



la cultura del mangiare means...
 we believe in Slow Food; enjoying your meal without pressure. some dishes require more time; some dishes require all the ingredients listed, so forgive us if we won't make it in a different way, we'll try to make something else to suit your needs. and finally, we use local, seasonal, sustainable and organic ingredients when possible. buon appetito!

Antipasti

Assaggi	small plates - a selection of individual antipasti (choose three)	12
	marinated eggplant marinated anchovies soppressata salame	
	Castelvetrano olives chilled calamari salad marinated provolone	
Burrata	cow's milk mozzarella with cream, served with arugola, sea salt, fresh cracked pepper, evoo	10
Parmigiana	baked eggplant with tomato, mozzarella, Parmigiano & fresh basil	8
Gamberoni	skillet cooked prawns with Calabrese hot peppers, garlic, oregano, parsley & lemon	10
Calamari	deep fried calamari	9
Cozze	steamed mussels with tomato, garlic, parsley & white wine	10
Zuppa	soup of the day	6

Insalate

Mista	mixed greens, red onion, toasted walnuts & ricotta salata	7
Arugola	arugola, red onion, shaved Parmigiano, lemon & olive oil	7.5
Spinaci	fresh spinach, mushrooms, red bell pepper, balsamic vinaigrette	7
Romana	romaine lettuce, ham, chicken, eggs, croutons, gorgonzola dressing	8.5
	add chicken (4), or salmon (5)	

Panini *served with soup or salad* 10

Vegetariano	grilled portabella mushroom, eggplant, zucchini, olive tapenade
Pollo	grilled chicken breast, fontina cheese, roasted red bell pepper, pesto
Salmone	grilled salmon filet, fresh spinach, red onion, red bell pepper aioli
Piadina	flat bread topped with broccoli rabe, mushrooms, fontina cheese, and Prosciutto di Parma

Primi

Spaghetti or Rigatoni	carbonara, arrabbiata, puttanesca, or slow roasted cherry tomatoes	12
Penne Vegetariane	peas, mushrooms, ricotta & mozzarella cheese, tomato sauce	12
Lasagna	meat sauce, prosciutto cotto, bechamel, mozzarella & Parmigiano	13
Rigatoni al Sugo	spicy braised beef sugo & Parmigiano	13
Spaghetti alle Vongole	clams, garlic, white wine, Calabrese hot peppers, olive oil & parsley	14
Risotto del Giorno	chef's daily preparation of risotto	AQ

Secondi

Salmone al Cartoccio	salmon baked in foil with lemon & dill, served with sautéed spinach	17
Pollo Piccata	sautéed chicken breast, capers, lemon, butter sauce, served with spinach	15
Bistecca	grilled skirt steak served with arugola & cherry tomatoes salad	22

Contorni

roasted potatoes	5
sautéed spinach	5
broccoli rabe with pepperflakes & tomato	5

18% gratuity may be added to parties of six or more
 dessert fee \$2 per person