

LUNCH MENU

ITALIAN TAPAS

☪ **MOZZARELLA CAPRESE** | 10.5
add roasted peppers and sundried tomatoes for \$3

COLD ANTIPASTO | 16
mozzarella caprese, salami, provolone, prosciutto, parmigiana reggiano, arugula with crostini

CHICKEN PARM DUMPLINGS | 15
topped with melted mozzarella, tomato dipping sauce

OLD SCHOOL MEATBALLS | 14
our famous homemade meatballs, scoop of ricotta

☪ **OVEN ROASTED WINGS** | 12
rosemary marinade, caramelized onions

🔥 **SPICY SCARPARELLO WINGS** | 12
marinated, wood oven-roasted, lemon butter herb sauce, pepperoncini, gorgonzola crumbles

CLASSIC CRISPY CALAMARI | 14
marinara dipping sauce

🔥 **CALAMARI FIAMMA** | 15
hot cherry peppers, fradiavolo sauce, balsamic glaze

BAKED CLAMS OREGANATE
8 clams 12 | one dozen 18
middle neck clams, seasoned breadcrumbs, lemon butter sauce

☪ **CLAMS & MUSSELS MISTO** | 16
marinara sauce or roasted garlic butter sauce, crostini

LOBSTER MAC & CHEESE | 18
maine lobster meat, manchego cheese, seasoned breadcrumbs

FRESH GARDEN SALADS

STARTER SALADS

☪ **NICE TOSSED SALAD** | 6/12
mixed greens, carrots, cucumber, tomato, homemade balsamic vinaigrette

CRISPY ARTICHOKE HEARTS AND ARUGULA | 11
pan seared with garlic, rosemary served over arugula, with shaved parmigiana reggiano, balsamic glaze

CLASSIC CAESAR | 6/12
house-made croutons, parmigiana reggiano

☪ **KALE & ARUGULA** | 8/15
dried cranberries, mandarin oranges, beets, sunflower seeds, pine nuts and feta with a mint-citrus vinaigrette

MAIN PLATE SALADS

☪ **ROASTED BEET SALAD** | 15
red and golden beets served on a bed of arugula, pistachios, mandarin oranges, house pickled onions, citrus vinaigrette, goat cheese

☪ **NUTS ABOUT SALAD** | 15
romaine and baby greens, pecans, walnuts, sunflower seeds, raisins, house balsamic vinaigrette, gorgonzola

☪ **QUINOA SALAD** | 15
a scoop of our quinoa with garbanzo beans, cucumber and celery over a bed of mixed greens with roasted beets, walnuts, gorgonzola & balsamic vinaigrette

CHOPPED ITALIAN SALAD | 15
romaine, radicchio, artichoke hearts, roasted peppers, red onion, italian salami, kalamata olives, fresh mozzarella, homemade balsamic vinaigrette

PECAN CHICKEN SALAD | 17.5
mixed lettuces, homemade vinaigrette, pecans, dried cranberries, mandarin oranges, gorgonzola, crispy pecan chicken breast

☪ **SUMMER SALMON SALAD** | 21
grilled salmon, mixed greens, cucumber, mandarin oranges, strawberries, goat cheese, raspberry vinaigrette

LUNCH SANDWICHES

Served with waffle fries

ITALIAN COMBO | 16
ham, salami, cappicola, provolone, lettuce, tomato, red onion, house vinaigrette

LITTLE ITALY | 15
fresh mozzarella, prosciutto di parma, garden tomato, spinach, red onion, EVOO, balsamic glaze, basil purée

PESTO CHICKEN | 16
grilled chicken, fresh mozzarella, garden tomato, arugula, basil aioli

CHICKEN PARMIGIANA | 14
served on ciabatta

EGGPLANT PARMIGIANA | 12
served on ciabatta

VEAL PARMIGIANA | 15
served on ciabatta

MEATBALL PARMIGIANA | 12
served on ciabatta

\$12.⁵⁰ DINE-IN LUNCH SPECIALS

Served with a cup of soup or tossed salad and a soft drink, iced tea or coffee.

FLATBREAD WITH SOUP OR SALAD
choose any flatbread from our menu

CHICKEN PARMIGIANA
served with spaghetti

EGGPLANT PARMIGIANA
served with spaghetti

CHICKEN FRANCESE
served with the vegetable of the day

CHICKEN MARSALA
served with the vegetable of the day

CHICKEN ALLESANDRO
spinach, mushrooms, artichoke hearts, light plum tomato sauce

BAKED PENNE
homemade tomato sauce and ricotta topped with melted mozzarella

PENNE ALLA VODKA
san marzano tomato, shallots, garlic, cream and parmigiana reggiano

SPAGHETTI WITH MEATBALLS
two meatballs and a scoop of ricotta

SAUSAGE & PEPPERS
sauteed with onions, served with spaghetti

HALF SANDWICH COMBO
choose from chicken parmigiana, eggplant parmigiana, OR Italian Combo. Served with waffle fries.

PASTA

CAPELLINI CAPRESE | 14
sautéed fresh tomato, roasted garlic, basil, chopped fresh mozzarella

CAVATAPPI FUNGHI | 16
portobella mushrooms, button mushrooms, parmigiana cream sauce, garlic, splash of san marzano

WHOLE WHEAT HARVEST | 17
mushrooms, broccoli spinach, fresh tomato, artichoke hearts, roasted garlic, whole wheat spaghetti

LOBSTER RAVIOLI | 18
topped with baby shrimp, parmigiana pink sauce

LINGUINE WITH CLAM SAUCE | 18
whole middle neck clams in your choice of white or red sauce

FARFALLE ALLA NONNA | 15
fresh tomato, roasted eggplant, fresh mozzarella

PENNE MELANIE | 16
chicken, mushrooms, spinach, fresh tomato, roasted garlic, white wine

RIGATONI BOLOGNESE | 15
our homemade meat sauce

ENTRÉES

served with the vegetable of the day unless otherwise specified

VEAL PARMIGIANA | 18
served with spaghetti

VEAL MARSALA | 18.5
mushrooms, marsala wine, house-made demi glaze

VEAL PICCATA | 18.5
capers, lemon, butter, white wine sauce

⇌ **VEAL ALLESANDRO** | 19.5 ⇌
spinach, mushrooms, artichoke hearts, light plum tomato sauce

⇌ **CUOMO** ⇌
chicken 15, veal 19.5
portobella mushrooms, sherry demi glaze, spinach with pine nuts

SHRIMP PARMIGIANA | 21
three jumbo shrimp served with linguine

SHRIMP SCAMPI | 21
garlic-butter sauce over linguine

SALMON OREGANATE | 18
broiled, topped with seasoned breadcrumbs and oven-roasted tomato

ADD A TOSSED SALAD TO YOUR MEAL FOR \$2

ENTRÉE SIDE DISH SUBSTITUTIONS

PASTA WITH GARLIC & OIL 2

MEAT SAUCE 4

BROCCOLI 3

BROCCOLI RABE 6

ALLA VODKA 3.5

SPINACH 4

WHOLE WHEAT PASTA 2

GLUTEN FREE PASTA 3

No substitutions for Lunch specials. Lunch specials may not be split between multiple guests.

Not all ingredients are listed on the menu.

Please let your server know if you have food allergies or other preferences.

☪ | GLUTEN-FREE 🔥 | SPICY ⇌ | FIAMMA SPECIALTY

FROM THE PIZZA OVEN

STROMBOLI | 15

ham, pepperoni, green peppers, and grande mozzarella

CALZONE | 14

ricotta and mozzarella

STARTER FLATBREADS

POMODORO | 9.5

oven-roasted tomato, grande mozzarella, basil puree

TRUFFLE | 12

mozzarella, mixed mushrooms, salt, truffle oil

FIG & GOAT CHEESE | 12

fig jam, goat cheese, gorgonzola, prosciutto di parma

QUATTRO

FORMAGGI | 10.5

ricotta, mozzarella, parmigiana reggiano, gorgonzola, garlic, crispy rosemary

BBQ CHICKEN | 11

chicken, mozzarella, cheddar, caramelized onions, BBQ sauce

LA NOSTRE PIZZA

"THE CLASSIC" NY PIZZA | 15

house-made pizza sauce, grande mozzarella

SOHO CHICKEN PARM | 19

tomato sauce, chicken cutlet and mozzarella

SOUTH STREET SHRIMP | 17

shrimp, vodka sauce, mozzarella, fresh basil

ROASTED VEGGIE PIZZA | 18

broccoli, cauliflower, artichokes, grande mozzarella, goat cheese

MANHATTAN MEAT LOVERS | 20

NY classic topped with pepperoni, ham, bacon, sausage and meatballs

BIANCA VERDE | 18

ricotta, mozzarella, broccoli, spinach and oven-roasted tomatoes

MARGHERITA | 16

from the wood oven - san marzano tomato, basil fresh mozzarella

TRE FUNGHI | 18

mozzarella, mixed mushrooms, truffle oil, sea salt, crisp sage

PICCANTE | 18

san marzano tomato, fresh mozzarella, spicy salami piccante, capicola

PASTA, SALAD OR ENTRÉE ADDITIONS

GRILLED CHICKEN 5

CHICKEN CUTLET 5

PECAN CHICKEN 6

(1) MEATBALL 4

(2) GRILLED JUMBO SHRIMP 9

SAUTÉED BABY SHRIMP 5

SALMON 11

QUINOA 4

GORGONZOLA 2

FETA 2

GOAT CHEESE 3

FRESH MOZZARELLA 3

MELTED OR SHREDDED MOZZARELLA 2

RICOTTA 2.5

NOTE:

These are add-ons to your dish. Side dishes will be charged accordingly.

UPGRADES & ADDITIONS

Upgrade to a Caesar Salad for an additional \$1.50

Upgrade to a small Mediterranean Salad for an additional \$3

Upgrade to a small Nuts About Salad or Chopped Italian Salad for an additional \$4

Add Gorgonzola, Shredded Mozzarella or Shaved Parmesan to your salad for an additional \$2

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BEER

BUDWEISER 5

BUD LIGHT 5

MICHELOB ULTRA 5

MILLER LITE 5

HEINEKEN 6

BLUE MOON 6

ST PAULIE GIRL N.A. 6

PERONI 6

CORONA 6

STELLA ARTOIS 6

YUENGLING 6

SAM ADAMS 6

DOGFISH HEAD 60 MIN IPA 6

FUNKY BUDDAH HOP GUN IPA 6

WINE BY THE GLASS

SPARKLING

PROSECCO Piccini, Prosecco DOCG

GLS HH

7 5

WHITES & ROSE

CHARDONNAY Castle Rock, Central Coast, CA

8 5

CHARDONNAY Rodney Strong, Sonoma, CA

9 6

SAUVIGNON BLANC New Harbor, Marlborough, NZ

9 6

SAUVIGNON BLANC Kim Crawford, Marlborough, NZ

14 11

PINOT GRIGIO Cielo, Della Venezie IGT, Italy

8 5

PINOT GRIGIO Santa Cristina, Antinori, Italy

10 8

RIESLING RELAX Mosel, Germany

9 6

MOSCATO Cavit, Provincia Di Pavia IGT, Italy

8 5

ROSATO Scalabrone, Antinor, Bolgheri DOC

14 11

REDS

PINOT NOIR Five Rivers, CA

9 6

PINOT NOIR Meiomi, Sonoma Coast, CA

12 10

MERLOT Mars & Venus, Tierra La Castilla, Spain

8 5

CABERNET SAUVIGNON Dark Horse, CA

8 5

CABERNET SAUVIGNON Josh Cellars, North Coast, CA

9 7

CABERNET SAUVIGNON Liberty School, Paso Robles, CA

12 10

CABERNET SAUVIGNON Mt. Veeder, Napa Valley, CA

19 15

RED BLEND Apothic, CA

8 5

MALBEC Trivento Malbec Reserve, Mendoza Argentina

9 7

CHIANTI Straccali, Tuscany, Italy

8 5

CHIANTI CLASSICO DOCG Ruffino Aziano, Tuscany, Italy

10 8

RIPASSO (BABY AMARONE) Masi "Campofiorin" Veneto, Italy

15 12

SUPER TUSCAN Villa Antinori, Tuscany, Italy

15 12

SPECIALTY COCKTAILS

ULTIMATE COSMO | 12.5/8

citrus vodka, cointreau, house-made sour mix, cranberry juice and lime

FIAMMA-TINI | 12.5/8

stoli raspberry vodka, triple sec, fresh lime, cranberry juice, prosecco float

SPICY MANGO MARGHERITA | 12/8

tanteo jalapeño tequila, mango purée, simple syrup and house-made sour mix, shaken and served over ice

ITALIAN MARGHERITA | 12/8

milagro blanco tequila, solerno blood orange liqueur, house made sour mix, shaken and served on the rocks

STRAWBERRY LEMONADE | 12.5/8

finlandia vodka, strawberries, simple syrup, lemon juice, cracked pepper and balsamic syrup, shaken and served over ice

SO HO JACK | 12.5/8

jack daniels honey, fresh muddled mint, simple syrup, fresh lemon juice and a splash of sprite

MOJITO | 12.5/8

classic, coconut, strawberry or pineapple

rum, fresh mint, simple syrup, muddled and shaken, served over ice

POMEGRAN-MINT MARTINI | 14/8

vodka, pomegranate liqueur, pomegranate juice, white grape juice and muddled mint, served over ice or as a martini

LYCHEE MARTINI | 12.5/8

finlandia vodka, lychee juice, peach schnapps

REFRESHING HOUSE-MADE SANGRIA | 9/6

your choice of tropical white sangria or berry red sangria