

## 1. PARLAPA

### Simply Italian Food

Benvenuti! Welcome to our family café and restaurant! We are proud to share with you our old family recipes, like the fluffy handmade gnocchi topped with our signature ragù, slow cooked on the stove for four hours. Just go through the coloured windows, have a little Italian chat and Buon appetito!

#### Find us

11 William Street, Fremantle  
Mon–Fri 7.30am–4pm  
Sat 8.30am–4pm  
Sun 8.30am–2pm  
0439 294 147  
parlapa.com.au

## 2. ROMA CUCINA

### Classic Italian dining

Roma Cucina is one of Fremantle's iconic Italian restaurants first opened by Frank and Nella in 1954, trading as Roma Restaurant. Over sixty years generations of families (especially the locals) have gathered to break bread and enjoy their generous servings of delicious classic Italian home-style food. Today Frank and Nella's daughter, Lucy, and her husband Terry continue the culinary tradition in Fremantle's historic West End.

#### Find us

9-13 High Street, Fremantle  
Dinner  
Tues–Sun 5pm–late  
Lunch  
Thurs, Fri & Sun 11.30am–2pm  
08 9335 7662  
romacucina.com.au

## 5. LA SOSTA

### Homemade pasta restaurant

La Sosta serve authentic Italian regional dishes, cooked and presented by passionate Italian chefs. La Sosta holds the 'Ospitalita Italiana' award from the Italian Council for Italian quality and authenticity. It is a stylish 2-level venue, with its own patisserie and an open plan kitchen, where you can watch the dishes being made. An extensive wine and cocktail list will satisfy any wine connoisseur.

#### Find us

85 Market Street, Fremantle  
Mon–Thurs 5pm–late  
Fri–Sun 11am–late  
08 9335 9193  
bookings@lasosta.net.au  
lasosta.net.au

## 6. PORTOROSA

### Café and ristorante

Portorosa is situated in the heart of Fremantle with a large dining area oozing traditional Italian charisma. The wafting aroma of wood-fired pizzas arouses your appetite and a relaxed alfresco lets you watch the hustle and bustle of the busy cappuccino strip. With reasonable prices and generous portions, old-fashioned Italian food is still being served here the way it always has been and the way it always should be.

#### Find us

93 Market Street, Fremantle  
Open 7 days 11am–late  
(except Christmas day)  
08 9430 6126  
portorosa.com.au

## 3. PIZZA BELLA ROMA RESTAURANT

### Feeding Fremantle for 40 years

Pizza Bella Roma is one of the oldest restaurants located in the heart of Fremantle. Well known for its delicious and generous size dishes, it was first opened in 1972 by an Italian couple. Regulars will know pizza chef Mario and friendly Antonella, who have both been working with Pizza Bella Roma for over 25 years.

#### Find us

14 South Terrace, Fremantle  
April to November  
Mon–Thurs 5pm–9pm  
Fri–Sun 11.30am–9pm  
December to May  
Mon–Sun 11.30am–9.30pm  
Closed Mon–Thurs 3–5pm  
08 9335 1554  
pizzabellaroma.com

## 4. SANDRINO CAFE AND PIZZERIA

### The place to be!

Sandrino is Fremantle's home of Italian wood-fired pizza. We make our dough in house daily using traditional techniques. All pizzas are hand stretched and topped with only the finest ingredients by our talented pizzaiolos. Our pizzas are then cooked to perfection in our glowing wood-fired ovens. Sandrino also boasts a wide selection of Mediterranean inspired dishes and handmade pastas.

#### Find us

16 South Terrace, Fremantle  
Mon–Thurs 11.30am–9pm  
Fri 11.30am–10pm  
Sat 11am–10pm  
Sun 11am–9pm  
08 9335 4487  
sandrino.com.au

## 7. GINO'S CAFE

### The best coffee in Perth

Gino Saccone arrived in 1956 from Italy. He worked as a tailor in Freo for over 20 years, but he could never get a decent coffee. In 1983, he closed his retail shop and with his family opened Gino's Café. Since then three generations of the Saccone family still run Gino's and serve the best coffee in Perth with Rosa's home-style Italian cooking.

#### Find us

1 South Terrace, Fremantle  
Mon–Sun 5.30am–late  
08 9336 1464  
info@ginoscafe.com.au  
ginoscafe.com.au

## 8. CAPRI RESTAURANT

### Four generations of distinctive dining

The Capri Restaurant has been in Fremantle since the fifties serving genuine Italian food influenced by the family's origins in northern Italy. Fresh local seafood, pasta and meat dishes are what the Capri is known for with daily specials always worth checking out. The Capri is family friendly with a menu especially for the Capri Bambini!

#### Find us

21 South Terrace, Fremantle  
Open 7 days 5–9.30 pm  
Tues–Sun 12–2pm for lunch  
08 9335 1399  
caprirestaurantfremantle.com

## Fremantle

# GUSTO ITALIANO TRAIL



## Welcome to Gusto Italiano

### A taste of Italy

Think food in Fremantle, and you probably think Italian. With good reason. Italians have had a huge influence on the culture of Fremantle since the 1880s, not least on its food scene. Cappuccino, anyone? Pizza? Pasta? Garlic? It's hard to imagine a time before these flavours were commonplace.

Indeed, we're so accustomed to Italian food that it can be hard to pick the authentic from the rest. This trail can help. We've showcased a cluster of Italian eateries whose traditions run deep. They're all about putting the real Italy on a plate, be it antipasti, primi, secondi, pasta, pizza or dolce.

Often family-run, and many within strolling distance of each other, these establishments pride themselves on authentic, home-style cooking with distinctly Italian flavours. Pull up a chair and know you'll be getting the real deal, served with a generous side of Mediterranean love.

Meals in Italia are often a drawn out affair and a chance to spend time with family and friends over several courses accompanied by good wine and avid conversation. Try ordering a course at each stop.

Buon appetito!

## Beyond the central city

### Ruocco's Pizzeria E Ristorante

Established by Matteo Ruocco in 1978, Ruocco's boasted the first wood-fired pizza oven in Western Australia.

217 South Terrace, South Fremantle

### L'Antica

L'Antica has been created as a venue to experience authentic Italian food items that have a specific history or cultural significance.

390 South Terrace, South Fremantle

### Dolce & Salato

Delicious and authentic pizza, focaccia and Italian pastries made fresh on the premises daily.

9/47 Douro Road, South Fremantle

## Points of interest

### To the Fisherman

A sculpture by Greg James commemorates the fisherman who started the fishing industry in Fremantle.

Fishing Boat Harbour, Mews Road

### Cappuccino Strip

The home of al fresco dining in Western Australia.

South Terrace from Bannister Street to Parry Street

### Pietro Porcelli (sculpture by Greg James)

Pietro was an Italian born sculptor who created the statue of C.Y. O'Connor at the entrance to Fremantle Ports.

Kings Square, cnr Queen and Adelaide Street

## About Fremantle

Fremantle, or Freo as it is known by the locals, is the home of alfresco dining in Western Australia. It's a favourite spot for foodies and is ranked as Perth's top entertainment precinct.

Visit fremantlestory.com.au to find what's on, restaurants and bars, shopping, things to do and places to stay in Fremantle.

## About WA Food & Wine Trails

Western Australia is blessed with a huge range of memorable food and drink experiences. The WA Food and Wine Trails provide you with a sample of what is available across the state. Make sure you look out for them on your travels.



Visit the trails WA website at [trailswa.com.au](http://trailswa.com.au) and download the TrailsWA app from the App Store to find more trails to explore.

WESTERN AUSTRALIA  
EXPERIENCE EXTRAORDINARY

Trails WA

City of Fremantle

FREMANTLE  
BE PART OF THE STORY

# GUSTO ITALIANO TRAIL MAP

Discover the location of the Fremantle Gusto Italiano businesses here.

## Getting around

### Arriving into Fremantle by train or bus

Fremantle bus and train station is in the centre of the city and is a transport hub for the region. The train to Fremantle leaves regularly from platform 7 at Perth Station taking around 25 minutes along the coast and across Fremantle Harbour.

### Free CAT bus

Two free Central Area Transit (CAT) buses operate a circle route in Fremantle 7 days a week, except on Good Friday, Christmas Day and Boxing Day. The CAT stops at places of interest including Fremantle Train Station, Fremantle Arts Centre, WA Maritime Museum, E-Shed Markets and Fishing Boat Harbour.

### Parking

Fremantle's narrow streets and one way traffic flow in some areas can be challenging for visitors so we recommend finding a car park at Queensgate, Collie Street or Parry Street car parks.

### Fremantle Visitor Centre

Stop in at Fremantle's fully accredited visitor information centre. They are the local experts and offer a free accommodation booking service.

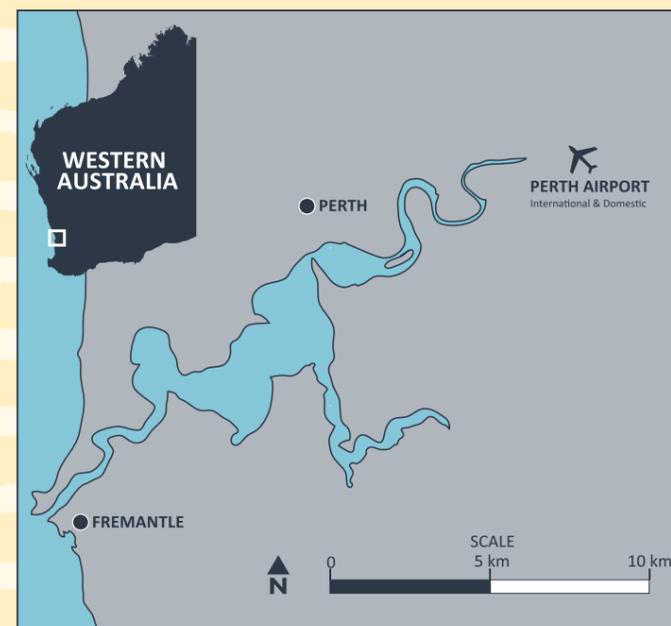
## Festivals and events

**Maria SS Del Tindari Procession (September)**  
The Association of Maria Santissima del Tindari celebrates a centuries old legend of the Black Madonna.

**Blessing of the Fleet (October)**  
This annual festival begins at St Patrick's Basilica and makes its way through crowd lined streets to Fishing Boat Harbour.

**Little Italy by the Sea (October)**  
A colourful and exuberant weekend long celebration of Italian heritage and culture in Fremantle.

## Fremantle location



## KEY

- Restaurant/Café
- Gusto Italiano Trail

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caprirestaurantfremantle.com