

La Marea

DINNER MENU

Antipasti

PARMIGIANA DI MELANZANE

Lightly fried, thinly sliced eggplant, baked and layered with mozzarella and grated Parmigiano cheese with homemade light tomato sauce

14

CARPACCIO DI POLIPO

Octopus carpaccio with red onion drizzled with a lemon olive oil dressing

15

TORRETTA CAPRESE E PROSCIUTTO

A tower of sliced tomato, basil and Prosciutto Crudo filled with burrata mozzarella and mustard greens

15

TARTARA DI FASSONA

ALLA CREMA SALATA

Beef tartare with olive oil, lemon zest, lemon juice served with a savory Crème Anglaise

16

FRITTO DI CALAMARI E GAMBERI

Fried calamari and shrimp served with a lemon aioli sauce and a marinara sauce

15

CALAMARI ALLA GRIGLIA

Marinated and grilled calamari served with sautéed mushrooms over cannellini beans and lemon dressing

15

ARANCINI DI ARAGOSTA

Fried Arborio rice balls stuffed with buttery lobster meat and served with a house made tartar sauce

15

VERDURE AL CARPIONE

A grilled assortment of seasonal vegetables dressed with a mint garlic vinaigrette

13

TAGLIERE DI CESARE

Assortment of cured sliced meats, grilled long hot Italian pepper, olives and cheeses served with seasonal jams and honey

19

Insalate

INSALATINA DI FARRO,

VERDURE E PANCETTA

Farro salad served with diced vegetables and crispy pancetta served atop a layer of crème fraiche and a layer of pesto

9

INSALATA TRICOLORE

A mix of Bibb lettuce, radicchio, cucumbers, red onions, tomatoes, and shaved Parmigiano with an aged balsamic dressing

9

INSALATA DI PESCHE CON IL TORRONE AL CEDRO E PISATCCHIO

A mix of Lamb's Lettuce, Boston Bibb, peaches and goat cheese served with a house made pistachio and candied citron torrone dressed with a shallot vinaigrette

13

INSALATA DI ANGURIA

Watermelon salad with roasted sunflower seeds, almonds, goat cheese, baby iceberg lettuce dressed with a balsamic vinaigrette

10

TAGLIATA DI LOMBO

Thinly slice Skirt steak, tomatoes, Boston Bibb, cucumbers, red onions tossed in a Calabrian chili dressing served in a house made Parmigiano bowl

16

Pizza

PIZZA MARGHERITA

Classic Neapolitan pizza with mozzarella di bufala, basil and fresh, light tomato sauce

15

PIZZA BROCCOLI RABE E SALSICCE

Sauteed broccoli Rabe and sausage with mozzarella di bufala

17

PIZZA QUATTRO STAGIONI

Mozzarella di bufala, fresh, light tomato, porchetta, mushrooms, artichoke hearts and soppressata

17

PIZZA CALABRESE

Pizza with light tomato sauce and Mozzarella di Bufala and Fontina cheese topped with sautéed eggplant and Calabrian 'Nduja sausage

17

PIZZA PROSCIUTTO E ARUGULA

Pizza with Mozzarella di Bufala and light tomato sauce topped with Prosciutto Crudo and Fresh Arugula

18

PIZZA CON PORCHETTA,

CARCIOFI E LIMONE

A white pizza with Fontina and Mozzarella di Bufala topped with artichoke hearts, sliced porchetta and thinly sliced lemons with Calabrian Oregano and a lemon dressing lightly drizzled on top

18

PIZZA OF THE DAY

(Daily Price)

Pastas

PASTA DEL GIORNO
(daily price)

CHEF'S DAILY PASTA SPECIAL

FETTUCCINE BOLOGNESE

House made Fettuccine with traditional Bolognese meat sauce, topped with a ricotta mousse and Parmigiano cheese
23

BARCHETTA DI MELANZANE CON GNOCCHI

Half eggplant, baked with olive oil and herbs stuffed with house made potato gnocchi with a tomato confit sauce, Parmigiano and braised porchetta
24

PAPPARDELLE ALLA BARBABIETOLA

House made red beet pappardelle pasta with asparagus and a gorgonzola sauce finished with lemon zest and Parmigiano cheese
25

BAVETTA DEL POVERO

"Poor Man's" house made spaghetti with olive oil, garlic, oven roasted grape tomatoes and grated Pecorino and Parmigiano cheese sauce
23

LINGUINE ALLE VONGOLE

Linguine with clams, olive oil, white wine, garlic red chili flakes and grape tomatoes garnished with parsley
25

PACCHERI AI FRUTTI DI MARE

Paccheri pasta with clams, mussels, shrimp, scallops with olive oil, garlic and tomato confit
28

LASAGNETTE AL RAGU' E SALSICCIA

House made baked layers of Lasagna with ricotta, sausage and beef ragu' with Parmigiano cheese and marinara sauce
23

PASTA ALLA CRUDIOLA PUGLIESE

A traditional fresh pasta salad originated in Puglia made with half rigatoni pasta tossed with fresh grape tomatoes, basil, extra virgin olive and grated Ricotta Salata
23

RISOTTO CREMA DI CARCIOFI E GUANCIALE

Arborio rice risotto with cream of artichokes and crispy guanciale
25

Secondi

PESCE DEL GIORNO
Chef's Fish Special
(Market Price)

FRUTTI DI MARE ALL' ACQUA PAZZA

A classic Neopolitan dish of shrimp, scallops, clams and mussels in a light broth with seasonal vegetables
32

POLLO ARROSTITO ALLE ERBE E LIMONE

Half chicken wood fired with herbs and lemongrass wood roasted served with roasted potatoes and seasonal vegetables
24

COSTATA DI MAIALE ALLE MELE E LAMPONI

14 oz. Pork chop grilled to perfection and topped with an apple and raspberry crust served with spinach and potato croquettes
27

NODINO DI VITELLO ALLA MILANESE

Rack of veal, egg battered, breaded and fried served with baby arugula, grape tomatoes, onions and shaved Parmigiano cheese with a lemon olive oil dressing
46

OSEI SCAMPADI PANCETTA E SALVIA

Rolled beef with sage, house cured pancetta and roasted garlic, rosemary sauce served with seasoned julienne vegetables and creamy garlic mashed potatoes
28

OCCHIO DI COSTATA AL MOSTO

Grilled rib-eye steak served with a blackberry merlot reduction served with seasonal vegetables and potato croquettes
36

Contorni

(Sides)

SAFFRON RISOTTO

7.5

FRIGGITELLI

Fried shishito peppers with tomato
6

SAUTEED BROCCOLI RABE

8

MASHED POTATOES

6

POTATO CROQUETTES

Mashed potatoes stuffed with mozzarella rolled in egg batter, bread crumbs and fried
6

OLIVE AL FORNO

Wood fire roasted Cerignola olives marinated with garlic, olive oil and Calabrain chili
7

We offer gluten-free pizza and pasta.

*Notice: Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food borne illness.
Connecticut Public Health Code 19-13B(m) (1) (f)*