

APPETIZERS

Endive and baby mustard green salad - apples - gorgonzola - pine nuts - cider vinegar 14
 Vegetarian heirloom squash soup - spiced pear puree - toasted pistachio 11
 Tuscan kale and lentil soup - cumin - toasted fregola - lemon olive oil 12
 Charred Spanish octopus - sliced potatoes - dried chorizo sofrito - preserved lemon 15
 Grilled kale sprout salad - Bosc pear - date vinegar - pecans - Manchego 15
 Maple brook farms burrata - black fig puree - reg grapes - chestnuts - rosemary 16
 Prince Edward Island mussels - red curry cream - fava beans - cilantro 14
 Crispy potato gnocchi - Maine lobster - guanciale- fava bean - fresh tarragon 18
 Goat cheese "blintz" roasted marinated beets - walnuts - Saba - baby arugula 14
 Yellow fin crudo - diced avocado - radish - ginger and lime sugo - micro onions 17
 Grilled squid - shaved fennel - radish - cherry tomato - lemon - olive oil 15
 Mixed organic baby lettuce - balsamic and lemon vinaigrette - shaved Grana Padano 12
 Lump crabmeat - diced avocado - chick peas - ginger vinaigrette - smoked paprika 18
 Hearts of romaine - Caesar dressing - focaccia croutons - parmesan tuile 12
 Half dozen Coppers Island oysters - champagne mignonette - cocktail sauce 15

PIZZA

Pizza with plum tomato sauce - shredded or fresh mozzarella - basil 17
 Pizza with sliced tomatoes - fresh mozzarella - San Daniele prosciutto - baby arugula 21
 Pizza with plum tomato sauce - Italian sausage - sweet onion - hot cherry peppers 18
 Pizza with gorgonzola dolce - butternut squash - wild mushrooms - sweet and sour shallots 18

Mediterraneo Signature Hummus now available take-away

8oz - \$8 or 24oz - \$20

Thoroughly cooked meats, poultry, seafood, or eggs reduces the risk of food borne illness

ENTREES

Cavatelli with sausage - broccoli rabe pesto - dried cherry tomato -pine nuts 21
 Porcini mushroom and spinach ravioli - brown butter sauce - hazelnuts - crisp parmesan 24
 Spaghetti alla chitarra - filetto di pomodoro - veal meatballs - ricotta cheese 21
 Fresh pappardelle - lobster meat - roasted cauliflower - cherry tomato - lovage 30
 Crispy skinned bronzino - brussels sprouts - roasted cauliflower - apple vinaigrette 29
 Jumbo sea scallops - baby lentils - Tuscan kale - spicy carrot puree - baby mache 32
 Hidden fjord salmon - butternut squash - broccoli rabe - cabernet vinegar - Autumn spices 34
 Yellow-fin tuna - baby bok choy - spicy citrus soy vinaigrette - pickled honshemiji 34
 Wood roasted egg white frittata - butternut squash - wild mushrooms - goat cheese 17
 Mediterraneo seafood salad - shrimp - scallops - calamari - mussels - preserved lemon - mint 26
 American Kobe beef burger - grilled red onion - gorgonzola - French Fries 22
 Open face salmon and tuna burger - avocado - citron vinegar aioli - espelette pepper 17
 Grilled chicken in flatbread - sundried tomato - baby salads - tahini and lemon sauce 18
 Breast of chicken "Milanese" tomato and baby arugula salad - fresh mozzarella - lemon 24
 Certified Angus Beef steak "tagliata" - French Fries - sherry vinegar - wild mushrooms 28
 Caesar/ Mixed /Arugula/ Greek Salads with chicken 23 with shrimp 29
 with scallop 32 with salmon 34

Lunch Prix Fixe Monday-Friday \$21 two course \$25 three course

Mixed Salad Squash Soup Caesar Salad Goat Cheese Blintz Lentil Soup

Egg White Frittata Spaghetti with Veal Meatballs Cavatelli Pasta

Chicken Wrap Grilled or Pan Fried Chicken Milanese Pizza Sausage

Salmon and Tuna Burger Endive Salad with Grilled Chicken

Vanilla Crème Brulee Tiramisu Berries/Sorbet Triple Cheesecake