



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 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

Honey Sriracha Salmon Bites

Diced Atlantic Salmon roasted and tossed in a honey sriracha sauce, served over a bed of arugula 16

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

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

Salads

featuring fresh greens from our hydroponic farm

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

Add wood-fired shrimp to your salad: House Salad/House Caesar, add \$3; Full Sized Salads, add \$4

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

Tizzone 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

Asian Quinoa Bowl **Vegan**

Tri-colored Quinoa and couscous along with sliced avocado, edamame, Craisins, and black bean corn salsa. Served with a side of our house-made ginger-scallion dressing. 12

Greek Quinoa Bowl

Tri-colored Quinoa and couscous along with sun-dried tomatoes and feta cheese, Served over a bed of arugula with our house-made Greek dressing. 12

Dec 2022



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, roasted garlic, 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

Fillet Thursday

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

Sparkling Sundays

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

Dec 2022



Pasta Dishes

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

Filet Florentine Lasagna

Lasagna pasta layered with braised cuts of Filet Mignon, spinach, mushrooms, onion, roasted red peppers, garlic, ricotta, fresh basil, and mozzarella. Served with a side salad. 22

Red Wine Pairing: Mt. Veeder Cabernet Sauvignon 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: Martin Ray Chardonnay

Meredith's Baked Ziti

Rigatoni 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 Marinara (Vegan)

A bed of spaghetti topped with our house-made marinara sauce. 16
With our farm-to-table meatballs made with locally raised pork & beef. 22

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

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

Dec 2022



Steaks, Seafood, & more

Items below served with your choice of two fresh side items:

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

Marbled Ribeye

A thick hand cut 14oz Ribeye steak cooked to perfection in our wood-fired oven. 34

Add 4 Scallops - Fresh From The Outer Banks of North Carolina 12

Chimichurri Sauce 4 – Champagne Apple Bacon Sauce 4

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

Filet Mignon

Our hand cut 8oz Filet Mignon cooked to perfection in our wood-fired oven.

Served with garlic mashed potatoes & wood-fired asparagus. 40

Add 4 Scallops - Fresh From The Outer Banks of North Carolina 16

Champagne Apple Bacon Sauce 4 – Chimichurri Sauce 4

Red Wine Pairing: Mt. Veeder Cabernet Sauvignon White Wine Pairing: Martin Ray Chardonnay

Jumbo Lump Crab Cakes

A pair of house-prepared Jumbo Lump Crab Cakes with a house-made Dijon Remoulade. 30

Red Wine Pairing: Felino Malbec White Wine Pairing: Martin Ray 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. 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. 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 wasabi 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

with 6 Shrimp – 26 with 4 Scallops – 34

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

Bourbon Peach Pork Tenderloin

Cast-Iron Roasted Pork Tenderloin, topped with a succulent old fashioned reduction of bourbon, peaches, and cherry, served with asparagus and garlic mashed potatoes. 26

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



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