

# FRATICELLI'S

ITALIAN GRILL & BAR

## LUNCH

### Appetizers ~ Antipasti

#### BRUSCHETTA CLASSICA

roma tomatoes, garlic, basil, extra virgin olive oil and shaved parmigiana reggiano 11

#### BRUSCHETTA GOAT CHEESE

roma tomatoes, garlic, basil, extra virgin olive oil, crumbled goat cheese, balsamic glaze, fried parsley 12

#### MEATBALLS AL FORNO

homemade Fraticelli's meatballs (pork & beef) covered in pomodoro sauce and melted mozzarella, provolone and fruilano cheese, side crostini 12

**MUSSELS** fresh PEI mussels in tomato cream or white garlic sauce, garnish with diced tomatoes, scallions, side crostini 15

#### ARANCINI FORMAGGIO

crispy cheese risotto balls, pomodoro sauce, lemon chili basil aioli, baby arugula 12

**FRITTO CALAMARI** lightly dusted crispy fried calamari, crispy zucchini ribbons, grilled lemon, lemon basil aioli dip 17

#### CALAMARI alla GRIGLIA

grilled calamari served with sautéed red and yellow peppers, diced tomatoes, red onion, olives, balsamic glaze, lemon white wine butter sauce 17

#### ANTIPASTI BOARD

*Piccolo 14, Grande 24*

### Soup ~ Zuppa

**MINISTRONE SOUP** a medley of market vegetables, pancetta bacon, pesto crostini 7

**ZUPPA del GIORNO** please ask your server for details 7

### Sides

Meatballs 6

Parmesan Frites 5

Eggplant Parmigiana Frites 5

Seasonal Vegetables 6

Mushrooms 6

Group Dining Menus are available ~ please ask for a Manager

### Salad ~ Insalata

**INSALATA VERDE** fresh mixed lettuces, grape tomato, cucumber, carrot, onions, house vinaigrette *Piccolo 7, Grande 11*

**CAESAR** romaine lettuce, roasted garlic dressing, herb croutons, crispy pancetta bacon, parmigiana reggiano, lemon *Piccolo 8, Grande 12*

**CAPRESE** Italian buffalo mozzarella, hot house tomato slices, arugula, basil, olives, extra virgin olive oil, balsamic reduction 15

**ARUGULA INSALATA** baby arugula, spinach, red peppers, seedless grapes, parmesan vinaigrette, crispy prosciutto, par boiled egg, fresh grated parmesan 15

**BEET AND TOMATO** oven-roasted beets, hot house tomatoes, goat cheese, pine nuts, arugula, lemon poppy seed dressing, extra virgin olive oil 14

*Add the following to any of our Salads or Entrées: grilled chicken 6, grilled steak 8, pan-seared salmon 8, garlic sautéed shrimp 7, crispy prosciutto 2, pancetta bacon 2, crumbled gorgonzola 2*

### Pasta ~ Primi

**SPAGHETTI CARBONARA** fresh spaghetti, double smoked bacon, caramelized onion, egg, grated romano cheese, parsley 20

**FETTUCCINI ALFREDO** fettuccini noodles, alfredo cream sauce, grated romano cheese, parsley 19  
*Mushroom 20, Chicken 21, Shrimp 23*

**SPAGHETTI del PESCATORE** fresh spaghetti, mussels, calamari, sliced tiger shrimp, spicy pomodoro white wine sauce 25

**PENNE ARRABBIATA** penne noodles, spicy tomato arrabbiata sauce, garlic, capers, olives 19  
*Chicken 21, Shrimp 23*

**GNOCCHI QUATTRO CHEESE** fresh gnocchi, pan seared, creamy four cheese sauce, roasted grape tomato, grated romano cheese 20

**PAPPARDELLE alla BOLOGNESE** fresh wide egg noodles, slow cooked homemade meat sauce, grated romano cheese, fresh basil 21

**SPAGHETTI AND MEATBALLS** fresh spaghetti, homemade pomodoro sauce, grated romano cheese, Fraticelli's meatballs, fresh basil 20

**PRIMAVERA** fresh linguini, sautéed with extra virgin olive oil, garlic, red and yellow peppers, red onion, grape tomato, basil pesto, lemon juice, baby arugula, grated parmesan 19

*Gluten free pasta is available*

### Sandwich and Burger

#### PARMIGIANA SANDWICH

Italian breadcrumbs, pomodoro sauce, Fraticelli's cheese blend, sautéed peppers, onions and mushrooms, fresh Kaiser bun *Eggplant 19, Chicken 21, Veal 23*

#### PESTO CHICKEN PANINI

grilled chicken breast, fresh ciabatta bread, basil pesto, parmesan parsley aioli, herb oil, pickled roasted red pepper, provolone cheese, baby arugula 17

#### STEAK PANINI (open face)

fresh ciabatta bread, herb oil, baby arugula, parmesan aioli, portobello mushrooms, provolone cheese, sirloin steak, balsamic glaze, crispy onions, fried egg 21

#### FRATICELLI'S BURGER

fresh ground chuck grilled to medium well, double smoked bacon, sautéed onion, baby arugula, tomato relish, parmesan aioli, crispy onions 17

*All Sandwiches and Burger are served with choice of: Insalata Verde, Caesar Salad, Minestrone Soup or Parmesan Frites*

### Entrées

**PARMIGIANA** Italian breadcrumbs, topped with pomodoro sauce, melted Fraticelli's cheese blend, spaghetti aglio e olio *Eggplant 20, Chicken 23, Veal 26*

**PICATTA** pan seared in lemon herb wine butter sauce, crispy capers, mushroom medley, linguini aglio e olio, parsley *Chicken 25, Veal 28*

**BOLOGNESE LASAGNA** homemade layers of lasagna noodles, bolognese sauce and alfredo sauce, romano, parmigiana and ricotta cheeses, topped with pomodoro sauce and melted Frats cheese blend *Piccolo 15, Grande 21*

**LUNCH TOP SIRLOIN** an 8oz top sirloin pan seared to order, *choice of Verde Salad, Caesar Salad, Minestrone Soup or Parmesan Frites* 28

**LUNCH SALMON alla LIMONE** pan seared fresh Atlantic salmon, crispy skin, lemon honey white wine brown butter sauce, *choice of Verde Salad, Caesar Salad, Minestrone Soup or Parmesan Frites* 26

**TILAPIA and RISOTTO** pan seared Tilapia, mushroom risotto, garnished with arugula pesto, grilled lemon slices, micro greens, extra virgin olive oil 27

**SEAFOOD RISOTTO** Arborio rice, pomodoro sauce, slivered shrimp, torn salmon, PEI mussels white wine, butter, chicken stock, parsley, garlic, olive oil, leeks, chives 26

Please inform your server of any allergies prior to ordering