Starters

Prosciutto Board Thin sliced prosciutto with pizza fritta 18 Olivi Olives marinated with rosemary lemon and hot peppers 11 Coco Puffs Fried chickpeas with parmigiano truffle 11 Fornarina Baked flat bread with olive oil rosmary and sea salt 11 Shishito Seared shishitos tossed with parmigiano & lemon sugo 15 Arancini Crispy risotto balls with quattro formaggi and peas 15 Spuma di Ricotta Whipped ricotta with honey pepperoncini and toast 11 Eggplant Polpette Eggplant meatless meatballs with tomato sugo 13 Burrata Buffalo milk creamy mozzarella with pear carpaccio and honey drizzle19 Fried Calamari Salad Lightly floured calamari rings mixed with arugula tomato cherry peppers & onions 17 Octopus Braised octopus over potato cherry tomato green beans and red onions al limone 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 14 Arugula Salad Baby rocket leaves with shaved almonds strawberry and lemon citronette 15

Radicchio Salad Shaved radicchio and rocket greens with orange segments parmigiano lemon crema 15 Mediterraneo Tomato cucumbers and red onion with fetta olive oil lemon drizzle 15

Cobb Salad Romaine with boiled egg bacon and blue cheese dressing. 15

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 16

Ficchissima Fig jam, mascarpone gorgonzola and speck 16

Diavola Dolce Tomato sauce mozzarella hot sweet soppressata and honey 16

Da Puglia Pizza Crumbled Italian sausage broccoli rabe dried tomato mozzarella 16

Duck Pizza Sliced duck sausage radicchio stracchino cheese and fennel pollen 16

Funghetti Wild mushroom and truffle fontina béchamel 16

Pizza Artichoke Artichokes asparagus lemon zest and ricotta cheese 16

Gluten Free available for an addition of \$8

Mains

Veggie Panini Grilled mixed veggies with pesto and goat cheese 17 Chicken Panini Grilled organic chicken breast with zucchini bacon and cheddar cheese 18 Prosciutto Panini Sliced thin prosciutto mozzarella and basil with extra olive oil 18 Zuppa Burger La Frieda black angus 70/30 blend with crispy bacon and brioche bun 23 All served with french fries and mixed greens

Pappardelle Zuppa signature veal bolognese with mint chiffonade 20 Spaghetti ala Carbonara Romana Dry spaghetti pasta with guanciale black pepper and pecorino romano 20 Mushroom Ravioli Mushroom and parmigiano filled ravioli with sage brown butter broth 20 Trofie Twisted Ligurian pasta with short rib ragu and pecorino cheese 20 Gnocchi Ricotta dough pillows in pomodoro basil and topped with fresh burrata 20 Cavatelli Hand rolled cavatelli with ramps sausages and spicy fresh ricotta 20 Garganelli Rolled edge pasta with shrimp in grappa tomato rosato 25

Salmone Atlantic salmon over artichokes potato scallions and vino agrumato 24 Branzino Grilled branzino over cous cous butter beans arugula and pomodorini 26 Chicken Sorrentino Breast topped eggplant fontina cheese over mash string beans lite tomato sauce 24 Pork Chop Double cut Berkshire pork chop with braised fennel and hot cherry pepper medley 28 Veal Scallopini Veal scallopini with sun dried tomato asparagus tips wine over whipped 26 Bistecca Creekstone black angus sirloin with whipped potatoes and broccoli rabe 29