strawberry Daiquiri.....	154,-
Rum, strawberry, lime and sugar.	
ØX Gin & Tonic.....	158,-

ØX Raspberry Gin & Tonic.....	158,-
Cherry sour ih: E.....	142,-
ØX Morell, cherry, lemon, sugar and angostura.	
ØX Mule.....	147,-
Vodka, ginger juice and lime.	
Mocktails.....	85,-
Passionfruit- or strawberry with 7UP Free and sparkling water.	

BEVANDE

BIRRE ALLA SPINA ALL BEERS CONTAIN GLUTEN

ØX Pilsner.....	63,-/103,-
Fresh and robust pilsner, medium body and bitterness.	
ØX Pale Ale.....	65,-/108,-
Fruity and balanced beer, golden color.	
ØX Blonde.....	65,-/108,-
Light, fresh and fruity ale.	
ØX Saison.....	67,-/119,-
Dry with hints of sweet fruits, light color.	
ØX Brown Ale.....	67,-/119,-
Malt focused brown ale with medium fullness and bitterness.	
ØX IPA.....	79,-/134,-
Fresh, bitter and fruity. Clear and golden color.	
ØX Sesong.....	Price varies
Varies by season. Ask your waiter.	
E. C. Dahls Pils.....	63,-/103,-

BIRRE IN BOTTIGLIA, SIDRO E ACQUA MINERALE

ØX Idunn sider (dry).....	85,-/149,-
ØX Frøya (sweet).....	104,-/174,-
Frydenlund Bayer.....	100,-
Ringnes Lite (gluten free).....	120,-
Green's Blonde Ale (gluten free).....	135,-
Bulmers.....	134,-
Crabbies Ginger Beer.....	132,-
Ayinger Bräuweisse.....	115,-
Brooklyn Special Effects.....	75,-
Carlsberg Non Alcoholic.....	75,-
Erdinger Non Alcoholic.....	75,-
Munkholm Bayer.....	75,-
Farris.....	65,-
Thomas Henry Ginger Beer.....	68,-
San Pellegrino.....	60,-/99,-
San Pellegrino Aranciata.....	69,-
San Pellegrino Limonata.....	69,-
Apple juice.....	57,-
Orange juice.....	64,-
Pepsi Cola, Pepsi Max, Solo, 7UP Free.....	46,-/62,-

VINO

ALL WINES CONTAIN SULFITES

VINO FRIZZANTE

House prosecco.....	123,-/595,-
Ferrari Brut.....	159,-/775,-

VINO ROSATO

House rosé.....	129,-/625,-
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VINO BIANCO

House white wine.....	113,-/545,-
Roero Arneis V. S. Giovanni Almondo.....	141,-/685,-
Riesling Malvira.....	153,-/745,-
Chardonnay Barone Ricasoli.....	175,-/855,-
Pinot Grigio Riff Alois Lageder.....	129,-/625,-
Cortese La Scolca Gavi dei Gavi Etichetta Nera.....	870,-

VINO ROSSO

House red wine.....	113,-/545,-
Pinot Noir San Michele Appiano.....	169,-/825,-

Piemonte

Barbera d'Alba Chionetti.....	780,-
Langhe Nebbiolo Osvaldo Viberti.....	860,-
Barolo Osvaldo Viberti.....	930,-
Langhe Nebbiolo P. del Barbaresco.....	156,-/760,-
Barbaresco P. del Barbaresco.....	189,-/925,-
Barbera d'Alba Torriglione Renato Ratti.....	149,-/725,-
Barolo Marcanasco Renato Ratti.....	970,-

Toscana

Chianti Classico Riserva Barone Ricasoli.....	139,-/675,-
Chianti Classico Riserva Castello di Volpaia.....	990,-
Rosso di Montalcino Talenti.....	880,-
Brunello di Montalcino Talenti.....	1200,-

Veneto

Valpolicella Classico Accordini.....	131,-/635,-
Ripasso Accordini.....	690,-
Amarone della Valpolicella Accordini.....	950,-

Alcohol-free

Alcohol-free white.....	87,-
Alcohol-free red.....	87,-

We also have a special wine list. Feel free to ask your waiter.



ANTIPASTI

Carpaccio di Manzo.....	182,-
Thin slices of beef tenderloin, truffle mayo, arugula and Parmigiano Reggiano. c: L, E, SU	
Caprese di Burrata.....	174,-
Mozzarella di burrata, beef tomato, black olives, basil mayo and balsamico glaze. c: L, E	
Tre Salumi.....	119,-
Selection of 36 month parma ham, mortadella and finocchiona.	

Prosciutto e Melone.....	138,-
36 month parma ham with fresh melon.	
Antipasto Misto til 2 personer.....	258,-
36 month parma ham, mortadella, finocchiona, pecorino, piave with homemade apple jam and marinated green olives. c: L	
Calamari Fritti.....	185,-
Deep fried squid served with chilli mayo and side salad. c: G, F, E, SU	

ALL STARTERS CAN BE SHARED

BRUSCHETTE

Bruschetta Parma.....	196,-
Roasted bread with 36 month parma ham, mozzarella di burrata, tomatoes, garlic and olive oil. c: G, L	
Bruschetta Gamberetti.....	196,-
Roasted bread with shrimps, estragon mayo, crispy salad, radish, lemon and garlic. c: G, E, C, L	
Bruschetta Mortadella.....	192,-
Roasted bread with Mortadella, mozzarella di burrata and sundried tomatoes. c: G, L, N	
Bruschetta Pollo.....	189,-
Roasted bread with bbq slow cooked chicken, tomatoes, arugula, chilli mayo and pickled onion. c: G, E, C, SU, S, L	
Bruschetta Avocado.....	196,-
Roasted bread with poached egg, avocado, radish, crispy salad and chilli mayo. c: G, L, N	
Add Parma ham 36md.....	55,-

PICCOLI PIATTI

Pepata di Cozze.....	178,-
Pan fried Norwegian mussels with roasted black pepper, cherry tomato, tomato sauce and garlic. c: MO, SU, C	
Chèvre salat.....	192,-
Salad mix with chèvre, chickpeas, beetroots, cucumber, walnuts, mixed with honey-yogurt dressing. c: L, N, SU	
Insalata Caesar.....	199,-
Heart salad with bbq-marinated and slow cooked chicken, caesar dressing, bacon, homemade croutons, cherry tomato, pickled onions and Grana Padano. c: L, N, SU, E, F, M, G	

PASTE



Pasta della Settimana.....	211,-
Weekly pasta. Ask your waiter. c: G, E, SO, M, varies	
Maccheroni all'Amatriciana.....	209,-
Maccheroni with smoked pancetta, tomato sauce and chilli flakes, topped with Pecorino cheese. c: G, E, SU, C, M, SO	
Linguine ai Frutti di Mare.....	237,-
Linguini with prawns, mussels, fish of the day, cherry tomato, tomato sauce, chilli and garlic. c: G, E, SU, C, MO, F, M, SO	
Tagliatelle alla Siracusana.....	227,-
Tagliatelle with chilli and creamy bolognese sauce made with beef and pork, topped with fresh grated Grana Padano. c: G, L, C, SU, E, M, SO	
Panzerotti alla Contadina.....	225,-
Chicken filled Panzerotti with Porcini mushrooms, garlic and thyme, with creamy chicken stock, sage and 18 month Parma ham. c: G, L, E, C, SU, M, SO	
Lasagne.....	229,-
Classic homemade lasagne with fresh pasta, Bechamel, bolognese sauce made with beef and pork, served with crispy side salad. c: G, L, C, E, M, SO	

PIZZE

GLUTEN FREE ALL. MAY CONTAIN TRACES OF GLUTEN

Pizza della Settimana.....	211,-
Weekly Pizza. Ask your waiter. c: G, M, SO, varierer	
Margherita.....	186,-
Tomato sauce, mozzarella and basil. c: G, L, M, SO	
Burratina.....	233,-
Tomato sauce, 18 month parma ham, mozzarella di burrata, pine seeds and basil. c: G, L, M, SO	
Parma.....	233,-
Tomato sauce, mozzarella, 18 month parma ham, Parmigiano Reggiano and arugula. c: G, L, M, SO	
Quattro Formaggi.....	233,-
Tomato sauce, mozzarella, gorgonzola, piave vecchio and Parmigiano Reggiano. c: G, L, M, SO	
Vesuvio.....	214,-
Tomato sauce, mozzarella and cooked ham. c: G, L, M, SO	
Calzone Frati Speciale.....	233,-
Tomato sauce, mozzarella, cooked ham closed in a crispy pizza shell, topped with 18 months parma ham, Parmigiano Reggiano and arugula. c: G, L, M, SO	
Capricciosa.....	218,-
Tomato sauce, mozzarella, cooked ham, black olives and mushrooms. c: G, L, M, SO	
Montanara.....	229,-
Tomato sauce, mozzarella, gorgonzola, parma ham, mushrooms and garlic oil. c: G, L, M, SO	
Ventricina.....	219,-
Tomato sauce, mozzarella, ventricina (spicy salami) and red onion. c: G, L, M, SO	
Ciao Ciao.....	229,-
Tomato sauce, mozzarella, beef, red onion and béarnaisesaus sauce. c: G, L, SU, E, F, M, SO	
N'duja.....	229,-
Tomato sauce, mozzarella, n'duja (super spicy sausage), ventricina and salsiccia. c: G, L, M, SO	
Vegetariana.....	215,-
Tomato sauce, mozzarella, squash, red onion and Philadelphia. ih: G, L, M, SO	
Chèvre.....	217,-
Tomato sauce, chèvre, ventricina, arugula, pine seeds and balsamico glaze. c: G, L, M, SU, SO	
Vegana.....	209,-
Tomato sauce, vegan mozzarella, sundried tomatoes, squash, black olives, red onions, oregano and garlic oil. c: G, M, SO Can contain traces of lactose.	

PIZZE BIANCHE

Al Tartufo.....	227,-
Mozzarella, truffle salami, mushrooms, arugula and truffle dressing. c: G, L, M, SO	
Pollo.....	221,-
Mozzarella, slow cooked chicken, black olives, pesto and arugula. c: G, L, N, C, M, SO	
Al Salmone.....	224,-
Mozzarella, smoked salmon, avocado cream and Philadelphia. c: G, L, F, M, SO	

HELLO CHILDREN. YOU CAN ORDER ANYTHING AS A CHILD MENU – HALF THE SIZE FOR HALF THE PRICE.

ALLERGENS: G: GLUTEN, WHEAT – S: SHELLFISH – E: EGG – F: FISH – P: PEANUTS – L: MILK, LACTOSE – C: CELERY – M: MUSTARD
SO: SOY – SE: SESAME SEEDS – SU: SO2, SULFITES – MO: MOLLUSCS – AL: ALMONDS – HN: HAZELNUTS

Gluten free alternatives may contain traces of gluten