

# Starters

## Prosciutto Board

Thin sliced prosciutto with pizza frita 17

## Olivi

Olives marinated with rosemary lemon and hot peppers 10

## Coco Puffs

Fried chickpeas with parmigiano truffle 10

## Fornarina

Baked flat bread with olive oil rosmary and sea salt 10

## Shishito

Seared shishitos tossed with parmigiano & lemon sugo 14

## Arancini

Crispy risotto balls with quattro formaggi and peas 14

## Spuma di Ricotta

Whipped ricotta with honey pepperoncini and toast 10

## Eggplant Polpette

Eggplant meatless meatballs with tomato sugo 12

## Burrata

Buffalo milk creamy mozzarella poached grape tomato medley and grilled ciabatta 19

## Fried Calamari Salad

Lightly floured calamari rings mixed with arugula tomato cherry peppers & onions 16

## Octopus

Braised octopus over cannellini bean pure red onions and shishito gremolata 19

## Lamb Meatballs

Lamb meatballs over whipped ricotta and mint pesto 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 14

## Fennel Salad

Shaved fennel and rocket greens with orange segments parmigiano lemon crema 14

## Mediterraneo

Tomato cucumbers and red onion with fetta olive oil lemon drizzle 14

## 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 Patatina

Potato leeks thyme and pancetta dried mozzarella 15

*Gluten Free available for an addition of \$7*

# Mains

## Veggie Panini

Grilled mixed veggies with pesto and goat cheese 16

## Chicken Panini

Grilled organic chicken breast with zucchini bacon and cheddar cheese 17

## Porchetta Panini

Pork tenderloin and belly roast with Swiss cheese arugula red onion and salsa verde 18

## Zuppa Burger

La Frieda black angus 70/30 blend with crispy bacon and brioche bun 22  
*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

## Beet Ravioli

Beet and goat cheese filled ravioli with bechamel and crushed hazelnuts 19

## Trofie

Twisted Ligurian pasta with short rib ragu and pecorino cheese 19

## Gnocchi

Ricotta dough pillows in pomodoro basil and topped with fresh burrata 19

## Cavatelli

Hand rolled cavatelli with duck sausage radicchio and stracciatella 19

## Garganelli

Rolled edge pasta with shrimp in grappa tomato rosato 24

## Salmone

Atlantic salmon over artichokes potato scallions and vino agrumato 23

## Branzino

Herb breadcrumb crusted over fregola butter beans arugula and pomodorini 25

## 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 28

## Veal Scallopini

Veal scallopini with sauteed mushrooms thyme port wine over whipped potato 25

## Bistecca

Creekstone black angus sirloin with whipped potatoes and broccoli rabe 29