

SALADS

STAGIONE   **\$9.00**
Mixed greens, tomatoes, carrots & cucumbers with balsamic dressing

TRICOLORE   **\$11.75**
Radicchio, baby arugula, endive, Gaeta olives & shaved Parmigiano with balsamic dressing

ISALATA Di PERE   **\$11.75**
Mixed greens, red pears, gorgonzola & toasted pecans with lime dressing

BIETOLE   **\$11.25**
Mixed greens, roasted red beets, goat cheese, toasted walnuts, roasted corn & tomatoes with honey dijon dressing

INSALATA con FUNGHI   **\$11.75**
Mixed greens, portobello mushrooms, roasted peppers, toasted sunflower seeds & mozzarella with balsamic dressing

CAESAR  **\$9.75**
Romaine hearts, ciabatta croutons, shaved Parmigiano & Caesar dressing
Choice of:
Chicken **\$12.50** Roasted Turkey **\$13.50**
Shrimp **\$14.00** Steak **\$15.50**

MEDITERRANEAN CHICKPEA **\$11.75**
Chickpeas, diced cucumber, red & green bell peppers, celery, red onions, olives, feta, citrus vinaigrette

CAN BE ADDED TO ANY SALAD	
Chicken	\$5.00
Cajun Chicken	\$5.50
Turkey	\$5.50
Calamari	\$5.00
Shrimp	\$7.00
Cajun Shrimp	\$7.50
Salmon	\$7.00
Skirt Steak	\$8.00
Any Salad Chopped \$1.00	
Extra 3-5oz Dressing \$1.00	


Steak
BISTECCA e ZOLA  **\$15.50**
Certified angus skirt steak, mixed greens, cherry tomatoes, Gaeta olives, marinated red onions and gorgonzola with balsamic dressing

Grilled Chicken
AVOCADO SALAD  **\$13.25**
Grilled chicken, iceberg lettuce, shredded mozzarella, avocado, toasted almonds & cherry tomatoes with balsamic dressing

RUCOLA CAPRINO e POLLO  **\$12.75**
Grilled chicken, baby arugula, goat cheese, sundried tomatoes & toasted walnuts with balsamic dressing

RUCOLA e FARRO **\$12.75**
Grilled chicken, baby arugula, barley, cherry tomatoes, gorgonzola, roasted hot peppers & hearts of palm with honey dijon dressing

INSALATINA di Pollo  **\$12.50**
Grilled chicken, mixed greens, Gaeta olives, red onions, carrots & toasted almonds with balsamic dressing

MINT SALAD  **\$12.75**
Grilled chicken, romaine hearts, walnuts, raisins, fresh mint, & quinoa with mango dressing


INSALATA di POMODORO  **\$12.50**
Grilled chicken, iceberg lettuce, fresh tomatoes, red onions, Gaeta olives, basil & fresh mozzarella with balsamic dressing

INSALATA di CARCIOFI  **\$13.00**
Artichoke hearts, baby arugula, grilled chicken, quinoa with fresh tomatoes, hot peppers, red onions, & fresh mozzarella with balsamic dressing


INSALATA di QUINOIA  **\$13.50**
Quinoa with grilled chicken, romaine hearts, fresh tomatoes, avocado, Gaeta olives, almonds & cucumber with mango dressing


INSALATA di CAVOLO  **\$13.00**
Chopped organic baby kale, grilled chicken, red beets, fresh mango, avocado & pecans with honey dijon dressing


INSALATA di MANGO  **\$13.25**
Chopped organic baby kale, fresh mango, grilled chicken, quinoa with cherry tomatoes, almonds & shredded mozzarella with mango dressing

POLLO e GUACAMOLE  **\$13.50**
Grilled chicken, iceberg lettuce, guacamole, roasted hot peppers, shredded mozzarella & cherry tomatoes with lime dressing


Chicken Cutlet
PARMA SALAD **\$12.75**
Chicken cutlet, romaine hearts, tomatoes, Gaeta olives, red onions, roasted peppers & shaved Parmigiano with balsamic dressing

PIPPO  **\$12.75**
Prosciutto, mozzarella, sundried tomato, spicy salsa aioli, red onion, Gaeta olives, roasted hot peppers on ciabatta

LECCE  **\$11.25**
Parma ham, mozzarella, tomatoes & spicy aioli on focaccia



MATT  **\$12.00**
Parma ham, mozzarella, tomato, herb mayo, mixed greens, roasted pepper, balsamic on ciabatta

Roasted Turkey
TURKEY BLT **\$12.00**
Roasted turkey, bacon, herb mayo, lettuce, tomato on foccacia

FROSINONE  **\$12.00**
Roasted turkey, crispy bacon, smoked mozzarella, sautéed onion, herb mayo on krispina

SAN REMO **\$12.75**
Roasted turkey, mozzarella, roasted hot peppers, guacamole on ciabatta

TURKEY AVOCADO **\$12.75**
Roasted turkey, provolone, avocado, roasted peppers, herb mayo, spinach on foccacia

GUBBIO   **\$11.25**
Roasted portobello, goat cheese, basil pesto, roasted pepper on whole wheat

SIENNA   **\$8.25**
Mozzarella, tomato, basil, extra virgin olive oil, balsamic on krispina

VITTORIA   **\$11.00**
Artichoke hearts, sundried tomatoes, roasted peppers & baby arugula on focaccia

VEGETARIANO   **\$11.00**
Grilled mixed vegetables with fresh tomatoes & mozzarella on rustic hero

GOAT CHEESE   **\$11.00**
Goat cheese, sundried tomatoes, Gaeta olives, grilled zucchini & red onion on focaccia

Cured Meats
THE AMERICANA **\$12.25**
Prosciutto, mozzarella, roasted peppers, balsamic vinaigrette, on foccacia

CRUDO  **\$12.00**
Prosciutto, mozzarella, baby arugula on ciabatta


PROSCIUTTO  **\$12.00**
Prosciutto, mozzarella, tomato on ciabatta

PICCANTE **\$11.75**
Chicken cutlet, mozzarella, mixed greens, spicy salsa aioli on ciabatta

ANCONA **\$12.00**
Chicken cutlet, mixed greens, mozzarella, roasted hot pepper, tomato on ciabatta

Vegetarian
SICILIA  **\$11.25**
Fried eggplant, mozzarella, roasted peppers on krispina

POTENZA  **\$11.00**
Fried eggplant, mozzarella, tomato, basil on krispina

FOGGIA  **\$11.00**
Fried eggplant, smoked mozzarella, olive paste, sundried tomato on krispina

TRAPANI   **\$11.00**
Portobello mushroom, mozzarella, roasted peppers & sautéed onions on focaccia

PORTOBELLO   **\$10.75**
Roasted portobello, tomato, mozzarella on whole wheat

TERRA   **\$12.25**
Roasted portobello, broccoli rabe, roasted pepper, grilled zucchini, fresh mozzarella on whole wheat

Seafood

Calamari
INSALATA di CALAMARI  **\$14.00**
Grilled calamari, mixed greens, Gaeta olives, capers, sundried tomatoes & scallions with lime dressing

Tuna
INSALATA di TONNO  **\$14.00**
Italian tuna in olive oil, baby arugula, roasted corn, cherry tomatoes, roasted peppers, fried capers & shredded mozzarella with lime dressing


Shrimp
INSALATA di Mango e GAMBERI  **\$14.50**
Grilled shrimp, fresh mango, iceberg lettuce, cherry tomatoes & fresh mozzarella with raspberry vinaigrette

ROMANA con GAMBERONI  **\$14.50**
Grilled shrimp, romaine hearts, fresh mozzarella, raisins, toasted walnuts & tomatoes with balsamic dressing

GAMBERONI e GUACAMOLE  **\$14.50**
Grilled shrimp, iceberg lettuce, guacamole, toasted almonds, cherry tomatoes & roasted hot peppers with lime dressing

Salmon
SALMONE e GUACAMOLE  **\$14.75**
Grilled salmon, mixed greens, guacamole, hearts of palm & toasted, sunflower seeds with honey dijon dressing

SALMONE e QUINOA **\$15.75**
Grilled salmon, romaine lettuce chickpeas, quinoa, avocado, feta cheese, grape tomato, red onion & toasted almonds with a red wine vinaigrette

SALMONE e PERE  **\$14.75**
Grilled salmon, baby spinach, endive, red pears, toasted pecans, roasted beets & cherry tomatoes

Gluten Free Quinoa

ALEXANDRO  **\$13.50**
Certified angus steak, avocado, roasted hot pepper, romaine, tomato, red onion on ciabatta

THE NEW YORKER **\$12.25**
Sweet sausage, roasted pepper, sautéed onion, mozzarella on ciabatta

Pork

BARI  **\$12.00**
Sweet sausage, broccoli rabe, olive paste on round rustic

SARDEGNA  **\$12.25**
Sweet sausage, mozzarella, roasted hot pepper on round rustic

Piadina Classica

Served with a side order of Stagione or Caesar salad, Tuscan fries or sweet potatoes fries

PROSCIUTTO DI PARMA **\$12.00**
with fresh baby arugula, brie cheese, and drizzled with Mike's hot honey

SKIRT STEAK **\$15.50**
Certified angus skirt steak with fontina cheese, peppers and onions

GRILLED CHICKEN **\$11.00**
with stracchino cheese & baby spinach

GRILLED SHRIMP **\$14.50**
with stracchino cheese & mixed vegetables

Panini Basket

Your choice of panini cut in quarters

10 PANINI \$105.00
5 PANINI \$55.00