## Starters

Prosciutto Board Thin sliced prosciutto with pizza fritta 16 Olivi Olives marinated with rosemary lemon and hot peppers 9 Fornarina Baked flat bread with olive oil rosmary and sea salt 9 **Brussels** Sprouts Fried brussels sprouts with bacon and lemon salt 10 Arancini Crispy risotto balls with quattro formaggi and peas 12 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 Gamberi Shrimp sauteed with garlic lemon and vino bianco 16 Duck Sausage Duck sausage over lentils with dehydrated orange and cardamon orange reduction 18 Mista Salad Organic mixed greens with grape tomato and grana padana dressed with citrus oil 13 Arugula Salad Baby rocket leaves with shaved parmigiano and lemon citronette 13 Frisée Salad Frisée lettuce with apples cranberries walnut ricotta salatta in a balsamic vinaigrette 13 Mediterraneo Tomato cucumbers and red onion with fetta olive oil lemon drizzle 13 Cobb Salad Romaine with boiled egg bacon and blue cheese dressing. 13

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

Da Puglia Pizza Crumbled Italian sausage broccoli rabe dried tomato mozzarella 15

**Pera Pizza** Pear goat cheese and caramelized red onions15

**Pizza Bolognese** Our signature veal Bolognese with fontina and shaved long hots 15

Gluten Free available for an addition of \$7

## Mains

Prosciutto Panini Sliced thin prosciutto mozzarella and basil with extra olive oil 16 Chicken Panini Grilled organic chicken breast with zucchini bacon and cheddar cheese 16 Steak Panini Sliced black angus steak with peperonatta and gorgonzola 20 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 Bucatini Amatriciana Thin tubes with tomato sugo basil and guanciale 19 Butternut Ravioli Butternut squash and parmigiano filled ravioli with sage butter broth 19 Trofie Twisted Ligurian pasta with short rib ragu and pecorino cheese 19 Gnocchi Sweet potato and ricotta gnocchi with pancetta brussels sprouts and brow butter 19 Cavatelli Arsa Hand rolled burt flour cavatelli with mushroom radicchio fennel sausage ricotta 19 Garganelli Rolled edge pasta with shrimp in grappa tomato rosato 21

Salmone Atlantic salmon over lentil sausage and diced vegetables with pan juices 23 Roasted Chicken Organic french cut amish chicken with sweet potatoes french beans and juices 23 Pork Chop Double cut Berkshire pork chop with braised fennel and hot cherry pepper medley 25

Veal Scallopini Veal scallopini topped with grilled eggplant fontina cheese and lite tomato sauce 25 Bistecca

Creekstone black angus sirloin with whipped potatoes and asparagus 26