



All ingredients are fresh & locally sourced whenever possible.

Vegetarian item

Starters

Creamy Roasted Poblano Bisque

Bowl 8

Gnarly Knots

Hand-made garlic-parmesan dough knots served with our house marinara sauce. 9

Balsamic Bruschetta

A blend of fresh tomatoes, garlic, fresh basil, parmesan, balsamic vinegar, and olive oil. Served with toasted crostinis. 15

Wood-Fired Chicken Wings

Roasted in our wood-fired oven, served naked with hot sauce or honey BBQ sauce on the side. 17

Outer Banks Sea Scallops with Sundried Tomato Cream

Fresh scallops from the Outer Banks, seared and placed atop our Cajun Sun-dried Tomato Cream Sauce. Served with toasted crostinis. 22

Whipped Goat Cheese & Fig Spread

Drizzled with our house made Hot Honey. Served with toasted crostinis. \$15

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. 19

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. 17

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. 25

Salads

featuring fresh greens from our hydroponic farm

Add to your Salad: 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 7, Med 9, Lg 13

Caesar Salad

Romaine lettuce tossed with our house-made Caesar dressing - Sm 7, Med 9, Lg 13

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. 17

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. 17

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. 19

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. 17

Quinoa Bowls

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. 15

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. 15
Topped with diced roasted Atlantic Salmon - 19

Hand-cut Certified Angus Steaks

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

14oz Marbled Ribeye 39

Red Wine Pairing: Two Mountain Cabernet White Wine Pairing: Julia James Chardonnay

8oz Filet Mignon 45

Red Wine Pairing: Chronicle Cape 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! Hot Honey Pork Chop

Bone-in pork chop wood-fired to perfection and glazed with our house-made Hot Honey. Served with your choice of 2 fresh sides. 26

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

NEW! Salmon Stir Fry

Coconut rice topped with diced roasted Atlantic salmon, sautéed broccoli, fresh mushrooms, red peppers, and red onions, tossed with our famous spicy chili-agave sauce. Served with a side salad. 22

Red Wine Pairing: Felino Malbec White Wine Pairing: Kate Arnold Sauvignon Blanc

NEW! Filet & Broccoli

Coconut rice topped with 6 oz. of sliced filet mignon with broccoli and fresh mushrooms sautéed in our house-made ginger-scallion dressing. Served with a side salad. 26

Red Wine Pairing: Remhoogte Chronicle Cape Blend White Wine Pairing: The Ned Pinot Gris

Lemon Caper Chicken or Salmon

Your choice of hand-breaded chicken breast or wood-fired Atlantic Salmon fillet, topped with our lemon butter & caper sauce. Served with your choice of 2 fresh sides. Chicken 24 - Salmon 30

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. 25

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. 33

Red Wine Pairing: Meiomi Pinot Noir White Wine Pairing: Two Mountain Riesling

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. 35

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. 29

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. 32

Red Wine Pairing: Two Mountain 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. 32

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

— Fresh Sides —

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

Pasta Dishes

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

Penne Michelangelo

Penne pasta, grilled chicken, bacon, spinach, and fresh mushrooms tossed in a creamy sun-dried tomato sauce, topped with fresh basil. 28

Red Wine Pairing: Chronicle Cape Blend White Wine Pairing: Julia James Chardonnay

Mussels Pomodoro

Half-pound of Chilean mussels served over spaghetti with our house marinara sauce and fresh basil 28

Red Wine Pairing: Remhoogte Chronicle Cape Blend White Wine Pairing: Kate Arnold Sauvignon Blanc

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. 35

Red Wine Pairing: Two Mountain 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. 28

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

Chicken Parmesan

100% natural chicken breast breaded with panko and parmesan, served atop a bed of spaghetti with a house-made marinara, topped with shaved parm & fresh basil. 26

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. 21

Red Wine Pairing: Two Mountain Cabernet Sauvignon White Wine Pairing: Julia James Chardonnay

Smoked Gouda & Bacon Alfredo with Chicken

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

Finished with shaved parmesan and fresh basil. 28

Red Wine Pairing: Two Mountain Cabernet Sauvignon White Wine Pairing: Two Mountain Riesling

***Don't see what you want? Just ask!
Gluten-free pasta and vegan cheese are available.***

Wood-Fired Pizza

All pizzas can be made as Calzones - just ask!

WANT GLUTEN-FREE?

We have a 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 - \$2 We also offer a gluten-free vegan crust - \$2

WANT IT HOT? Add our house-made Hot Honey to any item for \$2

Classic Cheese or Pepperoni Pizza

Tomato sauce and all-natural mozzarella. 12 with imported pepperoni. 14

Margherita

Tomato sauce, fresh mozzarella, Roma tomatoes, fresh garlic, fresh basil 16

Athena

Pesto sauce, all-natural mozzarella, feta, artichoke hearts, sliced roma tomatoes, fresh garlic, fresh spinach 18

Quattro Formaggi

Tomato sauce, all-natural mozzarella, smoked gouda, asiago, fresh basil, shaved parmesan 16

Veggie Delight

Pesto sauce, all-natural mozzarella, broccoli, fresh spinach, caramelized onions, fresh mushroom medley, roasted red peppers, sun-dried tomatoes 16

Mushroom & Rosemary

Tomato sauce, all-natural mozzarella, fresh mushroom medley, fresh rosemary, truffle oil 16

Goat Cheese & Sun Dried Tomatoes

Garlic butter sauce, goat cheese, sun dried tomatoes, roasted red peppers, and fresh basil 17

Pine & Swine

Honey BBQ sauce, all-natural mozzarella, bacon, prosciutto, pineapple 18

Diavolo

Ricotta, all-natural mozzarella, Italian sausage, jalapeños, fresh garlic, hot honey 18

Carne

Tomato sauce, all-natural mozzarella, Italian sausage, pepperoni, bacon, prosciutto, soppressata 19

California Pizza

Grilled chicken breast, sautéed onions, bacon, sun-dried tomatoes, and all-natural mozzarella. Topped with arugula, fresh avocado, black pepper, and chipotle ranch 19

BBQ Pizza

Honey BBQ sauce, all-natural mozzarella, your choice of pulled pork BBQ or grilled chicken, with smoked gouda, bacon, caramelized onions, and roasted red peppers. 19

San Gennaro

Tomato sauce, all-natural mozzarella, Italian sausage, soppressata, roasted red peppers, red onion, fresh mushroom medley 19

Prosciutto & Arugula

Tomato sauce, all-natural mozzarella, prosciutto, arugula, shaved parmesan, cracked black pepper 18

Bianco

Ricotta, olive oil, all-natural mozzarella, bacon, red onion, Roma tomatoes, arugula 17

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!

Dinner - March 2025

Salads

featuring fresh greens from our hydroponic farm

Add to your Salad: 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 7, Med 9, Lg 13

Caesar Salad

Romaine lettuce tossed with our house-made Caesar dressing - Sm 7, Med 9, Lg 13

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. 17

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. 17

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. 19

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. 17

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. 15

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. 15
Topped with diced roasted Atlantic Salmon - 19

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

NEW! Chipotle Maple Chicken Sandwich

Maple glazed breaded chicken breast on a toasted brioche bun topped with provolone, lettuce, tomato, and chipotle ranch. \$15

Jumbo Lump Crabcake Sandwich

Our house-made jumbo lump crabcake served on a toasted brioche bun with lettuce, tomato, and Dijon Remoulade. \$17

Wood-Fired Chicken Parmesan Sub

Breaded chicken breast smothered in our house marinara, topped with 100% all-natural mozzarella cheese. Finished with shaved parmesan and fresh basil. \$15

Wood-Fired Meatball Parmesan Sub

Meatballs smothered in our house marinara, topped with 100% all-natural mozzarella cheese. Finished with shaved parmesan and fresh basil. \$14

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 toasted brioche bun. \$15

Pizza Steak Sub

Freshly sliced smoked roast beef, Italian pepperoni, and banana peppers, wood-fired with provolone cheese, topped with our house marinara and arugula. \$17

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. \$15

Roast Beef Sub

Freshly sliced smoked roast beef topped with pickled sweet peppers and house-made horseradish sauce. \$15

Wood-Fired Turkey Pesto

Sliced turkey breast, pesto sauce, fresh mozzarella, Roma tomatoes, and fresh spinach. Served on locally baked ciabatta bread. \$15

Wood-Fired Smoked Gouda & Fig

Smoked Gouda, fresh mozzarella, homemade fig spread, Roma tomatoes, and fresh spinach. Served on locally baked ciabatta bread. \$15

Wood-Fired Caprese

Fresh mozzarella, Roma tomatoes, fresh garlic, fresh spinach, olive oil, and balsamic reduction. Served on locally baked ciabatta bread. \$15
With thinly sliced Prosciutto (Italian ham) \$17

 Vegetarian item

Lunch - March 2025