

La Marea

LUNCH MENU

PARMIGIANA DI MELANZANE

Lightly fried, thinly sliced eggplant, baked and layered with mozzarella and grated parmigiano cheese with homemade, light tomato sauce 12

FIOR DI PROSCIUTTO E CREMA DI LATTE

Thinly sliced prosciutto di Parma served with baby arugula and stracciatella cheese 13

FRITTO DI CALAMARI E GAMBERETTI

Fried calamari and Shrimp served with lemon aioli and marinara sauce 13

TAGLIERE DI CESARE

Assortment of cured meats and cheeses served with seasonal jams and honey 16

POLPETTE DI MAIALE E CIPOLLE CARAMELLATE

Delightful pork meatballs served over truffle polenta and topped with caramelized onions 12

VERDURE RIPIENE

Stuffed zucchini, eggplant and bell peppers, with vegetable ragout and scamorza cheese, served over creamy tomato confit 12

Insalate

INSALATA WALDORF

Italian "Waldorf" salad, with candied walnuts, celery root, apples and black truffles, finished with creme fraiche-honey dressing 13

INSALATA SICILIANA

Sliced fennel, oranges and goat cheese served over a bed of salad greens with a citrus dressing 10

INSALATA AROMATICA CON SALSA D'OLIVE

A mix of Boston Bibb , radicchio, potato pearls, chick peas red and white quinoa, radishes and shaved Pecorino cheese served with green olives, lemon, olive dressing 10

INSALATA TRICOLORE

A mix of Boston bib, radicchio, cucumbers, red onions, tomatoes and shaved parmigiano with an aged balsamic dressing 9

TAGLIATA DI LOMBO

Skirt steak, tomatoes, Boston bib, cucumbers, red onions served in a parmigiano basket with Calabrian chili-pepper dressing 16

Pasta

FETTUCCHINE BOLOGNESE

Handmade fettuccine with traditional Bolognese meat sauce, topped with a mousse of ricotta cheese and parmigiano 15

GNOCCHI ALLA SORRENTINA

Handmade gnocchi with fresh tomato sauce, buffalo mozzarella and Parmigiano cheese 14

LASAGNETTE AL RAGU E SALSICCE

Layers of lasagna, ricotta, sausage and beef ragu, parmigiano and marinara sauce 15

LINGUINE ALLE VONGOLE

Linguine with clams, olive oil, white wine and garlic, red chili peppers, confit grape tomatoes and parsley 16

Panini

(Served with French Fries)

FOCACCIA CON BAVETTA DI LOMBO

Homemade focaccia shaved steak, sauteed peppers and onions and fontina cheese 14

INVOLTINO DI VERDURE

Grilled flatbread rolled with grilled vegetables and stracciatella cheese 12

BAGUETTE CON PROSCIUTTO, ARUGULA E BUFALA

Warm baguette, prosciutto di Parma, baby arugula, buffalo mozzarella and tomatoes, finished with a pesto sauce 14

PANINO AL TONNO

Warm baguette stuffed with tuna salad: Italian tuna, olive oil, tomatoes, olives, capers, red onions, garlic and basil 13

PANZEROTTI PUGLIESI

Fried mini calzones stuffed, mozzarella cheese and parmesan, served with our marinara sauce for dipping 12

Pizze

PIZZA MARGHERITA

Classic Neopolitan pizza with mozzarella di bufala, basil and fresh, light tomato sauce 15

PIZZA CAPRESE

White pizza topped with pesto, mozzarella di bufala, and grape tomatoes 16

PIZZA PROSCIUTTO E ARUGULA

Prosciutto and arugula with mozzarella di bufala and a light tomato sauce 18

PIZZA BROCCOLI RABE E SALSICCE

Sauteed broccoli Rabe and sausage with mozzarella di bufala 17

PIZZA QUATTRO STAGIONE

Mozzarella di bufala, fresh, light tomato, porchetta, mushrooms, artichoke hearts and sopresato 17

PIZZA CALABRESE

Eggplant, fontina cheese, mozzarella di bufala, hot sopresata and tomato sauce 17

Secondi

PESCE DEL GIORNO

Chef's choice of Fish special (Market price)

PETTO DI POLLO CON PEPERONI

Chicken breast sauteed with sweet and hot peppers, onions, rosemary, garlic, olive oil and balsamic reduction 18

BAVETTA DI LOMBO IN SALSA AL PEPE VERDE

Grilled Skirt steak coated with black pepper, rosemary, garlic and herbs, grilled and served with fresh green pepper and cognac sauce 19

We offer gluten-free pizza and pasta.

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LAMAREACT.COM

*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)*