



All ingredients are fresh & locally sourced whenever possible.

Vegetarian item

Starters

Creamy Roasted Poblano Bisque

Bowl 6

Gnarly Knots

Hand-made garlic-parmesan dough knots served with our house marinara sauce. 8

Balsamic Bruschetta

A blend of fresh tomatoes, garlic, fresh basil, parmesan, balsamic vinegar, and olive oil. Served with toasted crostinis. 12

Wood-Fired Chicken Wings

Roasted in our wood-fired oven, served naked with hot sauce or honey BBQ sauce on the side. 15

Outer Banks Sea Scallops with Sundried Tomato Cream

Fresh scallops from the Outer Banks, seared and placed atop our Cajun Sundried Tomato Cream Sauce. Served with toasted crostinis. 20

NEW! Prosciutto Burrata

Burrata cheese with freshly sliced prosciutto, sliced figs, fresh basil, and pomegranate molasses. 12

NEW! Mussels

1 lb of mussels cooked in a white wine & garlic sauce. Served with toasted crostinis. 18

Sriracha Dill Crab Dip

Jumbo lump crab meat with cream cheese, onions, dill, chives, Old Bay, and a hint of Sriracha hot chili sauce. Served with fresh tortilla chips & locally baked Rosemary Bread. 16

Wood-Fired Spinach & Artichoke Dip

A house-made blend of artichoke hearts, fresh spinach, and cream cheese, finished with a panko topping. Served with fresh tortilla chips & locally baked Rosemary Bread. 14

Charcuterie & Cheese Platter

A house favorite! A selection of cured imported meats & aged cheeses with accompaniments. Please see our specials board for our current selections. 22

Salads

featuring fresh greens from our hydroponic farm

Add to your Salad: Diced Roasted Atlantic Salmon - \$6 • Wood-fired Shrimp - 6 for \$4 or 9 for \$6

Add breaded, baked chicken breast to any salad for \$6

HOUSE-MADE DRESSINGS: Strawberry-Basil, Cranberry-Poppyseed, Ginger-Scallion, Greek, Bleu Cheese, Ranch, Chipotle Ranch, Honey Mustard, Caesar

Tizzone House Salad

Fresh greens from our farm topped with tomatoes, olives, red onions, fresh parmesan, and croutons - Sm 6, Med 8, Lg 12

Caesar Salad

Romaine lettuce tossed with our house-made Caesar dressing - Sm 6, Med 8, Lg 12

The Mediterranean

Fresh greens from our farm with Roma tomatoes, red onions, imported olives, artichoke hearts and feta cheese. Served with house-made Greek dressing. 16

Harvest Salad

Our own hydroponically grown salad mix with sliced apples, strawberries, sliced almonds, sliced figs, bleu cheese crumbles, avocados, and red onions. Served with house-made Strawberry-Basil Vinaigrette. 16

The Craisy Goat

Baked breaded organic chicken breast on a bed of our own hydroponically grown salad mix, with Craisins dried cranberries, goat cheese, sliced almonds, and Roma tomatoes. Served with Cranberry-Poppyseed Vinaigrette. 18

Chicken Salad Salad

Our homemade chicken salad made with organic chicken breast, served on a bed of our hydroponic romaine lettuce. Topped with farm fresh strawberries and our home grown microgreens. 16

Quinoa Bowls

Fruit & Nut Quinoa Bowl **Vegan**

Tri-colored Quinoa and couscous along with farm fresh strawberries, figs, dried cranberries, apples, and shaved almonds. Served with our house-made Strawberry Basil Vinaigrette. 12

Asian Quinoa Bowl **Vegan**

Tri-colored Quinoa and couscous along with sliced avocado, edamame, dried cranberries, and black bean corn salsa. Served with a side of our house-made Ginger-Scallion dressing. 12
Topped with diced roasted Atlantic Salmon - 16

Jan 1, 2024

Hand-cut Certified Angus Steaks

Cooked to perfection in our wood-fired oven and served with 2 fresh sides

14oz Marbled Ribeye 34

Red Wine Pairing: True Myth Cabernet Sauvignon White Wine Pairing: Julia James Chardonnay

8oz Filet Mignon 40

Red Wine Pairing: Southern Belle Red Blend White Wine Pairing: Julia James Chardonnay

—Steak Complements—

*Bleu Cheese Crust - 4 • Wood-fired Shrimp - 6 for \$4 or 9 for \$6
Jumbo Lump Crab Cake - 16 • 4 Scallops Fresh From The Outer Banks of North Carolina - 18*

NEW! Pineapple-Dijon Pork Chop

Bone-in pork chop wood-fired to perfection and finished with a tangy pineapple-dijon mustard sauce. Served with your choice of 2 fresh sides. 22

Red Wine Pairing: Lapis Luna Zinfandel White Wine Pairing: Julia James Chardonnay

NEW! Chili-Agave Stir Fry (Vegan)

Coconut rice topped with sautéed broccoli, mushrooms, red peppers, and red onions, tossed with our famous spicy chili-agave sauce. Served with a side salad. 18

Add Chicken Breast - 6 • Add Wood-fired Shrimp - 6 for \$4 or 9 for \$6

Add 4 Scallops Fresh From The Outer Banks of North Carolina - 18

Red Wine Pairing: Felino Malbec White Wine Pairing: The Ned Pinot Gris

NEW! Lemon Caper Chicken or Salmon

Your choice of hand-breaded chicken breast or wood-fired Atlantic Salmon fillet, topped with our new lemon butter & caper sauce. Served with your choice of 2 fresh sides. Chicken 22 - Salmon 28

Red Wine Pairing: Meiomi Pinot Noir White Wine Pairing: Kate Arnold Sauvignon Blanc

Chicken Florentine

Hand-breaded chicken breast over a bed of fresh spinach, topped with our spinach & artichoke dip, sun-dried tomatoes, and shaved parmesan. Served with your choice of 2 fresh sides. 22

Red Wine Pairing: Felino Malbec White Wine Pairing: The Ned Pinot Gris

Chili-Agave Scallops

Fresh scallops from the Outer Banks of NC, pan seared and topped with our spicy chili-agave sauce. Served with your choice of 2 fresh sides. 28

Red Wine Pairing: Meiomi Pinot Noir White Wine Pairing: Influence Reisling

Jumbo Lump Crab Cakes

A pair of house-prepared Jumbo Lump Crab Cakes with a house-made Dijon Remoulade.

Served with your choice of 2 fresh sides. 30

Red Wine Pairing: Felino Malbec White Wine Pairing: Julia James Chardonnay

Maple Glazed Salmon

Atlantic Salmon with an Ancho Chile rub, cooked in our wood-fired oven and finished with a Maple Glaze. Served with your choice of 2 fresh sides. 28

Red Wine Pairing: Meiomi Pinot Noir White Wine Pairing: Kate Arnold Sauvignon Blanc

Pan-Seared Ahi Tuna

Sashimi grade Ahi tuna filet, encrusted with Himalayan Sea Salt & peppercorns, pan-seared to rare. Served with your choice of 2 fresh sides. 28

Red Wine Pairing: True Myth Cabernet Sauvignon White Wine Pairing: The Ned Pinot Gris

Ahi Tuna Poke Bowl

Sashimi grade tuna, coconut rice, edamame, house-made corn salsa, avocado, and fresh grown micro greens. Served with a sweet ginger sauce. 28

Red Wine Pairing: Lapis Luna Zinfandel White Wine Pairing: Kate Arnold Sauvignon Blanc

— Fresh Sides —

*Garlic Mashed Potatoes, Wood-fired Asparagus, Coconut Rice,
Fresh Green Beans, Roasted Brussels Sprouts (contains bacon),
House Salad, Caesar Salad, Creamy Roasted Poblano Bisque*

Jan 18, 2024



Pasta Dishes

Items below served with a side salad & locally baked whole-clove garlic bread

Filet Stroganoff

Fettuccini pasta tossed in our house-made onion & mushroom stroganoff sauce, filled with select cuts of Filet Mignon.

Served with a side salad and locally baked whole-clove garlic bread. 22

Red Wine Pairing: Southern Belle Red Blend White Wine Pairing: Julia James Chardonnay

Penne & Vodka Sauce with Wood-Fired Scallops

Scallops, fresh from the Outer Banks of NC, atop penne pasta tossed with Vodka Sauce made with our house marinara, vodka, heavy cream, garlic, onions, and spices.

Served with a side salad and locally baked whole-clove garlic bread. 28

Red Wine Pairing: True Myth Cabernet Sauvignon White Wine Pairing: Kate Arnold Sauvignon Blanc

Shrimp Scampi

White wine, fresh lemon, butter, and crushed red pepper tossed with shrimp, broccoli, and angel hair pasta. Topped with shaved parmesan and fresh scallions. 22

Red Wine Pairing: Meiomi Pinot Noir White Wine Pairing: Kate Arnold Sauvignon Blanc

Chicken Parmesan

Organic chicken breast breaded with panko, garlic, and parmesan, served atop a bed of spaghetti with a house-made marinara, topped with shaved parm & fresh basil. 22

Red Wine Pairing: Felino Malbec White Wine Pairing: Julia James Chardonnay

Meredith's Baked Ziti

Penne tossed in a house made creamy meat sauce, layered with ricotta, and topped with mozzarella. 18

Red Wine Pairing: True Myth Cabernet Sauvignon White Wine Pairing: Julia James Chardonnay

Smoked Gouda & Bacon Alfredo with Chicken

Grilled chicken and broccoli tossed with fettuccini and a smoked gouda, bacon, roasted garlic, and black pepper Alfredo sauce.

Finished with shaved parmesan and fresh basil. 24

Red Wine Pairing: True Myth Cabernet Sauvignon White Wine Pairing: Influence Reisling

Spaghetti & Meatballs

A bed of spaghetti topped with our house-made marinara sauce and our farm-to-table meatballs made with locally raised pork & beef. 22

Spaghetti Marinara (Vegan) - 16

Red Wine Pairing: Felino Malbec White Wine Pairing: The Ned Pinot Gris

Gluten-free pasta and vegan cheese are available upon request.

April 2023

Wood-Fired Pizza

All pizzas can be made as Calzones - just ask!

WANT GLUTEN-FREE?
We have a new cauliflower-based gluten-free crust - it's a staff favorite! - Add \$2

WANT VEGAN?
Our regular dough & sauce are vegan.
Substitute Daiya dairy-free vegan mozzarella - just ask!
We also offer a gluten-free vegan crust - just ask!

Classic Cheese  or **Pepperoni Pizza**
Tomato sauce and all-natural mozzarella. 11 with imported pepperoni. 12

Athena 
Pesto, all-natural mozzarella, feta, artichoke hearts, sliced roma tomatoes, fresh garlic, and fresh spinach. 16

Quattro Formaggi 
Tomato sauce, all-natural mozzarella, smoked gouda, asiago, fresh basil, and shaved parmesan. 16

Veggie Delight 
Pesto sauce, all-natural mozzarella, broccoli, fresh spinach, caramelized onions, fresh mushroom medley, roasted red peppers, and sun dried tomatoes. 15

Mushroom & Rosemary 
Tomato sauce, all-natural mozzarella, fresh mushroom medley, fresh rosemary, and truffle oil. 16

Goat Cheese & Sun Dried Tomatoes 
Garlic butter sauce, goat cheese, sun dried tomatoes, roasted red peppers, and fresh basil. 16

Carne
Tomato sauce, all-natural mozzarella, Italian sausage, pepperoni, bacon, prosciutto, and soppressata. 18

California Pizza
Grilled chicken breast, sautéed onions, bacon, sundried tomatoes, and all-natural mozzarella.
Topped with arugula, fresh avocado, black pepper, and chipotle ranch. 18

BBQ Pizza
Honey BBQ sauce, all-natural mozzarella, your choice of pulled pork BBQ or grilled chicken, smoked gouda, bacon, caramelized onions, and roasted red peppers. 18

San Gennaro
Tomato sauce, all-natural mozzarella, Italian sausage, soppressata, roasted red peppers, red onion, and fresh mushroom medley. 18

Prosciutto & Arugula
Tomato sauce, all-natural mozzarella, prosciutto, arugula, shaved parmesan, and cracked black pepper. 16

Bianco
Ricotta, olive oil, all-natural mozzarella, bacon, red onion, roma tomatoes, and arugula. 16

Weekly Specials

Tasty Tuesday
Fresh Creations, Fresh Flavors!
A new menu every week
created by our team of
culinary & beverage
artists!

Wine Down Wednesday
Half Off all glasses of
our House Wines!
Plus,
\$5 Off every bottle
in our portfolio

Filet Thursday
Our hand-cut
Filet Mignon is
25% Off
Every Thursday!

Sparkling Sundays
Bottle of Prosecco
+ Juice Flight Trio = \$20
Add our famous
Charcuterie & Cheese
board for just \$15!

July 2023



Lunch Subs & Sandwiches

Served Daily from 11am to 4pm

All Lunch Sandwiches are served with your choice of Side Salad, Side Caesar Salad, or our homemade Creamy Roasted Poblano Bisque

Jumbo Lump Crabcake Sandwich

Our house-made jumbo lump crabcake served on a locally baked brioche bun with lettuce, tomato, and Dijon Remoulade. \$16

6" Wood-Fired Chicken Parmesan Sub

Breaded organic chicken breast smothered in our house marinara sauce, topped with 100% all-natural mozzarella cheese. Finished with shaved parmesan and fresh basil. \$12

6" Wood-Fired Meatball Parmesan Sub

Our farm-to-table meatballs made with locally raised beef, smothered in our house marinara sauce, topped with 100% all-natural mozzarella cheese. Finished with shaved parmesan and fresh basil. \$12

Espresso-Rubbed Pulled Pork Sandwich

Espresso & herb dry-rubbed pork shoulder, slow roasted for eight hours, hand pulled and topped with bleu cheese slaw. Served on a locally baked brioche bun. \$13

Chicken Salad Sandwich

Our homemade chicken salad made with organic chicken breast, served on locally baked ciabatta bread with romaine lettuce and tomatoes from our hydroponic farm. \$13

Wood-Fired Turkey Pesto

Sliced turkey breast, pesto sauce, fresh mozzarella, Roma tomatoes, and fresh spinach. Served on locally baked ciabatta bread. \$12

Wood-Fired Smoked Gouda & Fig

Smoked Gouda, fresh mozzarella, homemade fig spread, Roma tomatoes, and fresh spinach. Served on locally baked ciabatta bread. \$12

Wood-Fired Caprese

Fresh mozzarella, Roma tomatoes, fresh garlic, fresh spinach, olive oil, and balsamic reduction. Served on locally baked ciabatta bread. \$12
With thinly sliced Prosciutto (Italian ham) \$14