



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. 16

It's back! Caprese Skewers

Five skewers of our farm fresh hydroponic cherry tomatoes, with fresh mozzarella and basil, served over basil pesto with a balsamic reduction. 12

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 organic chicken breast to any salad for \$6

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

Tizzzone 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

It's back! 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

July 2023



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 - 16*

New! Chili-Agave Scallops

Fresh scallops from the Outer Banks of NC, pan seared and topped with our sweet and spicy soy ginger sauce and fresh scallions. Served with your choice of 2 fresh sides. 26

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: Peter Franis Zinfandel White Wine Pairing: Kate Arnold Sauvignon Blanc

Vegetable Curry Sauté (Vegan)

A sautéed medley of fresh garlic, red onions, mushrooms, broccoli, & roasted red peppers
tossed with mango-curry sauce and served over coconut rice, finished with fresh scallions.
Served with fresh bread & a side salad. 18

Add diced roasted Atlantic Salmon for 6 | Wood-fired Shrimp - 6 for 4 or 9 for 6 | 4 Scallops – 16

Red Wine Pairing: Meiomi Pinot Noir White Wine Pairing: The Ned Pinot Gris

Bourbon Peach Pork Tenderloin

Fire Roasted Pork Tenderloin, topped with a succulent Old Fashioned reduction
of bourbon, peaches, and cherries. Served with your choice of 2 fresh sides. 26

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

— Fresh Sides —

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

July 2023



Pasta Dishes

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

NEW! 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

It's back! 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