



LUNCH CARRY OUT

SERVED DAILY 11.30 AM - 4 PM

ANTIPASTO

combination platter, 2 meats, 2 cheeses, 2 vegetables 18.95

meat and cheese, 3 meats, 3 cheeses 20.95

cheese and vegetable, 3 cheeses, 3 vegetables 17.95

CURED MEATS, whole grain mostarda 6.95

prosciutto di parma, dop, 18 mos. | **sweet coppa**, la molisana, ct

hot soppressata, la molisana, ct | **finnochiona**, la molisana, ct

VEGETABLES, oven-fired lavosh 5.95

grilled marinated artichokes | **chickpea puree**, toasted pine nuts, peperonata

wood-roasted marinated peppers, fresh mozzarella, garlic, evoo, basil

roasted cauliflower, evoo, lemon zest, thyme, sea salt

mediterranean olives, with lemon, evoo and fresh herbs 5.95 each

CHEESE, honey 6.95

parmigiano reggiano, dop, cow, 30 months

quattro portoni quadrello, buffalo, piedmont, 6-8 weeks

capra sarda, goat, sardinia, 6-9 months

fresh ricotta, warm with honey drizzle, cow, liuzzi, new haven

gouda, goat, beemster, netherlands, 4 months

STARTERS

bruschetta, grilled Italian bread, melted gorgonzola, heirloom cherry tomatoes, basil, olive oil, balsamic reduction 8.95

steamed mussels, fresh fennel, tomato, garlic, evoo, white wine, fresh herbs 11.95

burrata caprese, ripe tomatoes, evoo, aged balsamic, basil, sea salt, black pepper 12.95

stuffed garlic baguette, mozzarella, boursin, pecorino, roasted garlic, evoo, marinara 7.95

parmigiano arancini, tomato basil sauce 8.95

rhode island calamari fritti, hot peppers, marinara, roasted garlic aioli 12.95

meatballs al forno, melted fresh mozzarella, parmigiano, marinara sauce 8.95

lump crab cake, baby arugula, cherry tomatoes, lemon vinaigrette, garlic aioli 13.95

today's soup 7.95

GREENS

spinach salad, hard cooked egg, chopped walnuts, red onion, ricotta salata, smoked bacon, dijon vinaigrette small 6.95 • large 8.95

chopped house salad, romaine, iceberg, cucumber, red onion, grape tomatoes, olives, carrots, chick peas, artichoke hearts, focaccia crouton, white balsamic vinaigrette small 6.95 • large 8.95

baby iceberg wedge, gorgonzola dressing, bacon, baby heirloom tomatoes, red onion, balsamic drizzle small 6.95 • large 8.95

organic baby arugula, goat cheese, toasted pecans, grape tomatoes, apple, balsamic vinaigrette small 7.95 • large 10.95

caesar, focaccia croutons, grape tomatoes, traditional dressing, shaved grana padano small 6.95 • large 8.95

cobb, romaine, tomato, avocado, gorgonzola, bacon, hard cooked egg, buttermilk ranch dressing large 10.95

SALAD PROTEINS

grilled chicken breast 3.95 | **grilled organic salmon** 7.95 | **steak** 7.95

grilled shrimp 7.95 | **meatballs** 3.95

PIZZA

cheese pie, mozzarella, traditional tomato sauce 13.95

funghi, wild mushrooms, roasted garlic, baby arugula, mozzarella, truffled evoo 15.95

bianca, Italian sausage, spinach, caramelized onion, roasted garlic, ricotta, mozzarella, evoo 15.95

il burrata, tomato sauce, burrata, pepperoni, fresh oregano, evoo 15.95

margherita, plum tomatoes, fresh mozzarella, basil, evoo 15.95

prosciutto arugula, mozzarella, shaved parmigiano, evoo, aged balsamic 15.95

quattro formaggi, mozzarella, fresh ricotta, gorgonzola, grana padano, evoo, rosemary 15.95

barbequed chicken, chicken breast, spicy barbeque sauce, caramelized onions, mozzarella 15.95

asante, meatballs, fresh ricotta, mozzarella, tomato sauce, pecorino, basil 15.95

patata, thinly sliced potato, smoked bacon, mozzarella, cheddar, gorgonzola, buttermilk ranch, scallions 15.95

TOPPINGS

pepperoni | italian sausage | meatballs | smoked bacon | sautéed mushrooms
sautéed onions | baby spinach | sautéed peppers | fresh broccoli florettes
fresh tomato | black olives | anchovies | roasted garlic | hot peppers 1.75 each

extra cheese | ricotta | shrimp | grilled chicken breast | artichoke hearts
pesto 2.75 each

gluten-free crust 3.95

BURGERS

8 ounces, potato bun, served with fries or tossed greens, pickle

prime burger, shredded lettuce, beefsteak tomato 10.95

smoked vermont cheddar and bacon, fig barbeque sauce, crispy onions 11.95

california burger, hand-formed turkey patty, roasted red peppers, baby spinach, goat cheese 10.95

all burgers available with organic turkey patty, gluten-free bread, or over tossed greens salad

SANDWICHES

served with fries or tossed greens, pickle

roasted turkey blt, cheddar, smoked bacon, baby greens, beefsteak tomato, roasted red pepper aioli, ciabatta roll 10.95

philly cheesesteak sandwich, shaved steak, sauteed onions and bell peppers, melted cheddar, baguette 9.95

meatball parmigiana panini, mozzarella, provolone, parmigiano, marinara, basil 9.95

fresh mozzarella caprese panini, vine-ripened tomato, fresh basil, olive oil, balsamic reduction, sea salt, baguette 9.95

chicken cutlet, panko chicken breast, prosciutto, melted mozzarella, basil pesto, ciabatta roll 9.95

grilled cheese and tomato soup, cheddar and provolone, brioche 10.95

any sandwich available on gluten-free bread

SPECIALTY PASTA

penne ala vodka, fresh basil 11.95

add sausage 1.95 | oak-grilled chicken 2.95 | pan-seared shrimp 4.95

orecchette al salsiccia, with italian sausage, escarole, cannellini beans, tomatoes, roasted garlic, red chili flakes, evoo 13.95

fettuccine pesto, wood-grilled chicken, basil pesto, roasted tomato, light cream, parmigiano reggiano 14.95

pappardelle bolognese, with beef, veal and pork, fresh ricotta 14.95

spaghetti and meatballs, hand-made beef meatballs, marinara 13.95

MAIN PLATES

chicken parmigiana, fresh mozzarella, with spaghetti marinara 14.95

organic salmon, whole grain dijon and honey glazed, roasted potatoes, sauteed baby spinach 21.95



DINNER CARRY OUT

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TOPPINGS

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sautéed onions | baby spinach | sautéed peppers | fresh broccoli florettes
fresh tomato | black olives | anchovies | roasted garlic | hot peppers 1.75 each

extra cheese | ricotta | shrimp | grilled chicken breast | artichoke hearts | pesto
asparagus 2.75 each

PASTA

penne | **orecchiette** | **spaghetti** | **linguine** | **fettuccine** | **gluten free**
fresh pappardelle 1.95 | **cheese ravioli** 1.95 | **cavatelli** 1.95

SAUCE **vodka** 16.95 | **pomodoro** 13.95 | **alfredo** 17.95 | **pesto** 17.95
marinara 12.95 | **bolognese** 19.95

PROTEIN **italian sausage** 2.95 | **shrimp** 5.95 | **meatballs** 3.95
smoked pancetta 2.95 | **wood-grilled chicken** 3.95 | **salmon** 9.95

VEGGIES 1.95 **broccoli** | **spinach** | **mushrooms** | **roasted peppers** | **onions** | **peas**
asparagus 2.95 | **broccoli rabe** 3.95

PASTA SPECIALTIES

tortellacci, filled with beef, veal and ricotta, sweet potato, soffritto, sage brown butter, shaved parmigiano 28.95

stuffed rigatoni al forno, ricotta stuffing, Italian sausage, peas, tomato sauce and fresh mozzarella 19.95

lasagna bolognese, beef, Italian sausage, veal, mozzarella, ricotta, pecorino, tomato sauce 20.95

risotto, wild mushrooms, asparagus, parmigiano, shrimp 28.95

orecchiette al salsiccia, with italian sausage, broccoli rabe, tomatoes, roasted garlic, red chili flakes, evoo 19.95

fettuccine genovese, wood-grilled chicken, basil pesto, roasted tomato, light cream, parmigiano reggiano 20.95

cavatelli with braised beef short rib, cipollini onion and mushroom ragu, shaved pecorino 23.95

linguine gamberi, with shrimp, artichokes, spinach, lemon, capers, roasted garlic, white wine sauce 26.95

FROM THE GRILL choice of two sides

organic salmon, whole grain dijon and honey glaze 27.95 GF

atlantic swordfish, lemon caper butter 27.95 GF

petit filet of beef, chimichurri sauce 25.95 GF

new york steak, red wine demi 30.95 GF

SIDES

sautéed spinach | whipped cauliflower | broccoli

mashed potatoes | herb-roasted yukon potatoes | french fries

grilled asparagus (\$3) | broccoli rabe (\$4) | parmigiano risotto (\$5)

ENTREE

pan-seared sea scallops, whipped cauliflower, spinach, smoked pancetta pan jus 28.95 GF

osso bucco, parmigiano risotto, root vegetable demiglace, broccoli rabe 29.95

seafood arrabiata, Stonington day boat scallops, wild mussels, shrimp, plum tomato, Lombardo peppers, white wine, fresh herbs, linguine 28.95

chicken parmigiana, fresh mozzarella, with spaghetti marinara 20.95

roasted organic chicken, wild mushrooms, shallots, carrots, roasted garlic mashed potatoes, chianti wine pan sauce 23.95 GF