



Small plates

alfredo pizza - chicken, arugula, prosciutto di parma, pecorino and mozzarella 8.95
artichoke hearts- fried w/spicy mayo & sweet chili sauce 6.75
gnocchi pesto - artichoke hearts & pine nuts 6.95
meatballs & tomato sauce-3 meatballs, tomato suace & pecorino cheese 4.50
eggplant stack – grilled red bell pepper, portabella, & goat cheese 6.75
tomato rustica marinara - goat cheese, topped w/ pesto & ciabatta 6.95
blue cheese chips – house made potato chips baked w/pesto 4.95
italian sausage bruschetta - goat cheese, red peppers & onions 7.95

Salads & soups

insalata caprese - roma tomatoes, fresh mozzarella, basil, olive oil and vinegar 6.50
mixed field greens - orange balsamic vinaigrette 4.95 half 2.75
caesar – romaine, grana padano, croutons & house made caesar dressing 5.95 half 3.00
arugula - extra virgin olive oil, lemon and grana padano cheese 6.25 half 3.50
prosciutto & arugula- tomato, fresh mozzarella & lemon olive oil dressing and herbs 10.50 half 7.50
*steak salad - sauteed onions, blue cheese, marinated portabella, romaine & orange balsamic vinaigrette 12.95 half 8.50
greek - romaine, black olives, pepperoncini, feta, artichoke, onion & tomatoes sundried tomato vinaigrette 7.95 half 5.95
jerk chicken salad - flat bread, caramelized onions, mozzarella cheese, mix greens, pine nuts,cranberries & orange balsamic vinaigrette 10.95
saba - mixed greens, cranberries, tomato, pecan, apples & blue cheese vinaigrette 7.95 half 5.95
b.a. - mixed field greens, roma tomato, grilled red pepper, grilled red onion, black beans, roasted rice, feta cheese & orange balsamic vinaigrette 7.95 half 5.95

add: chicken (grilled or jerk) 3.50, tofu 3.00, shrimp 5.00, tilapia 6.00, *salmon 7.00, smoked Salnon 5, *ahi tuna 8

soups chickpea tomato or soup of the day cup 3.50 or bowl 5.00

Sandwiches

choose between fresh baked ciabatta or flat bread and is served with your choice of a side

salami - red peppers, red onion, mozz cheese, mixed field greens & spicy mayo 10.00
meatball - house made meatballs, mozzarella cheese & classic tomato sauce 10.00
prosciutto - prosciutto di parma, grana padano, arugula, lemon vinaigrette 10.00
portabella - w/feta cheese, tapenade and fresh herb vinaigrette 8.75
b(acon) p(rocuitto) a(rugula) & t(omato) - w/ chipotle mayo 10.00
pork - slow roasted pulled pork & chianti ketchup 10.00
chicken club - bacon, tomatoes, dressed field greens, mozzarella cheese & chipotle mayo 10.00
Smoked Salmon- w/ lemon dill aoli, tomatoes & arugula 10.00
italian sausage - red peppers, onions, mozzarella cheese & spicy marinara 10.00
veggie delight - grilled eggplant, tomato, grilled onion, red pepper, olives, dijon mustard & cilantro pesto (fresh mozzarella +2, marinara +1) 8.75
tomato fresca - basil, goat cheese & mixed herbs 8.75

Sides

house made potato chips, caesar salad, mixed field greens, ♣vegetables, ♣arugula or

♣soup

♣charges may apply

Lunch Combos

half&half

- pasta & salad or soup** - choice of any ♣salad or ♣soup & any ravioli or ♣any past sauce w/ penne or spaghetti 9.25
- sandwich & salad or soup** - choice of ♣salad or ♣soup & any sandwich 8.25
- soup & *salad** - choice of soup & ♣salad 7.25

♣extra charge may apply

Pastas

fettuccine		linguine		spaghetti	
pesto	9.00	tomato sauce	7.85	marinara w/ meatballs	10.25
alfredo	9.00	clams in white wine & garlic sauce	12.50	★◆vegan vindaloo w/ tofu & cilantro pesto	9.95
★ lamb ragú	12.50	clams in tomato sauce	12.50	thai tofu w/thai peanut sauce	9.95
★ beef ragú	12.50	bolognese (meat sauce)	10.25		

add mixed veggies or tofu 3.00, grilled or jerk chicken 3.50 shrimp 5.00, tilapia 6.00, salmon 7.00

★ can be served over risotto. sub buckwheat fettuccine 1

◆indicates spicy. Ragú; slow cooked braised wine sauce.

- we offer gluten free pasta (ask server for gluten free menu) -

Ravioli

four cheese - tomato sauce, kalamata olives & pureed herbs

pumpkin - spices & ricotta cheese in a brown butter sauce

thai chicken & spinach pasta - thai peanut coconut curry sauce, basil & fennel pollen

wild mushroom - cracked black pepper & garlic cream sauce or spicy tomato sauce, feta cheese & herbs

◆eggplant - red pepper pasta & tomato cream sauce or w/ vindaloo & cilantro pesto

10.00

Other dishes

lasagna - bolognese sauce & cheese or mixed veggie with ricotta 11.50

◆**penne greco** - shrimp, calamari, olives, tomato, peppers, feta, olive oil, pepperocinis & herbs 14.50

***fish in parchment paper** (fish of the day) - baked w/ mixed veggie, olives, onions, & a side of grapefruit reduction- market price

◆**zuppa di pesce** - tilapia, shrimp, scallops & calamari, clams in a spicy tomato broth 15.50

Kids' menu

spaghetti w/butter or marinara-3.00 (+2 meatballs- 3.00) penne pasta available

cheese ravioli-4.50 cheese pizza-4.50 (add chicken, meatballs or pepperoni for -1.75)

grilled cheese sandwich w/chips-4.50 chicken strips w/chips- 4.95

kids lasagna-4.95 mac n' cheese-4.50

Beverages

sodas \$1.95-coke, diet coke, sprite, root beer, ginger ale, izzie \$3.00(clementine & blackberry), jarritos (orange & grapefruit) \$2.95, minute maid lemonade, iced tea (sweet or unsweet)-1.95 coffee (regular or decaf)-2.95 hot tea-3.00 san pellegrino 500ml - 3.25, apple juice-1.50

Delivery Available through Doordash , Uber& Amazono

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS