Starters

Prosciutto Board Thin sliced prosciutto with pizza fritta 16 Olivi Olives marinated with rosemary lemon and hot peppers 9 Coco Puffs Fried chickpeas with parmigiano truffle 10 Fornarina Baked flat bread with olive oil rosmary and sea salt 9 Shishito Seared shishitos tossed with parmigiano & lemon sugo 12 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 over arugula with pear carpaccio and honey drizzle19 Fried Calamari Salad Lightly floured calamari rings mixed with arugula tomato cherry peppers & onions 15 Octopus Braised octopus over cannellini bean pure red onions and shishito gremolata 19 Duck Sausaae Duck sausage with grilled radicchio and orange cardamom glaze 18 Mista Salad

Organic mixed greens with grape tomato and grana padana dressed with citrus oil 13 Arugula Salad Baby rocket leaves with shaved almonds strawberry 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. 14

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

Duck Pizza Sliced duck sausage radicchio stracchino cheese and fennel pollen 15

Funghetti Wild mushroom and truffle fontina béchamel 15

Pizza Zucca Butternut squash caramelized onions thyme pancetta and dry mozzarella 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 Spaghetti ala Carbonara Romana Dry spaghetti pasta with guanciale black pepper and pecorino romano 19 Butternut Ravioli Butternut squash and parmigiano filled ravioli with butter broth spicy breadcrumbs 19 Trofie Twisted Ligurian pasta with short rib ragu and pecorino cheese 19 Gnocchi Sweet potato with brussels sprouts pancetta and crispy scorza 19 Cavatelli Hand rolled cavatelli with pumpkin pure duck sausage radicchio and stracciatella 19 Garganelli

Rolled edge pasta with shrimp in grappa tomato rosato 21

Salmone Atlantic salmon over braised lentils and fennel sausage.23 Chicken Sorrentino Breast topped eggplant fontina cheese over mash string beans lite tomato sauce 23 Pork Chop Double cut Berkshire pork chop with braised fennel and hot cherry pepper medley 26 Veal Scallopini Veal scallopini with sauteed mushrooms thyme port wine over whipped potato 25 Bistecca Creekstone black angus sirloin with whipped potatoes and asparagus 28