



## ANTIPASTI

<b>Minestrone (vegan)</b> Homemade mixed vegetable soup	7.90	<b>Calamari Fritti</b> Lightly fried calamari	12.90
<b>Zuppetta di Cozze</b> Mussels in spicy tomato & white wine sauce	12.90	<b>Caprese</b> Fresh mozzarella, tomato slices, basil & oregano with balsamic dressing	12.90
<b>Moscardini al Cannonau</b> Baby octopus & red wine stew	13.90	<b>Salumi e Formaggi</b> Platter of cured meats & Sardinian cheeses, olives served with Sardinian flatbread	small (1-2) 16.90 large (3-4) 24.90
<b>Polpette al Vermentino</b> Beef meatballs in white wine sauce with herbs	12.90	<b>Formaggi Misti</b> Platter of traditional Sardinian cheeses, served with Sardinian flatbread & honey	17.90
<b>Calamari e Piselli</b> Calamari braised in spicy tomato sauce with green peas	14.90		
<b>Fritto della Casa</b> Lightly fried zucchini & calamari	14.90		

## INSALATE

<b>Campo (vegan)</b> Mixed greens, carrots, celery & cherry tomatoes in balsamic vinaigrette	regular 9.90 large 13.90	<b>Kale (vegan)</b> Kale, raisins, sliced almonds & cherry tomatoes in lemon vinaigrette	regular 11.90 large 15.90
<b>Mediterranea</b> Mixed greens, cucumbers, tomatoes, chickpeas, olives, onions & goat cheese in lemon vinaigrette	regular 11.90 large 15.90	<b>Rucolina (vegan)</b> Baby arugula, cucumbers, chickpeas, carrots, cherry tomatoes in lemon vinaigrette	regular 11.90 large 15.90

Chicken (add \$6.50) - Skirt steak (add \$9.50) - Salmon (add \$10.50) - Calamari (add \$10.50)

## PASTA

MADE FRESH DAILY

<b>Malloreddos alla Campidanese</b> Ridged pasta in a hearty tomato & sweet sausage sauce	14.90	<b>Cavatelli Broccoli Rabe e Salsiccia</b> Ricotta enriched pasta with sweet sausage & broccoli rabe in garlic extra virgin olive oil	17.90
<b>Fregola del Pescatore</b> Oven-toasted round pasta with mussels & baby octopus in Cannonau wine sauce	16.90	<b>Gnocchi alla Montanara</b> Potato gnocchi with mushrooms & pancetta in a light cream sauce	15.90
<b>Malloreddos alla Crudaiola (vegan)</b> Ridged pasta with fresh vegetables in garlic extra virgin olive oil	13.90	<b>Tagliolini ai Frutti di Mare</b> Homemade spaghetti with calamari, salmon & mussels in a light tomato sauce	20.90
<b>Malloreddos Integrali</b> Whole wheat ridged pasta with sausage, mushrooms & green peas in garlic extra virgin olive oil	15.90	<b>Fettuccine alla Bolognese</b> Rich beef ragu over homemade fettuccine	15.90
<b>Alisanzas di Sardegna</b> Ruffled pappardelle with sauteed onions & pancetta in a light tomato sauce	14.90	<b>Gnocchi Gratinati</b> Potato gnocchi baked with tomato sauce, mozzarella & parmesan cheese	15.90
<b>Pellizzas al Ragù di Manzo e Maiale</b> Square, flat pasta in a mixed meat ragu, topped with pecorino cheese	17.90	<b>Tagliolini Cacio e Pepe</b> Homemade spaghetti simply dressed with fresh pepper & pecorino cheese	15.90

Whole wheat (add \$1) - Gluten free (add \$2)

## PESCE

<b>Salmone</b> Grilled fish salmon fillet served over a bed of wilted kale with cold pureed beets on the side	21.90
<b>Branzino</b> Grilled fresh branzino fillet served with sauteed broccoli rabe & mashed potatoes	22.90
<b>Orata</b> Grilled fresh whole Orata (2 fillets) served with wilted kale & mashed potatoes	24.90
<b>Trota</b> Grilled fresh whole Trout (2 fillets) served with sauteed spinach & mashed potatoes	27.90

## CARNE

<b>Bistecca e Patatine</b> Skirt steak served with French fries & mushroom sauce	25.90
<b>Pollo alla Griglia</b> Grilled chicken paillard with arugula & chopped tomatoes	15.90
<b>Involtino di Pollo</b> Chicken breast rolled with spinach, mushrooms & provolone served with mashed potatoes	18.90
<b>Brasato di Maiale</b> Braised pork tenderloin over soft polenta with wild mushrooms	24.90
<b>Grigliata Mista</b> Sausage, skirt steak & chicken breast over Sardinian flatbread with fried polenta & sauteed broccoli rabe	31.90

Mashed Potatoes	6.50	Sauteed Spinach (vegan)	6.50	Pane Guttiau	3.50
French Fries	5.50	Broccoli Rabe (vegan)	8.00	Wilted Kale (vegan)	7.50

Before ordering please let us know about any food allergies. Consuming raw or undercooked foods may increase the risk of food borne illness.