

# *La Marea*

## LUNCH MENU

### *Antipasti*

#### PARMIGIANA DI MELANZANE

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

#### PROSCIUTTO E BURRATA

Thinly sliced prosciutto di Parma served with baby arugula and Burrata 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

### *Insalate*

#### INSALATA DI PESCHE E TORRONE

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 ALL'ANGURIA

Watermelon salad with roasted sunflower seeds, almonds, goat cheese, baby iceberg lettuce dressed with a balsamic vinaigrette 10

#### 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 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*

#### FETTUCCINE 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

## Entrées

### PESCE DEL GIORNO

Chef's choice of Fish special (market price)

### PETTO DI POLLO CON PEPERONI

Chicken breast sautéed 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

## Panini

*(Served with french fries)*

### FOCACCIA CON BAVETTA DI LOMBO

Homemade focaccia shaved steak, sautéed 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

## Pizze

### PIZZA MARGHERITA

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

### PIZZA PROSCIUTTO E ARUGULA

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

### PIZZA BROCCOLI RABE E SALSICCE

Sautéed broccoli Rabe and sausage with mozzarella di bufala 17

### PIZZA QUATTRO STAGIONE

mozzarella di bufala, fresh, light tomato, porchetta, mushrooms, artichoke hearts and sopresata 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 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)*

*We offer gluten-free pizza and pasta.*

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*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)*