



~ LUNCH MENU ~

BOQUERONES & ACEITUNAS ANCHOVIES & OLIVES

A side of marinated white Spanish anchovies, green and black olives and *cornichons* 4.

PAPAS DULCES SWEET POTATO FRIES

Rosemary-scented sweet potato fries, served with a side of whole grain mustard *allioli** 5.

ARANCINI RICE BALLS

Two golden fried Arborio risotto cakes with saffron, mozzarella, and tomato salsa *sciué sciué* 5.

BRUSCHETTE AL POMODORO TOMATO TOASTS

Grilled bread rubbed with garlic and topped with extra-virgin olive oil, fresh tomatoes, salt and pepper 5.

TORTILLA ESPAÑOLA SPANISH OMELETTE

Omelet with onion and potatoes, served with marinated roasted bell pepper 5.

soups and salads

MINISTRA DEL GIORNO *SOUP OF THE DAY*

Soup of the day. Ask server for details 7.

MELA MISTA APPLE SALAD

Washington apples, gorgonzola, mixed greens, candied walnuts, parmesan with an apple cider vinaigrette 8.

CESARE* CAESAR SALAD

Grilled romaine hearts, herbed croutons, and shaved parmesan 8.5

With grilled chicken, add 3.

With white Spanish anchovies, add 2.

INSALATONA ENTRÉE SALAD

Escarole, spinach, hard boiled eggs, tomatoes, bacon tossed in a warm sherry vinaigrette 11.

INSALATINA SIDE SALAD

Mixed greens with white balsamic vinaigrette 5.5



sandwiches

PANINO RUSTICO ✓ *GRILLED SANDWICH*

Ham, roasted bell pepper, mozzarella, basil. Served with mixed greens 9.

PANINO ISCHIA ✓ *VEGETARIAN GRILLED SANDWICH*

Grilled eggplants, tomatoes, mozzarella, basil. Served with mixed greens 9.

TRIO ESPAÑOL ✓ *SPANISH TRIO*

Spanish chorizo devilled eggs, tortilla Española, Spanish cheese and chorizo sandwich 12.

TOAST FARCITO *GRILLED SANDWICH*

Sandwiches grilled in the traditional Italian tostapane

Ham & Cheese 5.5

Cheese 5.

entrees

for a less quick lunch

LASAGNA ✓ *LAYERED PASTA*

Fresh pasta layered with béchamel, eggplants, sundried tomatoes, and ricotta 12.

PASTA ALL'ALFONSO ✓ *FRESH PASTA*

Fresh pappardelle pasta, butter, sage, parmesan 9.

ARROZ AL HORNO ○ *BAKED RICE*

Baked saffron rice with seafood, *chorizo*, red pepper, artichoke hearts and peas 18

HAMBURGER ALL'ITALIANA ✓ *ITALIAN STYLE HAMBURGER*

Beef patty with prosciutto crudo, mozzarella, arugula and tomato and salsa *mille isole*. Served with mixed greens 12.

✓ Vegetarian

○ Available **gluten free**– Ask server for details

*Eating raw or undercooked meats, poultry, eggs, fish, or shellfish may increase your risk of food borne illness
Twenty percent gratuity will be included for party of six or more.