

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
- Grilled squid - shaved fennel - radish - cherry tomatoes - lemon - olive oil 20
- Steamed P.E.I. mussels - white wine - fava beans - cilantro - red curry cream 19
- Yellow fin tuna crudo - diced avocado and cucumber - radish - ginger - tamari 24
- Grilled Spanish octopus - smoked chorizo sofrito - diced potatoes - lemon 21
- Oishii shrimp “Calabrese” - Bomba sauce - red pepper and olive ciabatta 21
- Goat cheese “blintz” - roasted marinated beets - walnuts - Saba - baby arugula 17
- Organic romaine - Caesar dressing - crispy shallots - focaccia croutons 16
- Mixed baby lettuces - 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 mixed mushrooms - fresh thyme - goat cheese mousse - lemon zest 25
- Italian sausage - tomato sauce - mozzarella - red onions - cherry peppers 24
- 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

- Spicy salmon or shrimp bowl - lentils - jasmine rice - root vegetables - avocado 28/32
- Crispy skinned bronzino - Moroccan couscous - pignoli nuts - fava bean puree 35
- Yellowfin tuna - grilled baby bok choy - citrus tamari vinaigrette 39
- Hidden fjord salmon - butternut squash - broccoli rabe - red wine sauce - warm spices 37
- Connecticut style lobster roll (4 oz.) - cultured butter - toasted brioche - espelette pepper 48
- Parmesan crusted halibut - tomato - chive beurre blanc - organic sautéed spinach 40
- Breast of chicken “Milanese” tomato and baby arugula salad - fresh mozzarella - lemon 29
- Captains cut swordfish - basmati rice - mango and black fig salad - grilled zucchini 38
- Wood oven roasted Amish farm chicken - mashed potatoes - natural juice 32
- 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 / Kale
- Chicken 29 Shrimp 34 Salmon 37

SIDES

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| Lentils with rice and vegetables 12 | Broccoli rabe with currants and pine nuts 15 |
| Basmati rice with spicy eggplant 12 | Spicy grilled corn salad 14 |
| Grilled broccoli with chili crisp and lemon 15 | Grilled zucchini 12 |

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