



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

### Spiced Pomegranate Salmon Bites

Diced Atlantic Salmon roasted and tossed in our new spiced pomegranate sauce, served over a bed of arugula 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 hydroponic farm topped with tomatoes, olives, red onions, fresh parmesan, and croutons  
Small 6, Medium 8, Large 12

### Caesar Salad

Romaine lettuce tossed with our house-made Caesar dressing - Small 6, Medium 8, Large 12

### 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

NEW!

### Fruit & Nut Quinoa Bowl



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



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

Feb 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 —***

*Champagne Apple Bacon Sauce - 4 • 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*

### ***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*

### ***Mango-Curry Scallops***

*Fresh scallops from the Outer Banks of NC, pan seared and topped with our mango-curry sauce and fresh scallions, served over coconut rice. Complete with a side salad. 28*

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

### ***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*

*March 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

### 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!

March 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