

# Trattoria Totaro

*lunch menu-*

**HOT SANDWICHES** all sandwiches served with chips  
*SUBSTITUTE POTATO WEDGES- 1.00- SUBSTITUTE SIDE SOUP OR SALAD- 3.00*

- RIB EYE-** thin sliced prime rib eye steak flame grilled and smothered with caramelized onions, mushrooms and mozzarella cheese on potato roll 11.95
- ITALIAN SANDWICH-** grilled eggplants, prosciutto, and roasted red peppers topped with melted sharp provolone cheese on a garlic grilled ciabatta 9.50
- TUNA MELT\*-** italian style tuna salad (no mayo), purple onion, russian dressing, tomato, swiss cheese 9.00
- CRISPY CHIPOTLE SANDWICH\*-** crispy chicken, lettuce, tomato, purple onion, roasted garlic rosemary mayo and cheddar cheese drizzled with chipotle sauce 13.00 add bacon 14.50
- CHICKPLANT PARMIGIANA-** crispy chicken, grilled eggplant, marinara and mozzarella 12.95
- ARTIPLANT-** grilled eggplant, artichoke hearts, roasted red peppers and sharp provolone cheese on a long roll 11.95
- GRILLED VEGGIE BOMBER-** grilled eggplant, zucchini, mushrooms, roasted red peppers and caramelized onions, topped with mozzarella cheese on a long roll 11.95
- VINCENZO-** grilled chicken, sautéed spinach, roasted red peppers, and feta cheese on a garlic grilled ciabatta 11.95
- ORIGINAL GRILLED CHICKEN-** roasted red peppers and mozzarella cheese on a long roll 11.95
- CHICKEN BLEU-** grilled chicken, grilled asparagus and bleu cheese 11.95
- ITALIAN CHICKEN-** sautéed spinach, roasted red peppers, prosciutto, and mozzarella cheese 9.50
- IMPOSSIBLE BURGER\*\*-** house made hummus, sprouts, avocado, tomato, purple onion, on potato roll 13.00
- CHICKEN PARMIGIANA-** crispy chicken topped with marinara sauce and mozzarella cheese 12.95
- HONEY MUSTARD CHICKEN-** honey mustard and melted mozzarella cheese on a long roll 11.95
- ITALIAN SAUSAGE-** sweet italian sausage grilled and topped with green peppers and caramelized onions 11.95
- VEGGIE CIABATTA\*\*-** eggplant, spinach, roasted red peppers & sprouts on a ciabatta roll 9.95
- MEATBALL PARMIGIANA-** meatballs marinara topped with melted mozzarella cheese 11.95

## **SIDES- 3.45**

roasted garlic rosemary potato wedges -- roasted cayenne and brown sugar sweet potato -- pasta salad

## **SALADS**

- CAESAR\*-** romaine lettuce, house made garlic croutons and black pepper, served with a side of house made ceaser dressing 8.50
- GARDEN\*\*-** romaine lettuce, garden vegetables, chickpeas and black olives served with a side of homemade balsamic vinaigrette 7.50
- GREEK-** romaine lettuce, feta cheese, Kalamata olives, chic peas, purple onion, cucumbers and tomatoes served with a side of house made sun dried tomato balsamic dressing 8.50
- TUNA MESSINA-** romaine lettuce, Italian style tuna salad (no mayo), roasted corn black bean salsa and feta cheese served with a side of house made balsamic vinaigrette 8.50
- SPINACH AND QUINOA\*\*-** baby spinach, quinoa, cherry tomato, purple onion, avocado, cucumber, lemon vinagrette 9.50
- DONNA -** baby spinach, crispy maple smoked bacon, hard boiled egg, and purple onion served with a side of house made sweet vidalia dressing 8.50
- SUMMER-** romaine lettuce, tomato, caramelized onion, roasted red peppers, feta cheese served with a side of sweet Vidalia tomato dressing made in house 8.50
- ASIAN GARDEN-** romaine lettuce, toasted sesame seeds, sesame crunchies, mandarin orange slices, and tomato served with a side of house made Asian sesame dressing 8.50
- NUTS AND BERRIES-** spring mix, walnuts, bleu cheese, dried berries, and purple onion served with a side of house made raspberry vinaigrette. 6.50

**GRILLED CHICKEN... 5.00 JUMBO SHRIMP... 6.00 STRIPED BASS... 6.00**

## **COLD SANDWICHES** all served with chips and a pickle

- SUBSTITUTE POTATO WEDGES-** 1.00- **SUBSTITUTE SIDE SOUP OR SALAD-** 3.00
- CHICKEN SALAD HOAGIE\*-** anna's chicken salad with lettuce and tomato 10.95
- TRATTORIA HOAGIE -** prosciutto di parma, cappicola, sopprasata, sharp provolone cheese, lettuce, tomato & purple onion, sun dried balsamic vinaigrette 10.95
- TUNA HOAGIE-** italian style tuna (no mayo), lettuce & tomato 10.95
- TURKEY AND SWISS-** hand carved turkey, sprouts, avocado, purple onion, swiss cheese on lebus sun dried tomato bread 10.95
- CLUB SANDWICH-** hand carved turkey, lettuce, tomato, crispy bacon, stacked on sliced bread 9.95
- TURKEY HOAGIE-** roast turkey breast, provolone cheese, lettuce, tomato & purple onion with honey mustard or mayonnaise 9.95/ add prosciutto 10.95

## ENTREES

served over pasta with a ceaser salad and rolls

**CHICKEN MODENESE**- grilled eggplant, prosciutto di parma & mozzarella cheese , creamy marinara sauce. 16.00/Veal 18.00

**CHICKEN MARSALA**- mushroom marsala wine sauce 16.00/Veal 18.00

**CHICKEN VAL'DASTA**- sautéed spinach, prosciutto , & mozzarella cheese in a mushroom marsala wine sauce 16.00/Veal 18.00

**LEMON CHICKEN**- sautéed chicken or veal with fresh lemon, white wine demi 16.00/Veal 18.00

**CHICKEN PARMIGANA**- breaded chicken or veal smothered in marinara sauce with melted mozzarella cheese, served over pasta 16.00/Veal 18.00

**CHICKEN SALTIMBOCCA**- prosciutto di parma & mozzarella cheese in a white wine demi sauce, served over pasta 16.00/Veal 18.00

**CHICKEN PAVORATTI**- mozzarella cheese, prosciutto in a sauce of capers, pimento white wine & cream, served over pasta 16.00/Veal 18.00

**CHICKEN VIVIAN\***- sautéed spinach, lump crabmeat & melted mozzarella cheese served in a white wine cream sauce, served over pasta \$19.00/Veal \$21.00

**CHICKEN LONCHANO**- topped with grilled eggplant & melted buffalino mozzarella cheese, served in a marsala wine sauce with sautéed artichoke hearts and mushrooms, served over pasta \$16.00/Veal \$18.00

## PASTA

**rigatoni, penne, capellini, cavatappi, homemade spaghetti (2.00)**  
served with a ceaser salad and rolls

**ALFREDO**- traditional cream and cheese \$11

**AURORE** classic blush sauce- marinara finished with cream. \$12

**BOLOGNESE\***- sautéed ground beef, mushrooms, marinara sauce finished with cream \$13

**CI TELFONO**- fresh basil, fresh buffalino mozzarella cheese, marinara sauce \$12

**DESPERADA**- olive oil, garlic, black olives, capers, and anchovy in a spicy marinara sauce \$12

**ENNA**- Sautéed prosciutto, sun dried tomatoes and goat cheese finished with cream \$12

**FORESTA**- Sautéed chicken, broccoli, mushrooms & fresh tomato in a white wine pesto sauce \$13

**LA SPEZIA**- artichoke hearts, sun dried tomatoes, marinara sauce \$12

**LUCILLE**- artichoke hearts, sun dried tomatoes, spinach, marinara sauce and finished with cream \$12

**MARINARA\*\***- Plum tomatoes, garlic, onion & fresh basil \$10

**MILANO\***- Sautéed chicken tenders & mushrooms in a white wine demi cream sauce \$13

**MONSEZE**- Sweet Italian sausage & grilled eggplant, marinara sauce \$13

**VICTORIA**- Prosciutto, sun dried tomatoes, spinach and peas, marinara sauce finished with cream.  
\$11

## WRAPS~ served with chips and a pickle

9.95

### ALLEGRO

roast turkey, pesto mayo, provolone cheese, lettuce and tomato

### CHICKEN BLT

grilled chicken strips, crispy bacon, lettuce, tomato and mayo

### TUNA MESSINA

italian style tuna salad (no mayo) roasted black bean and corn salsa, feta cheese and tomato

### SOUTHWEST CHICKEN

grilled chicken, cheddar cheese, pickled jalapenos, roasted corn black bean salsa, guacamole, lettuce

### CHICKEN CAESAR

romaine lettuce tossed in our cheesy caesar dressing with grilled chicken strips

### AUTUMN TURKEY

roasted turkey, roasted garlic cranberry mayo, cheddar cheese, lettuce and tomato

### GENOVESE

grilled chicken strips, pesto mayo, lettuce, tomato and provolone cheese

### THE JILL

roast turkey, swiss cheese, crispy bacon, honey mustard, lettuce and tomato

### MEDITERRANEAN

hummus, roasted red peppers, kalamata olives, feta cheese, purple onion, cucumbers, lettuce and tomato wrapped in a soft tortilla

### VEGGIE HUMMUS \*\*

home made hummus, fresh garden veggies, and sprouts wrapped in a soft tortilla

**ASK ABOUT OUR COMPLIMENTARY SANGRIA**  
**ASK ABOUT OUR CORPORATE CATERING PACKAGES**

\*\* Vegan

\*Totaro's favorites