

# LaVita

Italian American Trattoria

9 Main Street, East Haddam CT 06423

860-873-8999

## 2012 Farm Fresh Fall Menu

Throughout the course of the year we try to use as many ingredients from our local farms as possible.

Fall is the best time of year for local flavor!

We would like to acknowledge

Staehly Farms & Brimars Farm

for all their hard work & great produce.

### 🍷 Eggplant Rollatini

*No One makes it better!*

Thin batter fried slices of eggplant stuffed with creamy ricotta & spices, baked with mozzarella & Marinara. - 7.99

### Chicken Tenders

served with Marinara - 7.99

Buffalo sauce & Blue cheese - 8.49

### Chicken Wings

Lorenzo's hot sauce or Bourbon glazed

with blue cheese & celery

6/5.99 or 12/8.99

## Appetizers

### \*NEW Stuffed Pepper

Green pepper stuffed with beef, rice, marinara, gorgonzola & panko bread crumbs - 6.49

### Fried Mozzarella

Hand cut mozzarella triangles fried & topped with marinara - 7.49

🍷 Add pepper salad \$2

### Broccoli Rabe & Sausage

With Orecchiette pasta - 8.99

### Stuffed Mushrooms

with sweet sausage stuffing - 7.29

### 🍷 Fried Calamari

Our most popular appetizer! Tender squid tubes & tentacles lightly battered & fried - 9.99

### New York Style

Our delicious Calamari tossed with "Shark's" pepper salad - 11.99

### Clams Casino

Tender clams baked with onions, peppers & bacon - 8.99

### \*NEW Crab Cakes

Housemade crab cakes lightly fried served with red pepper & parmigiana sauce - 8.99

## Zuppa

### Zuppa di clams - bowl 8.99

Sauteed fresh whole clams with garlic & red pepper flakes in a white wine broth or Marinara

Pasta Fagioli - cup 3.99 / bowl 5.49

Chef's daily soup - cup 3.99 / bowl 5.49

## Sides

### Meatball or Sausage

side 3.

### Chef's Vegetable

side 2.

### \*NEW Garlic-Pecorino Fries

basket 6.

### House made Bar Chips

basket 3.

### Our Fresh Focaccia Basket

basket 4.

🍷 served with Marinara, Alfredo or olives & oil

🍷 House favorites

## Insalate

### Caprese (seasonal)

Farm ripe tomatoes, fresh mozzarella, basil & pecorino topped with balsamic glaze - 9.99

### 🍷 Artichoke & Spinach Salad

Baby Spinach with artichoke hearts, dried cranberries, red onion, toasted almonds & croutons tossed in our delicious citrus vinaigrette - 10.29

### Caesar

Crisp romaine, grated Romano cheese & croutons tossed with Caesar dressing - 7.99

### Antipasto Salad

Diced Ham, Salami & Provolone with pepper salad, artichoke hearts, roasted red peppers & cherry tomatoes on a bed of romaine lettuce - 10.99

### \*NEW Romaine Wedge

Crispy bacon, caramelized onion, gorgonzola, cracked black pepper & balsamic glaze - 9.99

## Suggested add-ons

Chicken 4. Grilled Salmon 9. Grilled Shrimp 6. Bacon 1. Gorgonzola 2. Pepper Salad 2.

☛ House favorites

## Lunch Entrées

Served 11:30 - 4 pm

*All entrees come with our housemade focaccia and olives*

Add a house salad at 1.99 or a side Caesar at 3.99 with any entrée

### ☛ Parmigiana An Italian Classic!

Baked with marinara & mozzarella, served with pasta.  
Chicken - 9.99 / Veal - 11.99

**Piccata** Sautéed with garlic, capers & lemon in a white wine sauce. Chicken - 8.99 / Veal - 10.99

### \*NEW Monte Bianco

sautéed with garlic, tomato, spinach  
& mozzarella in a butter white wine sauce.  
Chicken - 10.99 / Veal - 12.99

**Marsala** Sautéed onions, garlic & mushrooms in a rich Marsala sauce. Chicken - 9.99 / Veal - 11.99

**Carciofi** sautéed with garlic, mushrooms & artichokes in a butter white wine sauce. Chicken - 10.99 / Veal - 12.99

### Linguine & Clams

Sauteed fresh whole clams with garlic & red pepper flakes served over linguine in a white wine or red sauce. - 11.99

### Gamberetti

Sautéed Tiger Shrimp tossed with linguine. Choice of sauces: Lemon & white wine or Fra Diavolo - 11.99

### \*NEW Stuffed Sole

Seafood stuffed 4 oz Sole topped with our delicious sundried tomato & gorgonzola sauce - 11.99

### ☛ Dave's Baked Ziti

ziti tossed with ricotta & red or white sauce topped & baked with mozzarella - 9.99  
\$1 for each Baked Ziti sold goes to the Music Rx® Childrens Cancer

### Manicotti

Hand-stuffed pasta with creamy ricotta cheese, topped with mozzarella in your choice of marinara or alfredo sauce - 8.99

## Pasta's

*always cooked al dente & topped with your choice of sauces;*

**Lorenzo's Homemade Marinara** - 6.99

**Bolognese** ground beef, herbs, red wine & San Marzano tomatoes - 9.99

**Alfredo** white creamy cheese sauce - 7.99

☛ **Alla Vodka** sautéed onions, garlic & fresh basil in a pink tomato-cream sauce - 8.49

*Pasta Choices:*

**Penne, Linguine, Cappellini or Orrechiette**

For fresh ribbons of Papardelle pasta add 2.

Add Meatball or Sausage Side for 3.

## Apizza

*Please specify Red or White*

Regular toppings available - prices vary by topping & size  
All Specialty pizzas include mozzarella

	Sm 10"	lg 18"
Plain Red (Pecorino cheese only)	6.00	11.00
Mozzarella (red)	7.00	13.00
Prosciutto & Eggplant	9.50	17.50
Salami, Olive & Basil	9.50	17.50
Artichoke heart & garlic	9.00	16.25
☛ Chicken, Spinach & garlic	9.75	18.00
Sausage Peppers & Onion	9.75	18.00
Fresh Tomato, basil & garlic	8.50	15.75
Shark's Pepper Salad	8.75	16.75
Open Eggplant Rollatini	9.50	17.50
Ham, Salami & Pepperoni	10.00	18.75
"Veggie"	10.00	19.00
mushroom, onion, eggplant spinach & tomato		

**Salad & a Big Slice** Side House Salad &  
Big Slice of our thin crust Mozzarella Pizza - 4.99

## Panini Sandwiches

Served with mixed greens & a pickle.  
Add fries 2.

### Soup, Salad & Sandwich

Cup of Chef's daily soup, side house salad & 1/2 panini (excludes burger and Subs) - 8.99

**Caprese** Tomato, mozzarella, basil & olive oil - 7.99

**Fumare** Turkey, bacon, provolone, tomato, & honey butter - 8.99

**Italiano** Ham, Salami & pepperoni, oil & vinegar, tomato & provolone - 8.99

**Melanzane** Eggplant, tomato, basil, provolone & pecorino cheese, balsamic vinegar & olive oil - 7.99

**Parmigiana Subs** Choice of:

Meatball, Chicken or Eggplant

\*NEW Sausage, Peppers & Onions

on Italian bread with marinara & mozzarella - 8.99

### ☛ 8 oz Burger ❖

Grilled Angus beef served with lettuce, tomato & red onion & fries - 9.99

**Toppings;** Roasted rep peppers, Mushrooms, Caramelized Onion, Bacon, American or Provolone Cheese add .50 ea

All menu items are cooked to order.

We appreciate your patience.

❖ Consuming raw or undercooked items may increase your risk of food borne illness

All ingredients are not listed in descriptions.

It is important to let your server know if you have an allergy.

We reserve the right to add 20% gratuity for tables of 6 or more.

Substitutions, additions & shared plate fees charged accordingly.

Menu subject to change without notice – 10/12



☛ House favorites

## Dinner Entrées

Served after 4 pm

*All entrees served with our housemade focaccia and olives*

Add a house salad at 1.99 or a side Caesar at 3.99 with any entrée

### ☛ Parmigiana

An Italian Classic! Baked with marinara & mozzarella, served with pasta.  
Chicken - 16.99 / Veal - 19.99

### Piccata

Sautéed with garlic, capers & lemon in a white wine sauce. Chicken - 15.99 / Veal - 18.99

### \*NEW Monte Bianco

Sautéed with garlic, tomato, spinach & mozzarella in a butter white wine sauce. Chicken - 18.99 / Veal - 21.99

### Marsala

Sautéed with onions, garlic & mushrooms in a rich Marsala sauce. Chicken - 16.99 / Veal - 19.99

### Carciofi

sautéed with garlic, mushrooms & artichokes in a butter white wine sauce. Chicken - 18.99 / Veal - 21.99

### Manicotti

Hand-stuffed pasta with creamy ricotta cheese, topped with mozzarella & your choice of marinara or alfredo sauce - 12.99

### ☛ Dave's Baked Ziti

ziti tossed with ricotta & red or white sauce topped & baked with mozzarella - 13.99

\$1 for each Baked Ziti sold goes to Music Rx® Childrens Cancer Assoc.

### \*NEW Pork Osso Bucco

Pork shanks simmered until tender with mushrooms & onions in a madiera wine demi-glaze - 26.99

### ❖Bistecca della Casa

Grilled, hand-cut 12 oz NY strip topped with crumbled gorgonzola & drizzled with balsamic glaze. - 24.99

### ☛ Meat Lasagna

Sheets of Pasta layered with ricotta, ground beef & sausage topped with marinara & mozzarella - 14.99

### \*NEW Stuffed Sole

Seafood stuffed Sole topped with our delicious sundried tomato & gorgonzola sauce - 18.99

### Linguine & Clams

Sauteed fresh whole clams with garlic & red pepper flakes served over linguine in a white wine or red sauce. - 18.99

### Gamberetti

Sautéed Tiger Shrimp tossed with linguine - 18.99  
Choice of sauces: Lemon & white wine or Fra Diavolo - spicy tomato-wine

### \*NEW Baked Salmon

Oven baked tender salmon topped with blue crab & tarragon sauce - 17.99

## Apizza

*Please specify Red or White*

Regular toppings available - prices vary by topping & size  
All Specialty pizzas include mozzarella

## Pasta's

always cooked al dente

& topped with your choice of sauces;

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\*\*\* Please be aware that Pizzas ordered during peak times may take longer than expected\*\*\*

### Lorenzo's Homemade Marinara

San Marzano tomato, garlic & onions - 10.99

### Bolognese

ground beef, herbs, red wine & San Marzano tomatoes - 15.99

### ☛ Alla Vodka

sautéed onions,garlic & fresh basil in a pink tomato-cream sauce - 13.99

Alfredo - white creamy cheese sauce - 12.49

*Pasta Choices:*

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