

Starters

Tagliere

Selection of artisanal cheeses and cured meats 18

Olivi

Olives marinated with rosemary lemon and hot peppers 11

Fried Cavolfiore

Fried cauliflower with Italian long hot pepper aioli 13

Fornarina

Baked flat bread with olive oil rosemary and sea salt 11

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 tomato pudding basil and compote 19

Fried Calamari Salad

Lightly floured calamari rings mixed with arugula tomato cherry peppers & onions 17

Octopus

Braised octopus over arugula grape tomato red onion lemon dressing 19

Veal Meatballs

Veal meatballs over whipped ricotta and arugula pesto 18

Mista Salad

Organic mixed greens with grape tomato red onion parmigiano with citrus oil 14

Arugula Salad

Baby rocket leaves with shaved pears fennel parmigiano and lemon olive oil dressing 15

3Colore

Shaved radicchio arugula and endive served with gorgonzola and balsamic dressing 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

Rocket Royale

Tomato pie topped with arugula shaved parmigiano and thin prosciutto. 17

Funghetti

Wild mushroom and truffle fontina béchamel 16

Aparago Bianca

White pie topped with asparagus ricotta lemon zest 16

Gluten Free available for an addition of \$8

Mains

Veggie Panini

Grilled mixed veggies with pesto and goat cheese 18

Steak Panini

Sliced black angus steak with peperonatta and gorgonzola. 24

Chicken Panini

Grilled organic chicken breast with zucchini bacon and cheddar cheese 19

Prosciutto Panini

Sliced thin prosciutto mozzarella and basil with extra olive oil 19

Zuppa Burger

La Frieda black angus 70/30 blend with crispy bacon and brioche bun 24
All served with french fries and mixed greens

Pappardelle

Zuppa signature veal bolognese with mint chiffonade 22

Spaghetti ala Carbonara Romana

Dry spaghetti pasta with guanciale black pepper and pecorino romano 20

Spinach Ravioli

Spinach and ricotta filled ravioli with lite tomato sauce and basil 20

Trofie

Twisted Ligurian pasta with short rib ragu and pecorino cheese 22

Gnocchi

Ricotta dough pillows with stracciatella sun dried tomato ramp pesto 20

Cavatelli

Hand rolled cavatelli with radicchio sausages and spicy fresh ricotta 20

Garganelli

Rolled edge pasta with shrimp in grappa tomato rosato 25

Salmone

Atlantic salmon over green pea pure and vino agrumato 25

Branzino

Grilled mediterranean bass over cous cous grape tomato onions arugula 26

Chicken Sorrentino

Breast topped eggplant fontina cheese over mash string beans lite tomato sauce 24

Veal Picatta

Scallopini of veal pounded with whipped potato French beans capers vino bianco 26

Bistecca

Creekstone black angus sirloin with whipped potatoes and broccoli rabe 29