



Sello's

Italian Oven & Bar

va tutto bene...
it's all good...

Antipasti

Carpaccio di Manzo thinly sliced tenderloin of beef garnished with capers, chopped onions, shaved parmigiano reggiano cheese and arugula 13 GF

Carpaccio di Pesce thin sliced swordfish & salmon finished with EVOO, lemon, and ground pink peppercorns 13 GF

Calamari Fritti calamari lightly flour dusted and fried served w jalapeno peppers and lemon 11

Cozze e Vongole PEI mussels & little neck steamed clams oven baked in a tomato broth 12 GF

Pasticcio di Melanzane roasted eggplant baked in a puff pastry with prosciutto and pecorino cheese 10

Zuppa e Insalate

Zuppa del Giorno Soup of the day 6

Pomodoro Caprese fresh burata mozzarella, fresh tomatoes and Basil, with a touch of EVOO and Balsamic vinegar 11 GF

Barbabietola e Finocchio roasted beet & fennel with black olives, grilled asparagus, gorgonzola cheese in a citrus vinaigrette 11 GF

Insalata di Cesare romaine lettuce with our homemade dressing and house croutons and shaved parmigiano reggiano 8

Rucola e Parmigiano arugula salad w pine nuts and shaved parmigiano reggiano EVOO & a drizzle of balsamic vinegar 10 GF

Add Grilled Chicken for 7 or Grilled jumbo Shrimp for 9

Pizza al Forno

30 cm individual hand stretched

Margherita plum tomatoes with fresh mozzarella and basil 12

Bianca garlic roasted cauliflower, oregano, EVOO and fresh mozzarella 13

Rucola e Prosciutto plum tomatoes, prosciutto crudo and fresh smoked mozzarella topped with arugula 15

Capricciosa plum tomatoes, peas, wild mushrooms, prosciutto cotto and fresh mozzarella 15 (add fresh farm egg on top \$2)

Aldo plum tomatoes, meatballs, soppressata piccante, and smoked mozzarella 16

Vespa spinach, prosciutto crudo and gorgonzola cream 16

Verdure Piccante plum tomatoes, grilled eggplant, spinach, wild mushrooms, roasted garlic, red onion and fresh mozzarella w a touch of chili flakes 14

Sello anchovy, black olives, capers, oregano and smoked mozzarella 15

Giuliano margherita topped with french fries parmigiano 15

Plate charge for sharing is \$4.00

Locally sourced produce, cheeses, seafood, and eggs used when at all possible

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illnesses

Pasta

Papardelle alla Bolognese homemade wide ribbon pasta tossed with a hearty ragu of tomato vegetable, beef, pork and veal 18

Involtini di Melanzane thinly sliced grilled eggplant rolled and stuffed with angel hair pasta with marinara sauce & fresh parmigiano reggiano 17

Penne e Granchi penne with jumbo lump crabmeat in a red pepper pancetta tomato cream sauce 21

Linguine al Pescatore fishermen's linguine with calamari, shrimp, mussels, clams, in a cherry tomato, garlic, pinot grigio broth 22

Ziti e Cavolfiore al Forno gluten free penne and cauliflower baked with a light béchamel sauce and mixed cheeses- healthy girls mac n cheese 22 GF

Gluten pasta available for \$3 surcharge

Pesce

Pesce del Giorno *Catch of the Day* market price

Grigliata Mista di Pesce grilled shrimp, catch, and calamari served atop a bed of arugula salad 24 GF

Salmon alla Griglia wild caught salmon grilled atop a soy & wasabi veloute accented with shaved grilled fennel and crispy pancetta served with grilled asparagus 24 GF

Aragosta e Gamberi Angelo e Diavolo 7 oz Lobster Tail and several jumbo shrimp served in a firey marinara sauce with angel hair pasta with EVOO, garlic and touch of chili flakes sauce market \$

Carne

Pollo alla Milanese chicken breast pounded, breaded and sauteed and served w our arugula salad 22

Vitello Sello's tender scallopini's of Veal sautéed topped w prosciutto crudo, fresh smoked mozzarella and finished in a pinot grigio reduction served w grilled asparagus 26

Porchetta al Forno thinly sliced pork roasted to perfection finished with a chianti reduction served w russet mashed potatoes with a touch of white truffle oil and garnished with cornichons 25

Bistecca di Manzo alle Erbe grilled 14 oz delmonico topped with fresh herbs served w parmigiano fries 26 GF

Contorni

Funghi Trifolati sauteed wild mushrooms 6 GF

Spinaci in Padella sautéed spinach 6 GF

Asparagi Grigliati grilled asparagus and pecorino 6 GF

Patatine Fritte al Parmigiano parmesean French fries with drizzle of white truffle oil 5 GF

Purè di Patate al Tartufo Bianco mashed russet potatoes with a touch of white truffle oil 6 GF

Crostini di Pane all'Aglio grilled bread with roasted garlic 5

Penne al Pomodoro penne in a marinara sauce 6

Capelli d'Angelo Aglio Olio e Peperoncino angel hair pasta with EVOO, garlic, and touch of chili flakes 6

We enjoy offering you a broad menu, therefore please do not ask us to make any substitutions, thank you!

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Menu items and prices are subject to change