

Starters

Tagliere

Selection of cheese and cured meats 15

Olivi

Olives marinated with rosemary lemon and hot peppers 9

Fornarina

Baked flat bread with olive oil rosmary and sea salt 9

Cocoa Puffs

Flour dusted chickpeas and fava beans parmigiano truffle oil 9

Arancini

Crispy risotto balls with quattro formaggi and peas 10

Spuma di Ricotta

Whipped ricotta with honey pepperoncini and toast 10

Eggplant Polpette

Eggplant meatless meatballs with tomato sugo 11

Burrata

Buffalo milk creamy mozzarella arugula and pear carpaccio honey drizzle 18

Calamari

Lightly floured calamari rings with grilled lemon and tomato sauce 15

Salmon Cake

Salmon cake over greens and dijon reduction 15

Gamberi

Shrimp sauteed with garlic lemon and vino bianco 16

Duck Sausage

Grilled duck sausage over peperonata and vin cotto drizzle 16

Mista Salad

Organic mixed greens with grape tomato and citrus oil...10

Arugula Salad

Baby rocket leaves with shaved parmigiano and lemon citronette...10

3Colore

Radicchio endive and arugula with lemon oil and shaved parmigiano...12

Mediterraneo

Tomato cucumbers and red onion with fetta olive oil lemon drizzle...12

Cobb Salad

Romaine with boiled egg bacon and blue cheese dressing. 12

Add Grilled Shrimp 8 Add Grilled Chicken 7

Please let us know about any allergies.

Zuppa Pranzo

Pizza

Margherita

Fresh mozzarella & san marzano
pomodoro with fresh basil 15

Ficchissima

Fig jam, mascarpone gorgonzola
and speck 15

Diavola Dolce

Tomato sauce mozzarella hot sweet
soppressata and honey 15

Pizza Salsiccia

Crumbled Italian sausage pear and
brie cheese 15

Bacon Egg & Pizza

Apple smoked bacon ricotta and egg
with cracked black pepper 15

Pizza Bolognese

Our signature veal Bolognese with
fontina and shaved long hots 15

Gluten Free available or an addition of \$6

Mains

Bacon Panini

Bacon with sliced pears melted brie cheese 15

Prosciutto Panini

Sliced thin prosciutto mozzarella and basil with extra olive oil 16

Steak Panini

Slices black angus steak with peperonatta and gorgonzola 18

Veggie Panini

Grilled mixed veggies with pesto and goat cheese 16

Zuppa Burger

La Frieda black angus 70/30 blend with crispy bacon and brioche bun 20

All served with french fries and mixed greens

Pappardelle

Zuppa signature veal bolognese with mint chiffonade 19

Spaghetti

Guitar stings Carbonara style but with beef bresaola 19

Mushroom Ravioli

Mushroom and parmigiano filled ravioli with butter sage broth 19

Trofie

Twisted Ligurian pasta with short rib ragu and pecorino cheese 19

Gnocchi

Sweet potato gnocchi with Brussel sprouts and sun-dried tomato crema 19

Garganelli

Rolled edge pasta with shrimp in grappa tomato rosato 21

Salmone

Atlantic salmon over stewed lentil diced veggies and natural juices 22

Chicken Osso Buco

Slowly braised Amish chicken thighs over whipped potato and natural braise juices 20

Pork Tenderloin

Berkshire pork tenderloin over braised fennel with hot cherry peppers medley 22

Veal Scallopini

Veal scallopini over potato pure and thyme mushroom and port wine 22

Bistecca

Creekstone black angus sirloin with whipped potatoes and broccoli rabe 24