

# LUNCH MENU

## INSALATE & ZUPPA

### Add Protein To Any Salad:

Chicken +4 | Shrimp +6  
Wild Alaskan Salmon +6

### CESARE

Little Gem Lettuce, Shaved Parmigiano Reggiano, Croutons, House-Made Ceasar Dressing **9.95**

### ESOTICA

Organic Arugula, Avocado, Shaved Parmigiano Reggiano, House-Made Balsamic Dressing **11.95 V**

### GUSTOSA

Organic Spinach, Mushrooms, Caramelized Onions, Guanciale, Blue Cheese Dressing **11.95**

### ROMANA

Chopped Romaine, Walnuts, Goat Cheese, Raspberry Vinaigrette Dressing **12.95 V, N**

### MINISTRONE

Fresh Mixed Vegetable Soup **7.95 VG**

## PANINI\*

### POLLO PESTO MOZZARELLA

Grilled Free-Range Chicken Breast, Mozzarella, House-Made Pesto **11.95 N**

### POLPETTE

Meatballs, Marinara Sauce, Mozzarella **11.95**

### VEGETALI MISTI

Mozzarella, Zucchini, Eggplant, Bell Peppers **11.95 V**

### FOCACCIA PROSCIUTTO E MOZZARELLA

Mozzarella and Prosciutto San Daniele **12.95**

### FOCACCIA SALCICCIA

Mozzarella, Wild Fennel Sausage, Caramelized Onions **11.95**



**GARLIC BREAD OR GARLIC FOCACCIA\* 5.00**

**GLUTEN-FREE FOCACCIA\* 5.00**

**FOCACCIA\* 4.00**

**\*HOUSE-MADE BREADS**

V = Vegetarian VG = Vegan N = Contains Nuts



## LA TAVERNA

MONDAY-FRIDAY  
11AM - 3PM

SATURDAY  
11:30AM - 3PM

## BUILD YOUR OWN PASTA

### 1 SELECT A PASTA

SPAGHETTI	GNOCCHI* +3
LINGUINE	RAVIOLI DI RICOTTA E SPINACI* +3
PENNE	GLUTEN-FREE GNOCCHI* +4
RIGATONI	GLUTEN-FREE PASTA +3
PAPPARDELLE*	*HOUSE-MADE
FETTUCCINE*	

### 2 SELECT A SAUCE

#### POMODORO FRESCO

Fresh Peeled Tomato, Fresh Basil, E.V.O.O., Garlic **12.50 V**

#### PESTO

House-Made Pesto with 2-year Aged Parmigiano, E.V.O.O., Fresh Basil, Pine Nuts **13.50 V N**

#### BOLOGNESE

100% Grass-Fed Beef, San Marzano Plum Tomatoes, E.V.O.O., Onions, Carrots, Celery **13.50**

#### CARBONARA

Organic Eggs, Pecorino, Parmigiano Reggiano, Guanciale **13.50**

#### CACIO E PEPE

Pecorino and Toasted Black Peppercorn **12.50 V**

#### PINK VODKA

Fresh Cherry Tomatoes, Vodka Cream **12.50 V**

### 3 SELECT AN ADD-ON

OPTIONAL

ORGANIC CHICKEN +4

MEATBALLS +4

WILD FENNEL SAUSAGE +4

WILD ALASKAN SALMON +6

ORGANIC SHORT RIBS +6

WILD SHRIMP +6

DAILY FRESH VEGGIES +3

## PASTA

### LASAGNA BOLOGNESE\*

Fresh Bolognese, Besciamella, Mozzarella, Parmigiano Reggiano **16.95**

### RIGATONI ALLA NORMA

San Marzano Tomatoes, E.V.O.O., Eggplant, Mozzarella di Bufala, Organic Arugula **13.95 V**

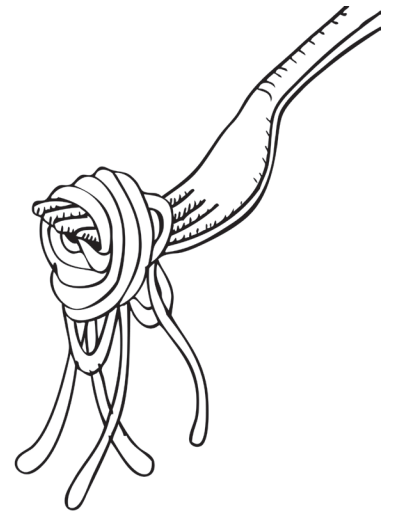
### RAVIOLI DI ARAGOSTA\*

Maine Lobster with Pink Vodka Cherry Tomato Sauce **18.95**

### FETTUCCINE PRIMAVERA

Zucchini, Broccoli, Carrots, Mushrooms, Peas, Fresh Chopped Tomatoes, E.V.O.O. **14.95 VG**

**\*HOUSE-MADE**



## SECONDI PIATTI

### PARMIGIANA DI MELANZANE

Grilled Organic Eggplant, San Marzano Tomato Sauce, Mozzarella, Parmigiano Reggiano, Provolone **14.95**

### POLLO PARMIGIANA

Breaded Organic Free-Range Chicken Breast, Parmigiano Reggiano, Mozzarella, San Marzano Tomato Sauce, Served with Spaghetti Marinara **16.95**

### POLLO PICCATA

Lightly Floured Organic Free-Range Chicken Breast, Fresh Lemon Capers, White Wine Sauce, Served with Mashed Potatoes **16.95**

### SALMONE PICCATA

Grilled Wild Alaskan Salmon, Fresh Lemon Capers, White Wine Sauce, Served with Sautéed Organic Spinach **18.95**

## VEGANI

### HAMBURGER VEGETALI

Broccoli, Zucchini, Carrots, Served with Avocado and Organic Arugula **11.95 VG**

# PIZZE & CALZONI

## PIZZE 12"

### CLASSICHE

#### MARGHERITA

Fresh Tomato Sauce, Mozzarella, Parmigiano Reggiano, Fresh Basil, E.V.O.O  
**10.95 V**

### ROSSE

#### LA TAVERNA

Fresh Tomato Sauce, Provolone, Wild Fennel Sausage, Prosciutto Cotto  
Rovagnati **13.95**

#### BOLOGNESE

Fresh Tomato Sauce, Mozzarella, Meatballs, Parmigiano Reggiano, Fresh Basil  
**12.95**

#### FRESCA

Mozzarella Burrata, Cherry Tomatoes, Fresh Basil **13.95 V**

### BIANCHE

#### QUATTRO FORMAGGI

Mozzarella, Gorgonzola Dolce, Brie, Parmigiano Reggiano, E.V.O.O. **13.95 V**

#### BIANCA

Mozzarella, Prosciutto Cotto Rovagnati, Olives, Parmigiano Reggiano, Fresh  
Basil, E.V.O.O. **13.95**

#### CONTADINA

Mozzarella, Eggplant, Zucchini, Fresh Basil, E.V.O.O. **13.95**

### VEGANE

#### ZUCCHINE

Fresh Tomato Sauce, Julienne Zucchini, Potatoes **13.95 VG**

#### PESTO

House-Made Vegan Pesto, Cherry Tomatoes, Onions, Mushrooms **12.95 VG, N**

**GLUTEN-FREE +3 | MOZZARELLA DI BUFALA +3**

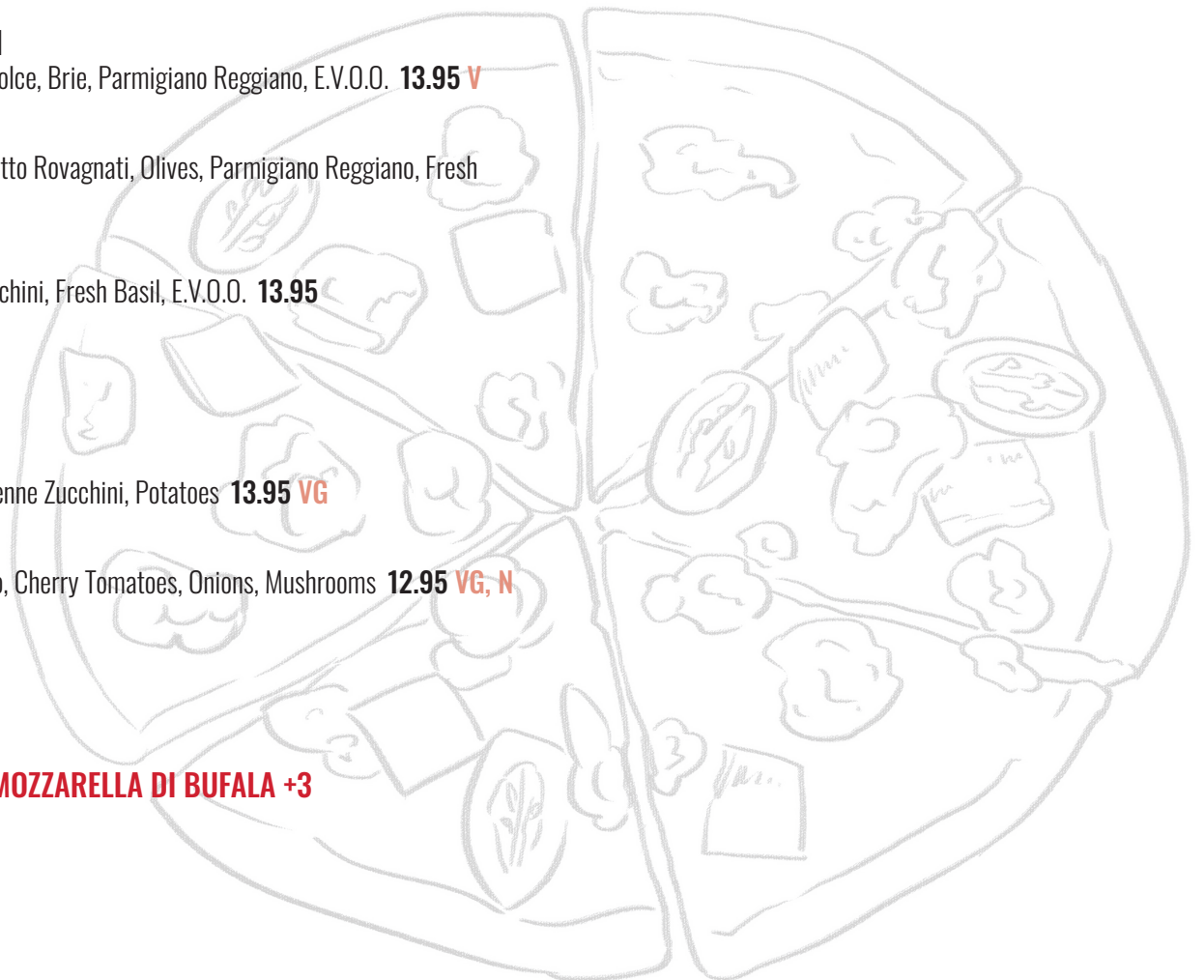
## CALZONI

#### SALSICCIA

Fresh Tomato Sauce, Caramelized Onions,  
Mozzarella, Wild Fennel Sausage **13.95**

#### RICOTTA

Mozzarella, Prosciutto Cotto Rovagnati, Ricotta,  
Organic Spinach, Parmigiano Reggiano **13.95 V**



# LA TAVERNA