

# La Forchetta RistoranteLunch

## Antipasti

Antipasto Casareccio 16/26.99

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 16.99

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

Clams and Mussels 18.99

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 10.00

Mozzarella Caprese 14.00

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 15.00

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

Add sweet Italian sausage chunks 7.95

Add 6 Shrimp 10.95

Calamari Saltati 14.00/19.00

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

Fried Calamari Misto 11.00/19.00

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

## Flatbread

Flatbread: sauce and cheese \$10  
add your own topping for extra

Pesto base, bruschetta tomato, fresh mozzarella. Finished with balsamic glaze. 11

Ricotta base, spinach, artichoke hearts, grilled chicken asiago and mozzarella cheese. 14

Tomato sauce base, pepperoni, fresh garlic. Topped with hot honey. 12

BBQ base, grilled chicken or fried chicken, caramelized onion and bacon. Topped with mozzarella 14

Ricotta base, sliced pear, caramelized onion, prosciutto, gorgonzola, mozzarella. Finished with honey. 15

Plum tomato sauce, prosciutto, arugula and burrata. Topped with fresh pesto 14

\*\*\*Sides\*\*\*

Meatball \$6.25

Sausage \$6.25

1 Meat ball 1 Sausage \$6.25

\*Broccoli Rabe garlic and oil \$7.25

\*Gluten free roll \$2.50

\*Broccoli garlic and oil \$5.95

\*Asparagus garlic and oil \$6.95

\*Spinach Garlic and oil \$7.25

\*Spaghetti Tomato sauce \$6.00

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

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

## Salads

Roasted Pear, Arugula and Burrata Salad \$19.00

Arugula, with cherry tomatoes, roasted pears, crispy prosciutto, candied walnuts, and burrata. Finished with evoo and balsamic glaze.

Chef Salad 14.00

Romaine and mixed green lettuce, tomatoes, red onions, and olives. Topped with rolled ham, soppressata and Mozzarella.

Apple, Walnut & Gorgonzola Salad 7.00 / 15.00

Arugula and lettuce with red onions, tomatoes, apple, cran-raisins, and candied walnuts topped with gorgonzola.

Antipasto Salad 15.00

Romaine lettuce, soppressata, fresh mozzarella, bruschetta tomatoes, artichoke hearts, giardiniera, red onion, mixed olives. Lightly tossed in a Creamy Italian dressing.

Mediterranean Salad 17.00

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

Romaine and spinach Caesar Salad 14.00

Romaine and spinach tossed in our homemade caesar dressing with chickpeas, shaved parmigian, crispy crostini and crispy pancetta. (Dressing contains raw egg)

House Salad 4.00/10.00

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

Veal or Chicken Milanese la Forchetta 25.95/23.95

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 25.95

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

Add to any Salad

\*Gorgonzola Cheese \$3.00 \*Fresh Mozzarella

4.50 \*Grilled Chicken \$11.00 \*Burrata \$5.25 \*Pan seared

Lemon Pepper Shrimp \$10.95 \*Roasted Salmon \$15.00

\*Crispy Prosciutto \$6.50

Lunch 11:00-2:00

# Subs

All 8" Artison roll are served with chips  
Soup, salad or fries extra \$3.00

## *Cold* All served with lettuce, tomatoes, onion

Rosemary Ham and fresh mozzarella 10

Rosemary Ham, soppressata, provolone 10

The Sicilian 11

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

Prosciutto and Fresh Mozzarella 10

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

Veal Milanese with Fresh Mozzarella 11

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

## *Hot*

The Caprese 10

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

L'Americano 10

Fried chicken, rosemary ham and mozzarella with Blue Cheese dressing.

Il Romano 10

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

## *Hot*

The Capri 10

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

The Rustic 12

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

The Florentine 10

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

Meatball Parmigiana 10

Sausage, Peppers and Onion Parmigiana 9

Chicken Parmigiana 9

Sausage Parmigiana 9

Veal Parmigiana 10

## Create your own Pasta

### Choose a Pasta

Spaghetti \* Penne \* Linguini \* Fettuccini  
Angel Hair \*gf pasta (extra)

### 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)

\$17.99

salad or soup extra

## Baked Pasta

Baked Lasagna 20.00

(3) Baked Stuffed Shells 17.00

Baked Penne 18.99

Add meat sauce \$5.25

soup or salad extra

## Lunch Size Entrees

Chicken Parmigiana 19.99 Fried breaded chicken cutlet with tomato sauce topped with mozzarella cheese

Chicken Marsala 19.99 Chicken breast sautéed with mushrooms in a marsala wine demi glaze

Chicken Luca 19.99 Chicken breast sautéed with shiitake-mushrooms and asparagus, topped with mozzarella and finished in a light San Marzano plum tomato wine sauce.

Chicken Francese 19.99 Egg battered chicken breast sautéed in a lemon butter wine sauce

Chicken Piccata 19.99 Chicken breast sautéed in a lemon butter wine sauce with imported capers

Eggplant Parmigiana 17.99 Baked breaded eggplant slices topped with tomato sauce and mozzarella cheese

Grilled Eggplant Rollatini 18.99 Grilled eggplant slices stuffed with ricotta, spinach and mozzarella, topped with plum tomato sauce and mozzarella cheese

## Lunch Size Entrees

Veal Parmigiana 20.99 Fried breaded veal cutlet topped with tomato sauce and mozzarella cheese

Veal Con Porto 20.99 Veal scaloppini sautéed with sundried tomatoes and shitake mushrooms, finished in a light creamy port wine sauce

Veal Marsala 20.99 Veal scaloppini sautéed with mushrooms in a marsala wine demi glaze

Veal Sorrentino 20.99 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 17.99 Sausage, peppers and onions topped with tomato sauce and mozzarella cheese

*Lunch Size Entrees served with broccoli or spaghetti. All pasta served with tomato sauce.*