

# LUNCH



Free parking:  
Mon-Fri: 7pm-close  
Sat & Sun: 11am-close

## SALUMIERE

selection of our cured cuts/olives/bread  
Prosciutto di Parma/soppressata/ coppa  
mortadella w/pistacchios **17.99**

## TAVOLOZZA DI FORMAGGI

italian cheeses/fig jam/honey/raisin bread  
Grana/taleggio/cacio di roma/gorgonzola  
**16.99**

## ZUPPE / SOUPS

**GAMBERETTI E FAGIOLI** cannellini bean soup/shrimp **8.99** (GF)

**ZUPPA DI LENTICCHIE** lentil soup **7.99** (GF) (V)

## ANTIPASTI CALDI / HOT APPETIZERS

**COZZE** **13.99** (GF)

blue bay Mussels sauteed with the choice of:

- **Bianco e timo** white wine/Herbs
- **Alla zafferano** white wine/saffron broth
- **Alla napoletana** light tomato sauce

**SALSICCIA ALLA GRIGLIA** **14.99**

grilled Italian sausage/sauteed broccoli rabe/Dijon aioli

**CALAMARATA** **15.99** (GF)

grilled calamari/mixed field greens/cherry tomatoes

**CALAMARI & ZUCCHINE FRITTI** **15.99**

fried calamari/fried zucchini/spicy tomato sauce

**VONGOLE E COZZE** **18.99** (Clams Only **24.99**) (GF)

fresh little neck clams/mussels/sauteed with the choice of:

- **extra virgin olive oil/white wine**
- **light spicy tomato sauce**

**SCAMPI E CAPESANTE** **16.99** (GF)

shrimp and scallops/lemon caper sauce/grilled bread

**VERDURE ALLA GRIGLIA** **15.99** (GF) (V)

grilled seasonal vegetables

## ANTIPASTI FREDDI / COLD APPETIZERS

**MOZZARELLA ALLA CAPRESE** **15.99** (GF) (V)

buffalo mozzarella/vine ripe tomato/oregano/basil

**CARPACCIO DI MANZO** **13.99** (GF)

thin slices of raw beef tenderloin/arugula/  
shaved parmesan/capers

**CARPACCIO DI PESCE** **14.99** (GF)

thin slices of swordfish/Atlantic salmon/Ahi tuna/  
arugula/lemon dressing

**VITELLO TONNATO** **14.99**

thin slices of veal/mayo/tuna/anchovie caper sauce

**CARPACCIO DI BRESAOLA** **14.99** (GF)

thin slices of air dry beef/arugula/parmesan/balsamic

**PROSCIUTTO E MOZZARELLA** **16.99** (GF)

buffalo mozzarella/prosciutto di parma/  
roasted bell peppers

**POLPO MEDITERRANEO** **16.99** (GF)

marinated Mediterranean octopus/arugula/diced potatoes/  
black olives/lemon dressing/celery/cherry tomatoes

## INSALATE / SALADS (Under 500 Calories)

Add : Shrimp(5 pcs) **4.99**/Chicken **6.99**/Salmon **9.99**/Skirt steak **9.99**/Calamari **7.99**

**INSALATA DI RUCOLA E FINOCCHIO** **9.99** (GF) (V)

arugula salad/shaved fennel/parmigiano reggiano/lemon dressing

**INSALATA GRECA** **10.99** (GF) (V)

Greek salad/tomatoes/english cucumber/lettuce/sweet onions/feta cheese/black olives/capers/oregano

**INSALATA DI BARBABIETOLE** **11.99** (V)

organic red beets/petite arugula salad/caramelized walnuts/goat cheese crostino/ drizzled with balsamic reduction

**INSALATA MISTA** **8.99** (GF) (V)

organic mixed field greens/sweet onions/cherry tomatoes/balsamic dressing

**INSALATA DI CESARE** **8.99** (add anchovies \$1.99)

romaine lettuce/croutons/shaved parmesan cheese/classic dressing

**INSALATA CAPONATA NAPOLETANA** **9.99** (V)

assorted tomato salad/basil/red onion/oregano/cucumber/crunchy bread

**INSALATA DI SPINACI** **10.99** (GF) (V)

baby spinach salad/fresh mushrooms/caramelized walnuts/lemon vinaigrette

**INSALATA DI INDIVIA BELGA** **12.99** (GF) (V)

Belgium endive/arugula/walnuts/pear/gorgonzola dolci

## INSALATE GRANDI / ENTREE SALADS

**INSALATA DI POLLO** **15.99** (GF)

grilled chicken/potatoes and fava beans salad/  
mixed field greens

**INSALATA DI NIZZARDA** **15.99** (GF)

curly endive/marinated white tuna/tomato/arugula/french  
green beans/hard-boiled egg/olives/potatoes

**SETTE INSALATA** **19.99** (GF)

6 oz. grilled skirt steak/fries/mixed green salad/balsamic dressing

**INSALATA DI MARE** **19.99** (GF)

salmon/calamari/shrimp/mixed green/cherry tomatoes  
**INSALATA DI BOCCONCINI E PROSCIUTTO** **16.99**

Arugula/cherry tomatoes/fresh bocconcini  
mozzarella/prosciutto di parma (GF)

**INSALATA DI GAMBERETTI E CAPESANTE** **18.99**

mixed greens/U 10 scallops/shrimp/carrots/  
avocado/tomato (GF)

(V) = Vegetarian

(GF) = Gluten Free

Please alert your server of any food allergies

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## PASTA/HOMEMADE PASTAS

Add: Meat Sauce 2.99/Shrimp (5 pcs) 4.99/Chicken 6.99/  
Gluten free Penne/Spaghetti 4.99 - Whole Wheat Penne/Spaghetti 2.99

	Full/Half
<b>PENNE ALL'ARRABBIATA</b> spicy tomato sauce/garlic <span style="color: green;">v</span>	12.99/7.99
<b>PENNE ALLA RUSSA</b> fresh tomato vodka sauce/salmon/asparagus	14.99/8.99
<b>SPAGHETTI CON POLPETTE DI MANZO</b> Spaghetti/fresh tomato sauce/homemade beef meatballs	15.99/8.99
<b>CAPELLINI CON POMODORO E BASILICO</b> angel hair pasta/fresh tomato sauce/garlic/basil <span style="color: green;">v</span>	11.99/6.99
<b>FETTUCINE ALFREDO</b> in a parmesan cream sauce <span style="color: green;">v</span>	13.99/8.99
<b>FETTUCINE ALLA BOLOGNESE</b> homemade fettucine/housemade bolognese sauce/parmigiano reggiano	17.99/9.99
<b>CARBONARA</b> spaghetti/sauteed onions/pancetta/black pepper/egg	15.99/9.99
<b>CAVATELLI ALL'INDIAVOLATA</b> egg free homemade cavatelli pasta/Italian sausage/tomato/parmesan/broccoli rabe	16.99/9.99
<b>CANNELLONI DI RICOTTA E SPINACI</b> spinach/ricotta cheese/filled cannelloni/tomato sauce/parmigiano reggiano <span style="color: green;">v</span>	15.99/N/A
<b>GNOCCHI ALLA SORRENTINA</b> homemade potato dumplings/tomato sauce/fresh mozzarella <span style="color: green;">v</span>	17.99/9.99
<b>SCIALATELLI</b> egg free homemade short basil fettucine/tomato sauce/smoked mozzarella/eggplant/bell peppers <span style="color: green;">v</span>	17.99/9.99
<b>RAVIOLI DELLA NONNA</b> homemade ravioli filled with pumpkin/amaretti/butter sage sauce <span style="color: green;">v</span>	17.99/8.99
<b>LASAGNA CLASSICA</b> homemade classic meat lasagna/fresh tomato sauce/mozzarella/parmigiano reggiano	17.99/N/A
<b>LINGUINE DELLA PARANZA</b> linguine/clams/mussels/shrimp/calamari/fresh tomato sauce	19.99/N/A
<b>SPAGHETTI ALLE VONGOLE</b> spaghetti in olive oil/garlic/baby clams	19.99/N/A
<b>STROZZAPRETI CON PESTO</b> egg free homemade Strozzapreti pasta/shrimp/diced tomatoes/pesto sauce	16.99/N/A

## PANINI/ITALIAN SANDWICHES

(choice of mixed greens or french fries)

<b>TACCHINO SANDWICH</b> 10.99 roasted turkey slices/lettuce/tomato/bacon/mayo/wheat toast	<b>CLASSICO</b> 10.99 prosciutto di parma/arugula/fresh mozzarella
<b>ORTOLANO</b> 10.99 <span style="color: green;">v</span> marinated grilled vegetables "Capri style"/provolone cheese	<b>SETTE BURGER</b> 10.99 angus ground beef/caramelized onions/lettuce/vine ripe tomato/cheddar cheese/bun
<b>CAPRESE</b> 10.99 <span style="color: green;">v</span> vine ripe tomato/fresh mozzarella/basil	<b>PARMIGIANA</b> 12.99 Milanese style breaded chicken breast/ fresh mozzarella/vine ripe tomato
<b>MEATBALL SANDWICH</b> 12.99 Homemade beef meatballs/provolone cheese/tomato sauce	

## FROM OUR BRUNCH MENU

<b>EGG WHITE OMELET</b> 3 eggs/spinach/roasted peppers/zucchini/mushrooms	12.99
<b>FRITTATA</b> pan faced omelet/mozzarella/diced tomatoes/spinach	11.99
<b>SMOKED SALMON PLATTER</b> toasted bagel/norwegian smoked salmon/cream cheese/onion/capers	13.99
<b>UOVO COTTO</b> baked eggs/san marzano tomato/feta cheese/bacon/wheat toast	10.99

## SECONDI/ENTREES

<b>MELANZANE ALLA PARMIGIANA</b> eggplant/tomato sauce/basil/mozzarella/baked in our pizza oven	16.99 <span style="color: green;">v</span>
<b>POLLO ALLA MILANESE</b> Milanese style breaded chicken breast/cherry tomatoes/baby arugula salad	18.99
<b>POLLO ALLA PARMIGIANA</b> crispy chicken breast/tomato/potatoes/mozzarella/broccoli rabe/parmigiano reggiano	19.99
<b>BATTUTA DI POLLO</b> pounded/grilled chicken breast/mixed greens/cherry tomatoes salad	16.99 <span style="color: green;">GF</span>
<b>VEAL MARSALA</b> veal scaloppini/lombardi marsala wine/wild mushrooms/sauteed spinach/rosemary roasted potatoes	26.99
<b>VEAL PICCATA</b> veal scaloppini/fresh lemon/capers/white wine/sauteed spinach/rosemary roasted potatoes	26.99
<b>TAGLIATA DI MANZO</b> grilled skirt steak/horseradish sauce/french fries	21.99
<b>FILETTO DI MANZO</b> grilled filet mignon/spinach/rosemary fingerling potatoes/brandy peppercorn sauce	26.99 <span style="color: green;">GF</span>
<b>TRANCIO DI SALMONE ALLA GRIGLIA</b> grilled fillet of Atlantic salmon/seasonal vegetables/black olives/capers/balsamic	22.99 <span style="color: green;">GF</span>
<b>PESCE SPADA</b> grilled swordfish fillet/braised tuscan cabbage/ fava beans/basil oil/cherry tomatoes/capers	25.99 <span style="color: green;">GF</span>
<b>FILETTO DI BRANZINO</b> pan seared Mediterranean seabass/spinach/tomatoes/black olives/capers/balsamic	26.99

## CONTORNI/SIDES 4.99

Grilled asparagus	Side marinated olives	rosemary fingerling potatoes
sauteed brussels sprouts	side pasta (penne or capellini)	truffled parmesan fries
Sauteed mushrooms	small salad (mista or caesar)	sauteed spinach

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## FLATBREAD

- POLLO** organic chicken/taleggio cheese/sundried tomatoes 11.99
- PROSCIUTTO** prosciutto di parma/fresh mozzarella 11.99
- FUNGHI** wild mushroom ragout/spinach/truffle oil V 12.99
- CARNE** skirt steak/spinach/sundried tomatoes/  
fresh mozzarella/gorgonzola 12.99
- DI SALMONE AFFUMICATO** 12.99  
sliced smoked salmon/goat cheese/field greens/  
truffle oil

## CALZONE

- CALZONE** 13.99  
baked calzone stuffed with fresh mozzarella/  
mushrooms/ham
- CALZONE VEGETERIANO** V 14.99  
baked calzone stuffed with fresh mozzarella/  
ricotta/mushrooms/zucchini/eggplant/roasted  
peppers/tomato sauce

## WOOD FIRED PIZZE (12")

Our wood fired pizzas are made with San Marzano tomato sauce / Tuscan extra virgin olive oil

### WITH SAN MARZANO TOMATO SAUCE

- MARINARA** 11.99 V NC  
San Marzano tomato sauce/roasted garlic/oregano
- MARGHERITA CLASSICA** 12.99 V  
San Marzano tomato sauce/fresh mozzarella/basil
- NAPOLETANA** 13.99 NC  
San Marzano tomato sauce/anchovies/capers/oregano
- GRECA** 14.99 V  
San Marzano tomato sauce/fresh mozzarella/feta/onions/olives/cherry tomatoes
- SOFIA** 14.99 V  
San Marzano tomato sauce/fresh mozzarella/gorgonzola cheese
- SALAMI** 14.99  
San Marzano tomato sauce/fresh mozzarella/pepperoni/mushrooms
- QUATTRO STAGIONI** 15.99  
San Marzano tomato sauce/fresh mozzarella/artichokes/mushrooms/sausage/Italian ham
- VEGETARIANA** 14.99 V NC  
San Marzano tomato sauce/roasted bell peppers/eggplant/zucchini
- CAPRICCIOSA** 15.99 NC  
San Marzano tomato sauce/Italian sausage/artichokes/mushrooms/baked egg
- REGINA** 17.99 V  
San Marzano tomato sauce/imported water buffalo mozzarella/basil
- DI MARE** 17.99 NC  
San Marzano tomato sauce/mussels/clams/calamari/shrimp
- BRESAOLA** 15.99  
San Marzano tomato sauce/fresh mozzarella/arugula/beef bresaola carpaccio/parmigiano reggiano

### WITHOUT SAN MARZANO TOMATO SAUCE

- INDIAVOLATA** 13.99  
fresh mozzarella/spicy pork sausage/broccoli rabe
- DI PROSCIUTTO E RUCOLA** 14.99  
Prosciutto Di Parma/fresh mozzarella/baby arugula/lemon oil dressing
- CACIOTTARO** 14.99 V  
four cheeses: fresh mozzarella/gorgonzola/taleggio/grana
- VERDONA** 13.99 V  
ricotta cheese/spinach/black olives/capers/fresh mozzarella
- CONTADINA** 14.99 V  
smoked mozzarella/eggplant/roasted bell peppers/onions

Topping(s) :

Bacon/Ham/Pepperoni/Feta/Parmigiano/Mozzarella/Gorgonzola/Olives/Mushrooms/  
Artichokes/spinach/Anchovies 2.99

Prosciutto di Parma/Mozzarella di Buffalo/Chicken/Shrimp 4.99

## KID'S MENU

- CHICKEN TENDERS** 6.99  
lightly golden fried/French fries
- GRILLED CHEESE SANDWICH** 6.99  
served with French fries

- PENNE PASTA** 5.99  
penne pasta/basil tomato sauce
- MINI PIZZA** 7.99  
kids margherita

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Chef de cuisine  
Nicola Sanna