

La Marea

LUNCH MENU

PARMIGIANA DI MELANZANE

Lightly fried and thinly sliced eggplant, baked and layered with mozzarella and grated Parmigiano cheese with a 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 GAMBERI

Fried calamari and shrimp served with a lemon aioli and marina sauces 13

TAGLIERE DI CESARE

Assortment of cured sliced meats and cheeses served with long hot pepper and olives with an assortment of seasonal jams and honey 15

POLPETTE DI MAIALE E CIPOLLE CARAMELLATE

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

VERDURE RIPIENE

Zucchini, eggplant and bell peppers stuffed with a vegetable ragout and scarmorza cheese served over a creamy tomato confit 12

Insalate

INSALATA WALDORF

Italian style Waldorf salad with candied walnuts, celery root, apples and black truffles finished with a crème fraiche honey dressing 13

INSALATA COTTA E CRUDA

A mix of gently pan-fried vegetables and crudité with an orange champagne dressing 9

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 a green olive, lemon, olive oil dressing 9

TAGLIATA DI LOMBO

Thinly sliced Skirt steak, tomatoes, Boston Bibb, cucumbers, red onions tossed in a Calabrian chili dressing served in a house made Parmigiano bowl 16

Panini

(Served with French Fries)

FOCCACCIA CON BAVETTA DI LOMBO

House made focaccia sandwich with shaved steak, sautéed peppers, onions and Fontina Cheese 14

INVOLTINO DI VERDURE

Grilled flatbread with rolled grilled vegetables and Stracciatella cheese 12

BAGUETTE CON PROSCIUTTO, ARUGULA E MOZZARELLA

Warm baguette with Prosciutto di Parma, baby arugula, Mozzarella di Bufala and tomatoes with a pesto sauce 14

PANINO AL TONNO

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

PANZEROTTI PUGLIESE

Fried mini calzones with mozzarella, Parmigiano, tomato and basil. 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 17

PIZZA BROCCOLI RABE E SALSICCE

Sauteed broccoli Rabe and sausage with mozzarella di bufala 17

PIZZA QUATTRO STAGIONE

Mozzarella di bufala, fresh, light tomato, prosciutto di Parma, mushrooms, artichoke hearts and sopresato 16

PIZZA CALABRESE

Eggplant, fontina cheese, mozzarella di bufala, and hot sopresata 16

Pasta

FETTUCCINE BOLOGNESE

House made Fettuccine with traditional Bolognese meat sauce, topped with a ricotta mousse and Parmigiano cheese 15

GNOCCHETTI CON BROCCOLI RABE AND SALSICCIA

House made gnocchi with broccoli rabe, sausage and Parmigiano cheese 16

CANNELLONI AI QUATTRO FORMAGGI

House made Cannelloni stuffed and baked ricotta, mozzarella, scamorza and Parmigiano cheeses served with a roasted tomato and garlic sauce 15

LASAGNETTE AL RAGU' E SALSICCIA

House made baked layers of Lasagna with ricotta, sausage and beef ragu' with Parmigiano cheese and marinara sauce 15

TAGLIOLINI CON RAGOUT DI GRANCHIO

House made Tagliolini pasta with lump crab, shitake mushrooms and tomato confit 17

LINGUINE ALLE VONGOLE

Linguine with clams, olive oil, white wine, garlic, red chili flakes and grapes tomatoes garnished with parsley 16

Secondi

PESCE DEL GIORNO

Chef's Fish Special (Market Price)

POLLO ALLA CACCIATORA

Braised half chicken with a vegetable and mushroom ragout, tomato confit and white wine sauce 16

BISTECCA CON PEPERONI E CIPOLLA

Grilled 8 oz. New York Strip steak simply seasoned with salt and pepper and topped with sautéed sweet peppers and onions 18

*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)*

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