

## ANTIPASTI

### OLIVES

Warm mixed olives with garlic & chillies 8.85

### CALAMARI FRITTI

Crispy fried calamari with lemon caper aioli & marinara sauce 14.95

### MUSSELS

In a spicy tomato broth OR a white wine garlic broth 16.95

### FRIED BOCCONCINI

Lightly fried baby mozzarella balls with house-made tomato red pepper jam 11.95

### ANTIPASTO PLATE

Prosciutto, spicy salami, asiago, grana padano, warm olives, crostini 19.95

## INSALATE

### MISTA SALAD

Mixed greens, tomatoes, cucumber with a white balsamic honey vinaigrette 9.00 / 12.00

### CAESAR SALAD

Crisp romaine, creamy caesar dressing, parmesan & croutons 10.75 / 16.35

### AVOCADO CASHEW CAESAR

Crispy romaine with an avocado, cashew, lemon based dressing topped with our own plant-based parmesan cheese \*contains nuts 10.75 / 16.35

*add: bacon 2.50 / 6 oz. grilled chicken breast 6.95 / grilled salmon 11.95 / anchovies 2.10 / shrimp (4) 4.15*

## MAINS

### SALMON

Grilled Atlantic salmon, fingerling potatoes, seasonal vegetables & lemon caper aioli 25.25

### LAMB SHANK

Braised New Zealand lamb shank with pan jus, seasonal vegetables, garlic mash potatoes 25.95

### ARANCINI

Four arborio rice balls filled with ricotta & spinach fried then finished with grated pecorino, served with marinara sauce 14.95

### GARLIC BREAD WITH CHEESE

Toasted garlic bread with mozzarella 7.95

### BRUSCHETTA

Calabrese bread toasted & topped with olive oil, garlic, tomatoes & basil 9.95

*with goat's cheese add 2.00 / with mozzarella add 2.00*

### MEATBALL APPETIZER

Four house-made, wood-oven baked beef & ricotta meatballs, pomodoro sauce, ricotta, basil, served with two pieces of garlic bread 15.95

### BEEF CARPACCIO

Thinly sliced beef served with shaved grana padano cheese, truffle aioli & crostini 19.95

### ROMA SALAD

Mixed greens, goat's cheese, toasted walnuts, sweet drop peppers, balsamic vinaigrette 10.75 / 16.35

### BEET SALAD

Beets, arugula, goat's cheese with a balsamic vinaigrette 10.75 / 16.35

### CAPRESE SALAD

Heirloom tomatoes, fresh mozzarella, basil, extra virgin olive oil 13.50

### CHICKEN PARMIGIANA

Breaded chicken breast, tomato sauce, mozzarella & parmesan, served on linguini pomodoro 23.95

### CHICKEN ASIAGO

Chicken breast stuffed with asiago, spinach & caramelized onions with garlic mash, seasonal vegetables & honey mustard cream sauce 25.25

### SMOKED SALMON PIZZA

Smoked salmon, mozzarella, panna di cucina (mascarpone cream), arugula, capers, lemon 17.95

### PESTO CHICKEN PIZZA \*contains nuts

Olive oil, pesto, mozzarella, cherry tomatoes, grilled chicken, pine nuts 17.95

## PASTA

### SEAFOOD LINGUINI

Shrimp, bay scallops, mussels, calamari in tomato sauce 24.95

### PENNE CAPRI

Grilled chicken, mushrooms, spinach, olive oil, cherry tomatoes, white wine, garlic, parmesan 19.95

### LASAGNA

Layered with bolognese sauce, mozzarella, béchamel, tomato sauce 18.95

### CHEESE CANNELLONI

Ricotta & spinach filled cannelloni, mushrooms, cream, tomato sauce, parmesan, mozzarella 18.95

### PAPPARDELLE WITH ITALIAN SAUSAGE

Broad noodle pasta with crumbled Italian sausage, cherry tomatoes, caramelized onions, olive oil garlic sauce finished with grana padano & arugula 19.95

### RIGATONI BOLOGNESE

Tomato, beef & prosciutto bolognese sauce 18.95

### SPAGHETTI & TOMATO SAUCE

Our house-made tomato sauce, fresh basil 15.95

### SPICY PENNE

Spicy tomato sauce, garlic, chillies 15.95

## PIZZA

*our dough is made with 00 flour \*contains no dairy*

### PIZZA CARNE

Tomato sauce, mozzarella, bacon, sausage, pepperoni, green pepper 15.95

### PROSCIUTTO & ARUGULA PIZZA

Tomato sauce, mozzarella, prosciutto, grana padano, dressed arugula 16.95

### HAWAIIAN PIZZA

Tomato sauce, mozzarella, pineapple, Italian ham 15.95

### CHEESE PIZZA

Tomato sauce, mozzarella 12.95

### SAUSAGE PIZZA

Tomato sauce, mozzarella, crumbled Italian sausage, caramelized onions, mushrooms 16.95

### VEGETARIAN PIZZA

Tomato sauce, mozzarella, red onion, black olives, sundried tomatoes, spinach 15.95

### MUSHROOM PIZZA

Extra virgin olive oil, wild mushrooms, fresh mozzarella, arugula 15.95

### BBQ CHICKEN PIZZA

Tomato sauce, mozzarella, slow roasted chicken, chipotle BBQ sauce, roasted red peppers, charred red onions 16.95

### PEPPERONI PIZZA

Tomato sauce, mozzarella, pepperoni 15.25

### GNOCCHI ASIAGO

House-made gnocchi with asiago cream sauce, spinach & crispy shallots 19.95

### SPAGHETTI & MEATBALLS

House-made beef & ricotta meatballs, tomato sauce 18.95

### FETTUCCINE ALFREDO

White wine, cream & butter sauce, parmesan, fresh chives 17.95

### PAPPARDELLE STEFANO

Broad noodle pasta with slowly braised short ribs in tomato sauce 24.95

### LINGUINI POLLO PESTO \*contains nuts

Grilled chicken, pesto, cream, cherry tomatoes 20.95

### RIGATONI FUNGHI

Wild mushrooms, parmesan, cream sauce 18.95

### PENNE ALLA VODKA

Tomato & cream vodka sauce with cherry tomatoes & fresh chives 17.95

### BUTTERNUT SQUASH RAVIOLI

Ricotta & squash filled ravioli in a parmesan, squash cream sauce, wilted spinach, crispy sage 18.95

*add: crumbled sausage 4.15 / shrimp (4) 4.15 / chicken 4.15 meatballs 6.95 substitute: cream sauce 2.00 / rosé sauce 1.50 gluten-free rice pasta 2.00*

### BACON PIZZA

Tomato sauce, mozzarella, bacon, onions, mushrooms 15.95

### PIZZA DIAVOLA

Tomato sauce, mozzarella, spicy salami, basil, chillies, black olives 16.95

### MARGHERITA PIZZA

Tomato sauce, fresh mozzarella, fresh basil 14.95

### VEGAN PIZZA MARGHERITA

Tomato sauce, Earth Island mozzarella, fresh basil 16.95

### PIZZA CARCIOFI

Tomato sauce, mozzarella, artichoke hearts, roasted red peppers, black olives, basil 16.95

## PREMIUM PIZZA

### FIG PIZZA

Mascarpone, prosciutto, figs, shaved parmigiana, honey, arugula 17.95

### GORGONZOLA PIZZA

Gorgonzola, pears, caramelized onions, walnuts, arugula 17.95

15% gratuity charge added to groups of 8 or more / Please inform your server of any food allergies - there are nuts on the premises

### add

*prosciutto 3.25 / spicy salami 3.25 / Italian sausage 3.25 chicken 4.25 / bacon 3.25 / Italian ham 3.25 sun-dried tomatoes 3.50 / green peppers 2.15 / olives 2.15 mushrooms 2.15 / roasted red peppers 3.50 / onions 2.15 pineapple 2.15 / broccoli 2.15*

### substitute

*gluten-free crust 3.75 fresh mozzarella 2.25 / goat's cheese 4.25 Earth Island plant based mozzarella alternative 2.00*

# PLANT-BASED MENU

## APPETIZERS

### AVOCADO CASHEW CAESAR *\*contains nuts*

Crispy romaine with an avocado, cashew, lemon juice based dressing topped with our plant-based parmesan cheese 10.75 / 16.35

### VEGAN ARANCINI

Classic Italian rice balls stuffed with Earth Island mozzarella, peas, lightly fried & served with marinara sauce (gluten free) 11.50

*\*please note that the oil in which our arancini are fried is also used for other menu items*

## PIZZA

### VEGAN SMOKED SALMON PIZZA *\*contains nuts*

Pizza bianco with olive oil, smoked carrot, cashew based cream cheese, capers, red onions & dill 18.25

### VEGAN PIZZA BIANCO E FUNGHI *\*contains nuts*

Pizza Bianco with mushrooms, rosemary, black olives, arugula, pine nuts, truffle oil, cashew cheese sauce 18.25

### VEGAN SAUSAGE PIZZA

Tomato sauce, Earth Island mozzarella, fennel sausage, roasted red peppers, basil 18.25

### VEGAN PIZZA MELANZANE

Tomato sauce, Earth Island mozzarella, eggplant, olives, tomatoes 18.25

### VEGAN PIZZA MARGHERITA

Tomato sauce, Earth Island mozzarella, fresh basil 16.95

### VEGAN PIZZA CARCIOFI

Tomato sauce, Earth Island mozzarella, artichoke hearts, roasted red peppers, black olives, basil 18.25

### VEGAN PESTO PIZZA *\*pesto contains nuts*

Pesto, Earth Island mozzarella, tomatoes, red onions 17.95

## PASTA

### VEGAN RIGATONI BOLOGNESE

Lentil & mushroom bolognese sauce 20.50

### PLANT-POWERED CLASSIC LASAGNA *\*contains nuts*

Artisanal creamy cashew almond mozzarella, tofu ricotta & kale marinara sauce, plant-based parmesan 20.50

### PENNE ALLA NORMA

Eggplant, cherry tomatoes, chillies, garlic, red wine, tomato sauce 18.75

### VEGAN AGNOLOTTI

Agnolotti filled with our tofu, cashew based ricotta in a vegan butter sauce with vegetables 20.50

### VEGAN SPAGHETTI *\*pesto contains nuts*

With pesto, cherry tomatoes & summer vegetables 17.95

## PLANT BASED INGREDIENTS

VEGAN BUTTER / refined coconut oil, Ripple pea-protein, olive oil, sea salt, non-GMO soy lecithin

RIPPLE PEA-PROTEIN / pea protein, sunflower oil, organic cane sugar, algal oil, water, contains less than 0.5% of vitamin A palmitate, vitamin D2, calcium phosphate, dipotassium phosphate, sunflower lecithin, natural flavours, sea salt, organic guar gum, gellan gum

SAUSAGE / vital wheat gluten, organic pinto, white or kidney beans, tamari, nutritional yeast, paprika, fennel, red pepper flakes, thyme, oregano, sage, basil, parsley, onion powder, brown sugar

VEGAN PESTO / basil, garlic, walnuts, pine nuts, nutritional yeast, olive oil, lemon

GLUTEN FREE FUSILLI PASTA / brown rice, water

## PLANT-BASED CHEESES

CASHEW CREAM (PIZZA BIANCO E FUNGHI) / yellow miso, coconut oil, cashews, lemon juice, nutritional yeast, sea salt

CASHEW CREAM CHEESE (SMOKED SALMON PIZZA) / raw cashews, almonds, apple cider vinegar, refined coconut oil, coconut milk, agar flakes, lemon juice, sea salt

PLANT-BASED PARMESAN / raw unsalted cashews, nutritional yeast, hemp seeds, fine sea salt, garlic powder

VEGAN RICOTTA / cashews, lemon juice, apple cider vinegar, nutritional yeast, garlic, organic onion & garlic powder, sea salt, olive oil, organic yellow onion, tofu

EARTH ISLAND MOZZARELLA / filtered water, coconut oil, modified food starch, potato starch, sea salt, natural flavor olive extract, beta carotene

LASAGNA CASHEW ALMOND MOZZARELLA RICOTTA / cashews, almonds, tofu, agar agar, onion, garlic, salt, lemon juice, apple cider vinegar, nutritional yeast, onion & garlic powder, coconut milk, coconut oil

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