

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 dressed with lemon, olive oil, and red onions

15

BURRATA E PROSCIUTTO MILLEFOGLIE

Burrata cheese and prosciutto layered with puff pastry with olive oil, garlic, and aged balsamic vinegar

15

FRITTO DI CALAMARI E GAMBERETTI

Fried calamari and Shrimp served with lemon aioli and marinara sauce

15

CALAMARI ALLA GRIGLIA

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

15

MELANZANE E ZUCCHINE A FUNGHETTO

Pan fried eggplant, zucchini and yellow squash with olive oil, grape tomatoes, garlic and basil served with melted smoked scamorza cheese

14

GUANCIALE DI VITELLO

Braised veal jowl in a rosemary reduction served with creamy polenta and fried leeks with truffle salt

18

TAGLIERE DI CESARE

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

19

Insalate

INSALATA TRICOLORE

A mix of Boston bib, radicchio, cucumbers, red onions, tomatoes and shaved parmigiano with an aged balsamic dressing

9

TAGLIATA DI LOMBO

Thinly sliced skirt steak, tomatoes, Boston Bib, cucumbers, red onions tossed in a Calabrian chili-pepper dressing served in a house made Parmigiano bowl

16

INSALATINA DI RUCOLA E PARMIGIANO

Arugula salad with grape tomatoes, red onions, olive oil, lemon dressing and topped with shaved parmigiano cheese

12

INSALATA AUTUNNALE

Microgreens, honeycrisp apples, cranberries, walnuts and goat cheese, with a creme fraiche, dill and honey dressing

13

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 E RAVIOLI DEL GIORNO
Chef's daily pasta and ravioli special
(daily price)

FETTUCCINE BOLOGNESE
Handmade fettuccine with traditional Bolognese
meat sauce, topped with ricotta mousse and
parmigiano cheese
23

GNOCCHI SALSICCIA E MELE
House made potato gnocchi tossed with sausage,
apples, cognac and a touch of cream
24

SPAGHETTI DEL POVERO
"Poor man's" house-made spaghetti with olive oil,
garlic, oven roasted grape tomatoes, and grated
pecorino and parmigiano cheese
23

PAPPARDELLE DEL BUONGUSTAIO
House made pappardelle with roasted tomatoes and
butternut squash, topped with fresh burrata cheese
27

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

PACCHERI AI FRUTTI DI MARE
Paccheri pasta with shrimp, scallops, clams, mussels,
olive oil, garlic and grape tomato confit
28

LASAGNETTA AL RAGÙ E SALSICCIA
Layers of lasagna, ricotta, sausage and beef ragu,
parmigiano and marinara sauce
23

ORECCHIETTE AL FINTO CAVALLO
Orecchiette pasta with a ragout of rib-eye steak,
tomatoes, carrots, onions, celery and garlic
27

RISOTTO LIMONE E GAMBERI
Lemon saffron risotto served with grilled shrimp
28

Secondi

PESCE DEL GIORNO
Chef's Fish special
(market price)

GAMBERI E CAPESANTI IN TERRACOTTA
Wood-fire baked shrimp and scallops with olive oil,
garlic, cherry tomatoes and white wine, served over
cannellini beans and escarole
32

POLLO ARROSTITO ALLE ERBE E LIMONE
Half chicken wood fired with herbs and lemongrass
served with roasted potatoes and seasonal vegetables
24

VITELLO VALDOSTANA
Pan seared veal filet topped with porchetta and
fontina cheese, finished with roasted garlic and
rosemary sauce served with mashed potatoes and
seasonal vegetables
32

MAIALE AGLIO E PAPACELLE
Grilled, double-cut pork chop, with cherry peppers,
olive oil, garlic, rosemary and balsamic glaze served
with seasonal vegetables and potato croquettes
28

MAIALE ALLA MILANESE
14 oz . pork chop, pounded thin, breaded and fried
then topped with baby arugula, tomatoes and shaved
parmigiano with an olive oil and lemon dressing
27

OSÉI SCAMPADI PANCETTA E SALVIA
Rolled beef with sage, house-cured pancetta
and roasted garlic finished with a rosemary sauce
served with seasonal vegetables and creamy,
garlic mashed potatoes
28

OCCHIO DI COSTATA
Grilled New York Strip steak with olive oil, roasted
garlic and rosemary, served with seasonal vegetables
and potato croquettes
36

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)*