

APPETIZER

ROASTED BUTTERNUT SQUASH SOUP	-----	\$18
<i>pumpkin seed granola - apple butter</i>		
ROASTED BEETS AND DELICATA SQUASH	-----	\$19
<i>whipped feta - toasted sunflower seed crunch</i>		
SPICY EGGPLANT DIP	-----	\$16
<i>Calabrian chili - fresh mint - grilled flatbread</i>		
GRILLED SQUID	-----	\$20
<i>shaved fennel - radish - cherry tomatoes - lemon - olive oil</i>		
STEAMED P.E.I. MUSSELS	-----	\$19
<i>white wine - fava beans - cilantro - red curry cream</i>		
YELLOW FIN TUNA CRUDO	-----	\$24
<i>diced avocado and cucumber - radish - ginger - tamari</i>		
CRISPY FRIED BLUE POINT OYSTERS	-----	\$24
<i>melted leeks and potatoes - Café de Paris butter</i>		
OISHII SHRIMP “CALABRESE”	-----	\$21
<i>Bomba sauce - grilled country bread</i>		
CRAB AND SNOW PEA WONTONS	-----	\$24
<i>black garlic - yuzu ponzu</i>		
GRILLED LOLLIPOP KALE SPROUTS	-----	\$20
<i>Nashi pear - Manchengo cheese - pecan nuts - fig vinegar</i>		
MIXED BABY LETTUCES	-----	\$16
<i>balsamic and lemon vinaigrette - shaved Grana Padano</i>		
ORGANIC ROMAINE	-----	\$16
<i>Caesar dressing - crispy shallots - focaccia croutons</i>		
CHOPPED LETTUCE AND VEGETABLE SALAD	-----	\$18
<i>feta cheese - herbs - sumac and pomegranate</i>		

PIZZA

“MARGHERITA”	-----	\$22
<i>tomato sauce - shredded or fresh mozzarella - basil</i>		
MIXED MUSHROOMS	-----	\$25
<i>talleggio cheese - roasted garlic - baby arugula</i>		
ITALIAN SAUSAGE	-----	\$24
<i>tomato sauce - mozzarella - red onions - cherry peppers</i>		

PASTA

FRESH SPAGHETTI	-----	\$28
<i>veal meatballs - plum tomato sauce - mushrooms - ricotta</i>		
MEZZANELLI	-----	\$30
<i>Mediterranean chicken sausage - chanterelle - basil pesto cream</i>		
EGG FETTUCCINE	-----	\$39
<i>fresh shucked lobster - heirloom tomatoes - roasted corn</i>		

ENTRÉE

GRILLED BUTTERFLIED BRANZINO	-----	\$35
<i>fennel and arugula salad - Salmariglio sauce</i>		
YELLOWFIN TUNA	-----	\$39
<i>grilled baby bok choy - citrus tamari vinaigrette</i>		
HIDDEN FJORD SALMON	-----	\$37
<i>butternut squash - broccoli rabe - red wine - Autumn spices</i>		
PARMESAN CRUSTED HALIBUT	-----	\$40
<i>tomato - chive beurre blanc - organic sauteed spinach</i>		
CAPTAINS CUT SWORDFISH	-----	\$38
<i>basmati rice - mango and black fig salad - grilled zucchini</i>		
CONNECTICUT STYLE LOBSTER ROLL	-----	\$45
<i>toasted brioche - shaved celery</i>		
BREAST OF CHICKEN “MILANESE”	-----	\$29
<i>tomato and baby arugula salad - fresh mozzarella - lemon</i>		
WOOD OVEN ROASTED AMISH CHICKEN	-----	\$32
<i>French fries - natural juice</i>		
GRILLED LAMB KABOB AND KOFTE	-----	\$34
<i>spiced basmati rice - tzatziki</i>		
GRASS FED BEEF BURGER	-----	\$28
<i>Route 22 meats - grilled Vidalia onion - Comte - French Fries</i>		
C.A.B. 12 OZ. NY STRIP STEAK	-----	\$45
<i>grilled organic broccoli - mushroom - sherry vinegar</i>		
ENTREE SALAD		
<i>Organic Romaine Caesar / Chopped / Mixed Baby Lettuces</i>		
<i>Chicken 29 Shrimp 34 Salmon 37</i>		



Greenwich, CT

Since 1995

LUNCH SPECIALS

Available Monday through Thursday

EGG WHITE FRITTATA	-----	\$20
<i>broccoli - mushrooms - goat cheese - baby lettuce</i>		
“MOULES FRITES”	-----	\$22
<i>mussels and French fries - lemon - chili - herbs - white wine - aioli</i>		
SPICY SALMON BOWL	-----	\$26
<i>lentils - jasmine rice - root vegetables - whipped avocado</i>		
GRILLED CHICKEN WRAP	-----	\$22
<i>grilled onions - sundried tomato - parsley and tahini sauce</i>		
LAMB TACOS	-----	\$25
<i>shaved fennel - cherry tomatoes - radish - tzatziki</i>		
“PIZZA DI PARMA”	-----	\$25
<i>sliced tomato - fresh mozzarella - arugula - San Daniele prosciutto</i>		

Mediterraneo is reducing our use refined seed oils and replacing them with avocado and ghee for certain applications. If you have a food allergy, please speak to the owner, manager, chef, or your server.