

APPETIZER

Rock shrimp and crab soup - sweet corn - smoked andouille sausage 18

Organic roasted rainbow carrots - baba ghanoush - crispy haloumi cheese 18

Roasted butternut squash soup - pumpkin seed granola - spiced apple butter 18

Tuscan kale salad - roasted squash - apples - pepitas - ricotta salata - date vinegar 18

Spicy eggplant dip - Calabrian chili - fresh mint - grilled flatbread 16

Steamed P.E.I. mussels - fava beans - cilantro - red curry cream 19

Oishii shrimp "Calabrese" - Bomba sauce - red pepper and olive ciabatta 21

Grilled squid - shaved fennel - radish - cherry tomatoes - lemon - olive oil 20

Yellow fin tuna crudo - diced avocado and cucumber - radish - ginger - tamari 24

Grilled Spanish octopus - smoked chorizo sofrito - diced potatoes - lemon 21

Goat cheese "blintz" - roasted marinated beets - walnuts - Saba - baby arugula 17

Organic romaine - Caesar dressing - crispy shallots - focaccia croutons 16

Mixed baby lettuce - balsamic and lemon vinaigrette - shaved Grana Padano 16

Chopped lettuce and vegetable salad - feta cheese - herbs - sumac and pomegranate 17

East coast oysters 3 each (minimum 6)

PIZZA / PASTA

Margherita - tomato sauce - shredded or fresh mozzarella - basil 22

Roasted mushrooms - fresh thyme - goat cheese mousse - lemon zest 24

Italian sausage - tomato sauce - mozzarella - red onions - cherry peppers 23

Black mission figs - black truffle - baby arugula - gorgonzola dolce latte - roasted walnuts 24

Fresh spaghetti - plum tomato sauce - mushrooms - veal meatballs - ricotta cheese 27

Mezzanelli pasta - sausage and shallot ragu - broccoli rabe - pecorino - pine nuts 29

Angel hair pasta - Oishii shrimp - poblano peperonata - wilted arugula - lemon 34

ENTRÉE

Crispy skinned bronzino - Moroccan couscous - pignoli nuts - fava bean puree 35

Hidden fjord salmon - butternut squash - broccoli rabe - red wine sauce - warm spices 37

Parmesan crusted halibut - tomato - chive beurre blanc - organic sautéed spinach 40

Breast of chicken "Milanese" tomato and baby arugula salad - fresh mozzarella - lemon 29

Wood oven roasted Amish farm chicken - French fries - natural juice 32

Yellowfin tuna - grilled baby bok choy - citrus tamari vinaigrette 39

Connecticut style lobster roll (4 oz.) - cultured butter - toasted brioche - espelette pepper 48

Captains cut swordfish - basmati rice - mango and black fig salad - grilled zucchini 38

Grilled marinated lamb kabob and kofte - spiced basmati rice - tzatziki 34

Route 22 meats - grass fed beef burger - grilled red onion - Comte - French Fries 28

C.A.B. 14 oz. NY strip steak - grilled organic broccoli - mushroom - sherry vinegar 45

Organic Romaine Caesar / Chopped / Baby Mixed Lettuces

Chicken 29 Shrimp 34 Salmon 37

LUNCH SPECIALS MONDAY - THURSDAY

Egg white frittata - zucchini - mushrooms - goat cheese - baby lettuce 20

Mussels and French fries " Moules Frites ", lemon - chili - herbs - white wine - aioli 22

Spicy salmon bowl - lentils - jasmine rice - root vegetables - whipped avocado 26

Grilled chicken wrap - grilled onions - sundried tomato - parsley and tahini sauce 22

Lamb tacos - shaved fennel - cherry tomatoes - radish - tzatziki 25

"Pizza di Parma" sliced tomato - fresh mozzarella - arugula - San Daniele prosciutto 25

Mediterraneo is reducing our use refined seed oils and replacing them with avocado and ghee for certain applications. Please alert your server to any allergies

Chefs – Albert DeAngelis - Daniel Rivera - Matthew McNerney
General Manager –Fisnik Kadrija