

Sapori

Trattoria Italiana

LUNCH MENU

Remember that a good lunch will prepare you for the second half of your working day:
Be sure to take your time and eat well, it will reflect on your efficiency.

Insalata saporita	\$7.25
Spring mix salad tossed with roasted peppers, fresh mozzarella, green olives and fresh chopped tomatoes in a house made dressing.	
Antipasto saporito	\$8.00
A selection of few Italian regional specialties: eggplant caponata, prosciutto, cheeses, olives, mushrooms, artichoke, roasted pepper and more..	
Insalata di fichi e pere	\$7.25
Baby rucola salad with dried figs, pears, walnuts and gorgonzola cheese in an extra virgin olive oil-balsamic vinegar dressing.	
Insalata di tonno	\$8.00
Rucola, tuna cured in olive oil, red onion, green olives, capers, sun-dried tomatoes and pine nuts and dressed with a red wine vinaigrette.	
Carpaccio di carne	\$7.25
Filet Mignon sliced wafer thin cured in an olive oil and lemon emulsion under a baby rucola salad with shavings of Parmigiano Reggiano.	
Gamberi grigliati	\$14.00
Shrimp (3) wrapped with pancetta, pan-seared and served on a rucola-red onion-capers salad, dressed with a rucola-almond vinaigrette.	
Calamari fritti	\$8.25
(Fresh off the boat, untreated) Lightly floured calamari fried and served with a light pesto and tomato sauce.	
Cozze saporite	\$8.25
Mussels steamed open in a tomato broth with garlic, oregano, parsley and an ample amount of white wine.	

Paste

Pennette con funghi e pollo	\$14.25
Stripes of chicken thigh sautéed with mushrooms, pancetta and sun-dried tomatoes in a red wine-touch of tomato sauce.	
Gnocchi al pomodoro	\$13.25
Homemade potato gnocchi served in either tomato basil or pesto sauce.	
Tortellini alla boscaiola	\$14.25
Homemade cheese tortellini served in mushroom sauce with prosciutto, peas and a touch of cream.	
Pennette al salmone	\$14.25
Organic Irish Salmon cubes sautéed with shallot in a white wine-cream-touch of tomato sauce, served with mini penne.	
Pennette con salsiccia	\$14.25
Italian ground sausage sautéed with eggplant and mushrooms, in a red wine roasted tomatoes sauce.	

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Pennette alla contadina	\$14.50
Italian ground sausage sautéed with broccoli rabe, sun-dried tomatoes and garlic in a red wine-tomato sauce.	
Fettuccine ai funghi	\$13.25
Mixed wild mushrooms sautéed with pancetta, leeks and garlic in a white wine touch of cream sauce.	
Risotto allo scoglio	\$14.50
(Fresh, untreated Seafood) Mussels, shrimp, clams and calamari sautéed in a white wine garlic sauce and a touch of tomato, served with risotto arborio.	
Pennette con pancetta	\$13.50
Smoked Italian pancetta sautéed with onion, basil and plum tomatoes, tossed with penne.	

Secondi

Pollo ai funghi	\$14.50
All natural chicken thigh , de-boned and sautéed in a Marsala wine-mushrooms-sage sauce, side of potatoes.	
Insalata di Pollo	\$14.50
All natural chicken thigh, marinated and grilled, served with a rucola, fresh tomatoes, artichokes and shavings of parmigiano salad, dressed with a honey-mustard vinaigrette.	
Pollo saporito	\$14.50
All natural chicken thigh sautéed with mushrooms and peppers and served next to rosemary roasted potatoes.	
Pollo alla Pizzaiola	\$14.50
All natural chicken thigh pan-seared and topped with eggplant and smoked mozzarella, served in a light tomato-red wine sauce, served next to sautéed spinach.	
Vitello saporito	\$14.50
(Grass fed all natural) Filet veal topped with prosciutto and fontina cheese, served in a red wine mushroom demiglaze sauce, served next to red beets.	
Vitello alla salvia	\$14.50
(Grass fed all natural) Filets of veal sautéed with shallots in a butter-sage-lemon sauce, served next to spinach.	
Cotoletta di vitello	\$14.50
(Grass fed all natural) Lightly breaded veal cutlet pan- fried and topped with rucola and fresh chopped tomatoes, dressed with a honey mustard vinaigrette, served with potatoes.	
Salsiccia grigliata	\$14.25
Pork, parsley and sweet provolone cheese sausage, grilled and served over a bed of sautéed beans over chick pea polenta, topped with goat cheese.	
Tilapia alla Livornese	\$14.50
Filet of tilapia sautéed with black olives, capers, plum tomatoes and calamari in a white wine garlic sauce.	
Zuppeta di pesce	\$14.50
Filet of Organic Irish salmon, sautéed with mussels, shrimp and calamari in a white wine-tomato-seafood broth-garlic sauce.	