Panini

Gluten Free Bread \$2.50
Side Spreads Available at an additional charge

■ V LB Goat Cheese \$12.00 Goat cheese, sundried tomatoes, Gaeta olives, grilled zucchini, & red onion on focaccia

Sienna \$9.25
Mozzarella, tomato, basil,
extra virgin olive oil, balsamic
on krispina

Portobello \$12.00
Roasted portobello, tomato,
mozzarella on whole wheat

Terra \$12.50
Roasted portobello, broccoli rabe, roasted pepper, grilled zucchini, fresh mozzarella on whole wheat

Trieste \$12.75 Grilled chicken, olive paste, grilled zucchini, mozzarella on ciabatta

Anthony \$12.75
Grilled chicken, mozzarella, baby arugula, balsamic on krispina

Pollo \$12.75 Grilled chicken, broccoli rabe, smoked mozzarella on ciabatta

NYCOM \$12.75 Grilled chicken, Parma ham, mozzarella, baby arugula on krispina

Udine \$12.75
Grilled chicken, sautéed onion, mozzarella, tomato on ciabatta

Ispica \$12.75
Grilled chicken breast with sautéed onions & fontina cheese on focaccia

Savona \$12.75
 Grilled chicken, mozzarella, roasted garlic aioli, tomato on ciabatta

Steak

Bistecca \$15.50 Grilled steak, sautéed onion, smoked mozzarella on ciabatta

Bistecca
 E Mozzarella \$15.50
 Grilled steak, mozzarella, roasted pepper on ciabatta

Bistecca E Funghi \$15.50 Grilled steak, fontina, sautéed mushrooms on ciabatta

Alexandro \$15.50 Grilled steak, avocado, roasted hot pepper, romaine, tomato, red onion on ciabatta

Roasted Turkey

Sanremo \$13.00
Roasted turkey, mozzarella, roasted hot pepper, guacamole on ciabatta

Frosinone \$12.75
Roasted turkey, crispy bacon, smoked mozzarella, sautéed onion, herb mayo on krispina

Turkey Avocado \$13.00
Roasted turkey, provolone, avocado, roasted peppers, herb mayo, spinach on foccia

Turkey BLT \$12.75Roasted turkey, bacon, herb mayo, lettuce, tomato on foccia

Vegetarian

© Gubbio \$12.00 Roasted Portobello, goat cheese, basil pesto, roasted pepper on whole wheat

Trapani \$12.00
Portobello mushroom,
mozzarella, roasted peppers,
& sautéed onions on focaccia

Potenza \$12.00
Fried eggplant, mozzarella, tomato, basil on krispina

Fried eggplant, smoked mozzarella, olive paste, sundried tomato on krispina

Chicken

Hogans \$12.75 Grilled chicken, marinated artichoke, sundried tomato, mozzarella, basil pesto on ciabatta

Nuoro \$12.75
Grilled chicken, roasted hot pepper, basil pesto, mozzarella, chopped iceberg, tomato on ciabatta

Perugia \$12.75
Grilled chicken, guacamole, chopped iceberg, mozzarella on rustic hero

Latina \$13.00
Grilled chicken, mozzarella, roasted peppers & baby arugula on focaccia

© Cuneo \$12.75 Grilled chicken, mozzarella, grilled zucchini, roasted pepper on ciabatta

Prato \$13.00 Chicken cutlet, fontina, sautéed onion, roasted pepper, spicy artichoke sauce on ciabatta



Cured Meats

Matt \$13.50
Parma ham, mozzarella, tomato, herb mayo, mixed greens, roasted pepper, balsamic on ciabatta

Lecce \$13.50
 Parma ham, mozzarella, tomatoes, & spicy aioli on focaccia

Crudo \$13.50
Prosciutto crudo, mozzarella, baby arugula on ciabatta

Prosciutto \$13.50
Prosciutto crudo, mozzarella, tomato on ciabatta

Pippo \$13.50
Prosciutto crudo, mozzarella, sundried tomato, spicy salsa aioli, red onion, Gaeta olives, roasted hot peppers on ciabatta

The Americana \$13.50
Prosciutto, mozzarella, roasted peppers
balsamic vinaigrette, on foccia

Sicilia \$12.00
Fried eggplant, mozzarella, roasted peppers on krispina

Vegetariano \$12.00 Grilled mixed vegetables with fresh tomatoes, & mozzarella on rustic hero

■ Vittoria \$12.00

Artichoke hearts, sundried tomatoes, roasted peppers, & baby arugula on focaccia

■ Vittoria \$12.00

Veggie Sausage \$16.00 Beyond Meat veggie sausage topped with fresh mozzarella, broccoli rabe, roasted pepper spread on ciabatta

Pietro \$13.00 Chicken cutlet, mixed greens, roasted pepper, mozzarella, herb mayo on ciabatta

Peperoni \$13.00 Chicken cutlet, mozzarella, roasted pepper, red onion on ciabatta

Cotoletta \$13.00 Chicken cutlet, mozzarella, tomato, red onion, herb mayo on ciabatta

Piccante \$13.00 Chicken cutlet, mozzarella, mixed greens, spicy salsa aioli on ciabatta

Ancona \$13.00 Chicken cutlet, mixed greens, mozzarella, roasted hot pepper, tomato on ciabatta

Pollo e Spinaci \$12.75 Chicken tenders sautéed with spinach, fontina, white wine, & garlic on round rustic

Pollo e Pomodoro \$13.00 Chicken cutlet with tomato sauce & mozzarella on ciabatta

Pork

The New Yorker \$13.50
Sweet sausage, roasted pepper, sautéed onion, mozzarella on ciabatta

Bari \$13.50 Sweet sausage, broccoli rabe, olive paste on round rustic

Sardegna \$13.50
Sweet sausage, mozzarella, roasted hot pepper on round rustic

Seafood

Napoli \$14.00
Grilled shrimp, salsa aioli, baby arugula on round rustic

Asti \$14.00

Grilled shrimp, broccoli rabe, mozzarella, roasted hot pepper on ciabatta

Agrigento \$14.00 Grilled shrimp, marinated artichoke, tomato, roasted garlic aioli on round rustic

Tonno \$13.00
Italian tuna in olive oil with fresh tomato, baby arugula, & spicy aioli on krispina



MENU

Bruschette

\$9 Choice of Three \$15 Choice of Six	
CLASSICA Fresh tomato, garlic & fresh basil	V
GAMBERI Roasted jumbo shrimp, tomato & hot peppers	
MOZZARELLA-BASILICO Roasted red peppers, mozzarella & basil pesto	\bigcirc
POMODORINI Roasted cherry tomatoes & fresh mozzarella	V
PARMA Prosciutto crudo, Parmigiano Reggiano, baby arugula & spicy oil	
CAPRINO con NOCI Goat cheese, raisins & walnuts	V
PORTOBELLO Roasted portobello & walnut with goat cheese	V
RICOTTA Sautéed mushrooms & kale with fresh ricotta	V
ZUCCHINI Grilled zucchini, smashed avocado & hot pepper	V
BACON Artichoke puree, bacon & parmigiano	
PEPERONCINO Avocado, red onion, tomato with hot pepper	V
PERA Roasted squash, fresh ricotta & pears	V
POLPETTE Mini meat ball with fresh tomato sauce & mozzarella	

Piadina Classica

Comes with your choice of stagione salad, caesar salad, tuscan fries, or sweet potato fries

PROSCIUTTO DI PARMA with fresh baby arugula, brie cheese, and drizzled with N	\$13.50 Tike's hot honey
GRILLED CHICKEN with stracchino cheese & baby spinach	\$13.50
GRILLED STEAK with fontina cheese, peppers and onions	\$16.50
GRILLED SHRIMP with stracchino cheese & mixed vegetables	\$15.50





Salads

Grilled Chicken

Granes Cracker		
MINT SALAD Grilled chicken breast, romaine hearts, walnuts, raisins, fresh mint & quinoa with mango dressing		\$16.50
INSALATA di POMODORO Grilled chicken, Iceberg lettuce, fresh tomatoes, red onions, Gaeta olives, basil & fresh mozzarella, with balsamic dressing		\$16.50
INSALATA di CARCIOFI Artichoke hearts, baby arugula, grilled chicken, quinoa, fresh tomatoes, hot peppers, red onions & fresh mozzarella with balsamic dressing		\$16.50
INSALATA di QUINOA* Quinoa*, grilled chicken, romaine hearts, fresh tomatoes, avocado, Gaeta olives, almonds, & cucumber with mango dressing		\$16.50
INSALATA di CAVOLO Chopped organic baby kale, grilled chicken, red beets, fresh mango, avocado & pecans with honey dijon dressing		\$16.50
INSALATA di MANGO Chopped organic baby kale, fresh mango, grilled chicken, quinoa, cherry tomatoes, almonds & shredded mozzarella with mango dressing		\$16.50
AVOCADO SALAD Grilled chicken, iceberg lettuce, shredded mozzarella, avocado, toasted almonds & cherry tomatoes with balsamic dressing	000	\$16.50
RUCOLA CAPRINO e POLLO Grilled chicken, baby arugula, goat cheese, sundried tomatoes & toasted walnuts with balsamic dressing	(Tab)	\$16.50

with balsamic dressing

RUCOLA e FARRO Grilled chicken, baby arugula, barley, cherry tomatoes, gorgonzola, roasted

hot peppers & hearts of palm with honey dijon dressing (MILE) **INSALATINA di POLLO** \$16.50

Grilled chicken, mixed greens, Gaeta olives, red onions, carrots & toasted almonds with balsamic dressing

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

Steak

BISTECCA e ZOLA

Grilled steak, mixed greens, cherry tomatoes, Gaeta olives, marinated red onions & gorgonzola with balsamic dressing

Salads

STAGIONE	(VEGAN)	\$10.50
Mixed greens, tomatoes, carrots & cucumbers with balsamic dressing		
BIETOLE	THE V	\$12.50
Mixed greens, roasted red beets, goat cheese, toasted walnuts, roasted corn & tomatoes with honey dijon dressing		-
TRICOLORE		\$12.50
Radicchio, baby arugula, endive, Gaeta olives & shaved Parmigiano with balsamic dres	ssing	
INSALATA Di PERE		\$12.50
Mixed greens, red pears, gorgonzola & toasted pecans with lime dressing		0
INSALATA con FUNGHI		\$12.50
Mixed greens, portobello mushrooms, roasted peppers, toasted sunflower seeds & mozzarella with balsamic dressing		J
CAESAR	V	\$10.50
Romane hearts, ciabatta croutons, shaved parmigiano and Caesar dressing mixed in		ψ.σ.ge
MEDITERRANEAN CHICKPEA Chickpeas, diced cucumber, red & green bell peppers, celery, red onions, olives, feta, citrus vinaigrette (no greens)		\$13.50
CAN RE ADDED TO ANY SALAD		

		CAN BE ADDED	TO ANY SAL	_AD	
Chicken Cajun Chicke Turkey Calamari	\$6.00 n \$6.50 \$6.00 \$6.00	Shrimp Cajun Shrimp Salmon Hanger Steak	\$8.00 \$8.50 \$8.00 \$9.00	Any Salad Chopped	\$1.00

Chicken Cutlet

Chicken Cittet	
PARMA SALAD	\$16.50
Chicken cutlet, romaine hearts, tomatoes, Gaeta olives, red onions, roasted peppers & shaved Parmigiano with balsamic dressing	
SAL SALAD Chicken cutlet, mixed greens, red onions & tomatoes with roasted garlic vinaigrette	\$16.50
DI ROSA SALAD	\$16.50
Chicken cutlet, mixed greens, tomatoes & goat cheese with balsamic dressing	
SUSAN SALAD	\$16.50
Chicken cutlet, mixed greens, red onions, roasted hot peppers, roasted corn,	

gorgonzola & tomatoes with balsamic dressing

sautéed mushrooms & roasted hot peppers with balsamic dressing

Roasted Turkey **TURKEY BACON**

Romaine hearts, turkey bacon, avocado, gorgonzola, cherry tomatoes & balsamic vinaigrette TACCHINO e AVOCADO \$16.50 Roasted turkey, mixed greens, shredded mozzarella, tomatoes, avocado,

\$16.50

\$18.25

\$18.25

\$18.25

\$18.25

\$18.25

\$18.25

\$18.25

\$15.00

Seafood

ROMANA con GAMBERONI \$18.25 Grilled shrimp, romaine hearts, fresh mozzarella, raisins, toasted walnuts & tomatoes with balsamic dressing

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

INSALATA di MANGO e GAMBERI Roasted shrimp, fresh mango, Iceberg lettuce, cherry tomatoes & fresh mozzarella with raspberry vinaigrette

SALMONE e GUACAMOLE Roasted salmon, mixed greens, guacamole, hearts of palm & toasted sunflower seeds with honey dijon dressing

SALMONE e PERE Roasted salmon, baby spinach, endive, red pears, toasted pecans, roasted beets & cherry tomatoes with raspberry vinaigrette

Grilled salmon, romaine lettuce, chickpeas, quinoa, avocado, feta cheese, grape tomato, red onion & toasted almonds with a red wine vinaigrette **INSALATA di TONNO**

Italian tuna in olive oil, baby arugula, roasted corn, cherry tomatoes roasted peppers, fried capers & shredded mozzarella with lime dressing

INSALATA di CALAMARI Grilled calamari, mixed greens, Gaeta olives, capers, sundried tomatoes & scallions with lime dressing

SALMONE e QUINOA

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Burgers

Comes with your choice of stagione salad, caesar salad, tuscan fries, or sweet potato fries

Ground angus beef, mozzarella, red onion, tomato, baby arugula, spicy s	\$13.50 alsa aioli, on round rustic
HAMBURGER MODERNA Ground angus beef, mozzarella, sautéed onion and mushroom crispy mixed greens, spicy artichoke sauce on round rustic	\$14.00 bacon, tomato,
SALMON BURGER Herb mayo, avocado, arugula, tomato on round rustic	\$16.50
DICON DUDCED	ф

BISON BURGER \$15.50 Topped with gorgonzola, bacon, sautéed onion and herb mayo on round rustic

VEGGIE BURGER • **(7)** \$14.00 (BEYOND BURGER- MEAT FREE) Topped with provolone, tomato, avocado, sauteed spinach, roasted pepper spread on round rustic

CHICKEN BURGER



\$16.50

\$16.50

\$18.50

♦ Gluten Free Quinoa

Soups

\$7.50

ZUPPA di POLLO e VEGETALI (

Chicken Vegetable



PASTA con FAGIOLI (optional GF with no pasta)

SPLIT PEA 🍩 🕜

ESCAROLE & BEAN

ZUCCA 🥯 🤍

Butternut Squash

MINESTRONE **W** (optional GF with no pasta)

TORTELLINI in BRODO

cheese tortellini, tomatoes & scallions in broth VEGETARIANO 🥯 🕜

Mixed vegetables with egg whites in broth

SEAFOOD SOUP \$8.50

SEASONAL SOUP LOBSTER BISQUE \$MP

Antipasti



STUFFED AVOCADO \$15

Stuffed with shrimp, cherry tomato over a bed of arugula with balsamic glaze



EGGPLANT \$16.50 **BRUSCHETTE** (?)

Two grilled or fried eggplant topped with tomato, onion, basil & avocado

FRITTI CALAMARI / GRILLED

\$15.50

Crispy golden fried calamari or grilled to perfection served with marinara sauce

FRIED ZUCCHINI W

\$11.50

Lightly breaded and served with a marinara sauce

MOZZARELLA CAPRESE 🍩 🤍

\$11.50

Fresh mozzarella, roasted peppers, Gaeta olives tomato and fresh basil topped with balsamic glaze

MOZZARELLA CARROZA / 🤍

\$13.00

MOZZARELLA STICKS Homemade mozzarella breaded & fried, served with marinara sauce

MEATBALL

\$9.50

5 meatballs in marinara sauce with a scoop of ricotta

MINI ARANCINI 🤍

Famous cheese rice balls served with a marinara sauce 3 for \$5; 5 for \$7 10 for \$13.50; \$1.75 each

SPAGHETTI PATTIE

\$12.50

\$21.50

\$20.50

\$21.50

Homemade spaghetti patties w/ ricotta, pecorino cheese, pan fried with vodka sauce

Limited Time Only Seasonal Special



LOBSTER ROLL

Lobster, avocado, chives, sprouts, light mayo and a touch of crushed red pepper, served with Tuscan fries and a pickle

Pizza

Half Full **MARGHERITA** \$12.00 \$17.00 Homemade tomato sauce topped with fresh mozzarella and fresh basil CAULIFLOWER CRUSTED \$15.50

MARGHERITA 🍩 🕜 Homemade tomato sauce topped with fresh mozzarella and fresh basil

drizzled with extra virgin olive oil

BIANCA (*) \$14.50 A blend of cheeses, fresh mozzarella, ricotta & goat cheese,

SALSICCIA \$15.50 Crumbled Italian sweet sausage, with tomato sauce and fresh mozzarella

ALA VODKA PIZZA 🥯 🕜 \$12.50 \$18.00 Fresh mozzarella with ala vodka sauce

CHICKEN BACON RANCH \$15.50 \$22.50 Chicken cutlet, bacon, fresh mozzarella, topped with

ranch dressing **BUFFALO CHICKEN PIZZA** \$15.50 \$22.50 Buffalo chicken, fresh mozzarella, blue cheese, and buffalo sauce

VEGETARIAN PRIMAVERA 🤍 \$14.50 Grilled zucchini, grilled eggplant, sautéed bell peppers and onions, black olives topped with fresh mozzarella

Pasta

Gluten free brown rice penne pasta also available \$2.00 extra Substitute with zucchini linguine for a healthier option for \$3.00 extra

LINGUINE con GAMBERI	\$22.00
Linguine with jumbo shrimp, white wine, garlic, cherry tomato & a	

touch of marinara

SYOSSET alla VODKA

\$21.00

Penne with fresh mozzarella, spinach & chicken cutlet

PENNE INTEGRALI con POLLO \$21.00 Brown rice penne, grilled chicken, spinach, cannellini beans with garlic & oil

RIGATONI BOLOGNESE \$21.00

Rigatoni pasta mixed with our delicious bolognese meat sauce

RAVIOLI con GAMBERI \$22.00

Cheese ravioli & sautéed shrimp in a tomato sauce with a touch of cream

TORTELLINI TRICOLORE \$22.00 Tricolor cheese tortellini with chicken cutlet in a creamy alfredo sauce

ZUCCHINE PRIMAVERA 🥯 \$23.00

Zucchini Style Spaghetti with mixed vegetables topped with shrimp in a garlic & oil brodo

ZUCCHINE BOLOGNESE \$23.00 Zucchini style spaghetti mixed with our delicious bolognese meat sauce

PENNE WITH ITALIAN SWEET SAUSAGE \$23.00 Fresh broccoli rabe, wild mushrooms, cherry tomato, in a garlic

& virgin olive oil brodo SEAFOOD PASTA \$28.00

Linguini with clams, mussels, shrimp, calamari in a light pomodoro sauce BROWN RICE PESTO PASTA

Cajun grilled chicken, sun dried tomatoes in a basil pesto sauce with shaved parmigiano reggiano

SPAGHETTI CHICKEN BOLOGNESE Spaghetti with fresh crumbled chicken chop meat in a bolognese sauce

VEGETARIAN BOLOGNESE \$24.00 (Impossible Chop Meat: meat free & cholesterol free, made with all-natural ingredients like coconut oil and potatoes) Brown rice penne with veggie chop meat, a touch of marinara and topped

econdi

*Served with choice of potato & vegetable or pasta

POLLO MOZZARELLA*	\$24.00
Chicken breast topped with fresh tomato, broccoli rabe and fresh	•

mozzarella in a lemon and white wine sauce

POLLO FUNGHI* \$23.00 Chicken breast with mixed mushrooms, onions and marsala wine

POLLO POMODORINI* \$23.00 Breast of chicken with white wine and cherry tomatoes

POLLO al VINO BIANCO* \$23.00 Breast of chicken with white wine, lemon, fresh parsley

POLLO alla SORRENTINO* \$24.00 Breast of chicken with eggplant, prosciutto and fresh mozzarella in a marsala sauce

PETTO di POLLO alla \$24.00 "La Bottega Syosset" *

Breast of chicken with spinach, roasted peppers and mozzarella in a brown sauce

POLLO alla GRIGLIA con CIME di RABE*

Grilled chicken, broccoli rabe and roasted peppers, with melted, fresh mozzarella, in a light wine sauce

BRUSCHETTE di POLLO \$23.00 Grilled chicken breast lightly marinated in balsamic, over greens in a lite citrus dressing, topped with tomato & mozzarella bruschette

SHRIMP FRANCESE* \$26.00 Fresh egg battered shrimp pan seared in our white wine and lemon sauce, topped with parsley

SHRIMP PARMIGIANA*

\$26.00 Breaded and fried shrimp topped with melted mozzarella and marinara

GRILLED SALMON * \$27.00 Fresh grilled Atlantic salmon filet SALMON POMODORINI *

\$27.00 Pan seared Atlantic salmon in a cherry tomato light sauce

SALMONE con VINO BIANCO* \$27.00 Pan seared Atlantic salmon with sundried tomato in a lemon white wine sauce

802 SKIRT STEAK \$27.00 Grilled to perfection

EGGPLANT ROLLATINI \$21.00 Fresh eggplant battered and rolled with ricotta, parmigiana, fresh mozzarella and marinara sauce

Sides

Broccoli	\$9.50	Mixed Vegetables	\$9.50
Cauliflower	\$9.50	Spinach	\$9.50
Potatoes, Peppers & Onions	\$9.50	Broccoli Rabe	\$10.50
Mushrooms	\$9.50	Escarole & Beans	\$9.50
Chicken	\$9.50 \$6.00	Tuscan Fries	\$6.50
Shrimp	\$8.00	Sweet Potato Fries	\$7.50