

La Forchetta Ristorante

Lunch

Antipasti

10 ct Buffalo Wings

Fried, served with your choice of hot, mild, or BBQ sauce or lemon herb roasted

Antipasto Casareccio

Prosciutto, rosemarie ham, sopressata, aged provolone, grilled eggplant, fresh mozzarella, sundried tomatoes, roasted peppers, artichoke hearts, Gaeta black olives, capers, topped with olive oil and balsamic glaze (great to share, more than plenty.)

Burrata & Bruschetta con Crostini

Fresh bruschetta tomatoes seasoned, with garlic and Italian herbs and spices, topped with fresh burrata. Served with toasted crostini

Clams and Mussels

Fresh clams (medium necks,) and fresh PEI mussels steamed in your choice of sauce *garlic and XVOO, * fra-diavolo sauce, *pesto cream sauce, *saffron & shallots cream sauce, * bruschetta tomatoes.

Tomato Basil Garlic Bread with Cheese

Mozzarella Caprese

Fresh mozzarella layered between tomato slices, served over arugula, with capers and Gaeta black olives. Drizzled with XVOO, and balsamic glaze.

Broccoli Rabe Aglio e Olio

Fresh steamed broccoli rabe, sautéed in XVOO, garlic, and Gaeta black olives.

Add sweet Italian sausage chunks 4.99

Add Jumbo Shrimp 5.99

Shrimp and Scallops Almandine

Colossal shrimps and scallops in a creamy almandine sauce, topped with toasted almond.

Calamari Saltati

Calamari sautéed with XVOO, garlic, onions, capers, black Gaeta olives, peperoncini, & San Marzano tomatoes.

Fried Calamari Misto

Tender calamari, shrimp and scallops fried to perfection and served with a side of marinara sauce.

Lunch Combos

2 specialty slice
1 specialty slice with soup or salad
Side salad with grilled chicken
Soup and salad

Salads

Spicy Buffalo Chicken Salad

Romaine and mix green lettuce, tomatoes, red onions, olives and cheddar cheese. Topped with spicy crispy chicken tenders.

Chef Salad

Romaine and mixed green lettuce, tomatoes, red onions, and olives. Topped with rolled ham, salami and provolone.

Shrimp & Walnut Salad

Spinach, mixed baby greens, red onions, cran-raisin, grilled shrimp and candied walnuts

Grilled Chicken & Gorgonzola Salad

Romaine lettuce, tomatoes, red onions, grilled chicken, cran-raisins, sliced almonds and gorgonzola cheese

Mediterranean Salad

Romaine lettuce, tomatoes, red onions, Gaeta black olives, artichoke hearts, sundried tomatoes, roasted red peppers, & mozzarella

Classic Caesar Salad

Romaine tossed with our homemade dressing
Anchovies upon request
(Dressing contains raw egg)

House Salad

Romaine and mixed green lettuce, tomatoes, carrots, red onions, and black olives

Veal Milanese la Forchetta

Fried veal cutlet served over arugula with bruschetta and fresh mozzarella, and Gaeta black olives. Drizzled with balsamic glaze and evoo.

Roasted Salmon la Forchetta

Oven roasted Scotland salmon over arugula with bruschetta and fresh mozzarella drizzled with balsamic glaze reduction and evoo

Sides

Meatball
Sausage
Meatball and Sausage
Broccoli Rabe Garlic and Oil
Spinach Garlic and Oil
Spaghetti
Cup of Soup
House Salad
Caesar Salad
Broccoli
French Fries

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of forborne illness

Most items available Gluten Free for an extra charge.

Additional charges may apply on menu item changes, ask your server

20% Gratuity added to parties of 6 or more

Add to any Salad

* Gorgonzola Cheese \$2.00 * Fresh Mozzarella \$3.95
* Grilled Chicken \$5.95 * Grilled Lemon Pepper Shrimp \$6.95
* Grilled Salmon \$12.00 * Burrata \$4.95

Lunch 11:00-2:00

Subs

All 8" subs are served with chips
Soup, salad or fries extra \$2.00

Cold All served with lettuce, tomatoes, onion

Grilled Chicken and Provolone

Ham and provolone

Ham, Salami, provolone

The Sicilian ham, prosciutto, soppressata and fresh mozzarella with sliced tomato, oregano, evoo & balsamic glaze. Served Toasted on request

Hot

Veal Milanese with Fresh Mozzarella

Fried veal cutlet with arugula and bruschetta topped fresh mozzarella evoo and balsamic glaze

Prosciutto and Fresh Mozzarella

Prosciutto and fresh mozzarella, with sliced tomatoes, salt & pepper, oregano, xvoo, and balsamic glaze. Toasted

The Caprese

Fresh mozzarella, sliced tomatoes, basil, oregano, balsamic glaze and evoo. Toasted

L'Americano Fried chicken, ham and mozzarella with Blue Cheese dressing.

Il Romano Grilled chicken, grilled eggplant, fresh mozzarella, xvoo and balsamic glaze

Hot

The Capri

Grilled chicken, fresh mozzarella and fresh roasted peppers, drizzled with balsamic glaze.

The Rustic

Broccoli Rabe and sausage sautéed with garlic and evoo, & a hint of hot pepper flakes topped with fresh mozzarella, drizzled with balsamic glaze

Philly Cheese Steak

Sautéed thinly sliced sirloin steak, topped with melted mozzarella.

Philly Cheese Steak, DLX

Sautéed thinly sliced sirloin steak, with peppers onion and mushrooms, topped with melted mozzarella.
(Add lettuce, tomato, and mayo \$1.00)

The Florentine

Grilled chicken, fresh spinach, fresh mozzarella, sliced tomatoes drizzled with balsamic glaze

Meatball Parmigiana

Sausage, Peppers and Onion Parmigiana

Chicken Parmigiana

Sausage Parmigiana

Baked Pasta

Baked Lasagna

Baked Stuffed Shells

Baked Penne

Add meat sauce \$2.95

Baked Pasta includes soup or salad

Create your own Pasta

Choose a Pasta

Spaghetti * Penne * Linguini * Fettuccini
Angel Hair

Choose a Sauce

Tomato Sauce * Marinara * Alfredo * Pesto
Garlic & Oil * Vodka Sauce * Meat Sauce

Choose Two Toppings

Chicken * Broccoli * Shiitake Mushrooms * Spinach
Mushrooms * Prosciutto * Artichokes
Sundried Tomatoes * Bruschetta * Diced Asparagus
Ground Sausage * Meatball (1)

Includes salad or soup

Lunch Size Entrees

Chicken Parmigiana Fried breaded chicken cutlet with tomato sauce topped with mozzarella cheese

Chicken Marsala Chicken breast sautéed with mushrooms in a marsala wine demi glaze

Chicken Luca Chicken breast sautéed with shiitake mushrooms and asparagus, topped with mozzarella and finished in a light San Marzano plum tomato wine sauce.

Chicken Francese Egg battered chicken breast sautéed in a lemon butter wine sauce

Chicken Piccata Chicken breast sautéed in a lemon butter wine sauce with imported capers

Eggplant Parmigiana Baked breaded eggplant slices topped with tomato sauce and mozzarella cheese

Grilled Eggplant Rollatini Grilled eggplant slices stuffed with ricotta, spinach and mozzarella, topped with plum tomato sauce and mozzarella cheese

Lunch Size Entrees

Veal Parmigiana Fried breaded veal cutlet topped with tomato sauce and mozzarella cheese

Veal Con Porto Veal scaloppini sautéed with sundried tomatoes and shiitake mushrooms, finished in a light creamy port wine sauce

Veal Marsala Veal scaloppini sautéed with mushrooms in a marsala wine demi glaze

Veal Sorrentino Veal scaloppini topped with grilled eggplant and fresh mozzarella, finished with sautéed mushrooms in a light plum tomato sauce infused with Chardonnay wine

Sausage, Peppers and Onions Parmigiana Sausage, peppers and onions topped with tomato sauce and mozzarella cheese

*Lunch Size Entrees served with broccoli or spaghetti, unless otherwise noted, and pasta fagioli soup or salad. All pasta served with tomato sauce
Additional charges may apply on menu item changes, ask your server
Chef specialty soup 2.00 extra*