

Piccoli Piatti

Selections of small plates: Choice of 1 - \$5.95
Choice of 3 - \$14.95

1. Gaeta olives with rosemary and garlic
2. Roasted red beets and pecorino
3. Sautéed broccoli rabe and ricotta salata
4. Roasted cauliflower, raisins and pine nuts
5. Grilled baby artichoke, shaved parmigiano
6. Bruschetta with tomato, basil and garlic
7. Fresh mozzarella, tomato and basil
8. Prosciutto di Parma and chunks of parmigiano
9. Arancini: fried sicilian rice ball
10. Rustic meatball with tomato sauce
11. Cannellini beans, celery and pecorino
12. Chick peas, artichokes and chopped arugola
13. Roasted Brussels sprouts, garlic and oil
14. Farro, carrots, zucchini, chick peas, olives and sun dried tomatoes
15. Portobella mushrooms, roasted red peppers and goat cheese
16. Shrimp in a garlic sauce
17. Garlic Chicken
18. Hummus with crostini

Soups, Salads & Appetizers

Wild mushroom soup	\$7.00
Roman-style egg drop soup w/ spinach.....	\$6.00
Baby greens, olives, carrots and cucumbers	\$6.95
Arugola, baby artichokes, avocado and parmigiano.....	\$8.95
Caesar salad	\$7.95
Fried calamari, carrots and zucchini.....	\$10.95
Tuna tartare with cucumber.....	\$11.95
Imported buffalo mozzarella, tomato and basil ...	\$12.95
Carpaccio of beef with arugola and parmigiano drizzled with apple goat cheese vinaigrette	\$10.95
Fior di Latte mozzarella, roasted red peppers, eggplant and basil.....	\$7.95
Burrata cheese and Prosciutto di Parma	\$12.95

Thin Crust Pizza

Margherita Tomato sauce, mozzarella and basil.....	\$10.95
Salsiccia Sausage, ricotta, mozzarella, tomato sauce, black olives and basil.....	\$10.95
Cauliflower Pizza Crust Mozzarella, pesto, cherry tomatoes, pignoli, shaved parmigiano on cauliflower pizza dough (gluten free)	\$13.95

Secondi di Carne

Paillard of chicken served with arugola, red onions, tomato and parmigiano.....	\$12.95
Milanese of chicken or veal served with tricolore salad and shaved parmigiano.....	Chicken \$12.95/Veal \$18.95
Parmigiana of chicken or veal with tomato basil fettuccine.....	\$12.95/\$18.95
Veal Valdostana: Prosciutto, fontina, and asparagus in a Cognac sauce.....	\$20.00
Chicken breast with sun dried tomatoes and portobella in a red wine herbs sauce.....	\$13.95

Organic Eggs Casseroles and Omelettes

Served with hummus, fresh chopped tomato, basil, garlic and avocado

Egg White Casserole: Broccoli rabe, bell peppers, mushrooms.....	\$12.95
Egg White Omelette: Spinach, roasted red peppers, feta cheese.....	\$12.95
Casserole: Artichokes, peas, asparagus, Brussels sprouts	\$12.95
Omelette: Fontina cheese, broccoli, fresh tomato.....	\$12.95

Bevande Fresche

Ice Tea \$2.50 free refill

Ice Tea and Lemonade \$2.50 free refill

Grilled Panini's

Served with your choice of baby greens or french fries on baguette, Italian bread or homemade walnut-raisin whole wheat bread

Napoletano Rustic meatballs, mozzarella and tomato	\$11.95
Luca Smoked turkey, brie, romaine, tomato and mustard dressing	\$11.95
Mezzogiorno Grilled chicken, artichokes, avocado and goat cheese	\$11.95
Giulia Mozzarella, fresh tomato, arugola, extra virgin olive oil	\$11.95
Via col Vento Grilled chicken, tomato, mozzarella and basil	\$11.95
Portobello Grilled chicken, portobello mushrooms, roasted red peppers, mozzarella and pesto mayonnaise	\$11.95
Carlo Prosciutto di Parma, parmigiano shavings, arugola, olive oil	\$11.95

Entree Salad

Dressing choices: Balsamic vinaigrette, Citrus Dijon vinaigrette, Extra virgin olive oil with lemon or balsamic vinegar or red vinegar, Honey mustard vinaigrette, Red wine vinaigrette, Sherry wine vinaigrette

Cobb Salad Romaine, chicken, tomatoes, gorgonzola cheese, avocado, bacon and eggs	\$12.95
Giardiniera Tricolore lettuce with artichokes, roasted red peppers, avocado, hearts of palm and tomatoes	\$12.95
Nicoise Salad Haricot vert, tomato, capers, tuna, eggs, basil, potatoes and black olives	\$12.95
Chopped Salad Romaine, peas, carrots, cucumber, hearts of palm, avocado, red bell pepper and feta cheese	\$12.95
St Tropez Crab meat, shrimp, hearts of palm, avocado, grapefruit, tomato, mesculln.....	\$13.95
Salute Farro, corn, cherry tomatoes, olives, carrots, chick peas, celery and zucchini.....	\$12.95
Capricciosa Chick peas, romaine, cherry tomatoes, red onions, pinoli, basil, fresh mint and feta cheese	\$12.95

*You can add on the salad: Grilled chicken \$4.50 • Grilled organic chicken (Lancaster, PA) \$11.00 • Grilled skirt steak \$13.00
Grilled shrimp \$4.50 • Grilled Jumbo shrimp \$2.50 each • Grilled salmon \$10.00 • Grilled tuna \$11.00*

Pasta

Whole wheat or gluten free pasta are also available

Rigatoni in a spicy vodka sauce	\$13.95
Linguine whole wheat with grilled chicken, broccoli and shitake in a garlic olive oil sauce	\$13.95
Goat cheese and pear ravioli, thyme, parmigiano, butter sauce	\$13.95
Lasagna with spinach with classic meat sauce	\$13.95
Pappardelle with shrimp and spinach in a fresh tomato sauce	\$14.95
Gnocchi with zucchini, sun dried tomatoes and ricotta salata with garlic and oil sauce	\$14.95
Fettuccine with a light pesto cream sauce, sun dried tomatoes and asparagus	\$12.95
Spaghettini with Bolognese or classic meatballs	\$13.95
Linguine Cacio e Pepe with cracked black pepper, pecorino and olive oil	\$13.95

Seafood

Catch of the day

Salmon grilled served over a frisée salad with fresh tomato, basil garlic, red onions and black olives	\$17.95
Tuna grilled, shaved fennel, avocado, tomatoes, olives and herbs	\$22.95
Shrimp and Chicken grilled served with grilled vegetables in a herbs garlic sauce	\$13.95
Shrimp, Mussels, Calamari, Clams in a medium spicy white wine, tomato and garlic sauce with spaghettini	\$17.95
Seafood risotto with sea scallops, shrimp, calamari, mussels and clams	\$20.95