

## Salad Plates:

Perfect for a light lunch or dinner!

<b>Apricot Chicken Salad</b> <sup>GF</sup> ~ with almonds, apples, and celery in our apricot mayo (packaged in 1lb. container)	\$7.75
<b>Chopped Green Salad</b> <sup>GF</sup> ~ with cucumbers, carrots, tomatoes served with our ginger dressing	\$6.95
<b>Mesclun Salad</b> <sup>GF</sup> ~ with dried cranberries, shaved red onion, gorgonzola cheese and sliced almonds served with our balsamic dressing	\$7.25
<b>Strawberry Spinach Salad</b> <sup>GF</sup> ~ with candied walnuts & gorgonzola, served with citrus dressing	\$7.25
<b>Dressings</b> <sup>GF</sup> ~ By customer request, we sell our dressings: Caesar, Citrus, Ginger & Balsamic	\$5.25
<b>Roasted Vegetable Pasta Salad</b> ~ zucchini, squash, red onion and peppers with a roasted veggie dressing (packaged in 1lb. container)	\$6.75

## Soups, Ravioli & Sauces:

Offered by the pound.

<b>Bolognese</b> <sup>GF</sup> (veal, pork & beef)	\$5.50
<b>Marinara</b> <sup>GF</sup> (fresh basil, onions and garlic)	\$4.95
<b>Pink Vodka</b> <sup>GF</sup> (Contains prosciutto)	\$5.25
<b>Sage Cream</b> <sup>GF</sup> (Great with our Pumpkin Ravioli)	\$5.25

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**Frozen Ravioli** ~ pumpkin, sausage, cheese, wild mushroom and seafood.

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**Soup of the Month** ~ we now offer three monthly soups. Visit [www.lapiastra.com](http://www.lapiastra.com) for our Specials!



**Kid-Approved Meals!**

Menu prices and selections subject to change.

<sup>GF</sup> All items marked are considered Gluten Free. Visit our web site for our monthly GF Dinner Special(s) at [www.lapiastra.com](http://www.lapiastra.com).

Disclaimer: Although all sanitary measures are taken to prevent cross-contamination, we also serve gluten products and cannot guarantee that all of the foods served are allergen-free.

## Side Plates:

Offered by the pound or half pound. Typically serves 2

<b>Barley-Squash Pilaf</b> ~ barley with sautéed butternut squash, onions, pepper, sage and thyme	\$6.75/lb
<b>Broccoli Rabe</b> <sup>GF</sup> ~ with roasted garlic sautéed in olive oil, lemon juice & red pepper flakes	\$5.95/lb
<b>Cranberry Walnut Couscous</b> ~ cranberries, walnuts, peas, scallions in a citrus dressing	\$6.50/lb
<b>Green Beans Almondine</b> <sup>GF</sup> ~ fresh green beans tossed with toasted almonds in a garlic aioli (packaged in 1/2 lb. container)	\$4.95
<b>Roasted Acorn Squash</b> <sup>GF</sup> stuffed with apples, Portobello mushrooms, celery, onions, & walnuts	\$6.75
<b>Roasted Garlic Mashed Potatoes</b> <sup>GF</sup> ~ smashed red bliss potatoes with roasted garlic	\$5.95/lb
<b>Roasted Root Vegetables</b> <sup>GF</sup> ~diced, seasoned & slow roasted turnips, parsnips, onions, carrots, potatoes (packaged in 1/2 lb. container)	\$4.95
<b>Sweet Mashed Potatoes</b> <sup>GF</sup> ~ sweet potatoes mashed with butter, maple syrup and salt	\$5.95/lb

## Pastas and Lasagnas:

For those days when you need a little comfort food!

<b>Baked Cheese Ravioli</b> ~ Cheese ravioli layered with our pink vodka sauce, topped with mozzarella	\$7.95
<b>Big Kid Mac 'n Cheese</b> ~ Cheddar, Parmesan, Mozzarella, Asiago (for Big and Little Kids!)	\$7.95
<b>Meat Lasagna</b> ~ ground beef and sautéed onions layered with ricotta, mozzarella, marinara and lasagna noodles	\$10.50
<b>Penne Marinara with Mini Meatballs</b> ~ with two mini meatballs, perfect kid's choice!	\$4.95
<b>Pasta Primavera with Mascarpone Aioli</b> ~ zucchini, squash, peppers and onions	\$9.95
<b>Risotto of the Month</b> <sup>GF</sup> ~ made with GF stocks. See our web site for this month's pick!	\$9.95
<b>Vegetarian Lasagna</b> <sup>GF</sup> ~corn pasta sheets layered with a variety of vegetables & cheeses	\$10.95
<b>Whole Wheat Penne, Chicken &amp; Broccoli</b> tossed in a garlic aioli	\$9.95

## Rotating Chicken Specials:

Featured on a rotational basis, see inside flap.

<b>Chicken Cordon Bleu</b>	<b>Chicken Marsala</b>	\$11.95
<b>Chicken Francaise</b>	<b>Chicken Picatta</b>	

## Rotating Beef Specials:

Featured on a rotational basis, see inside flap.

<b>Beef Bourguignon</b>	<b>Beef Stroganoff</b>	Prices Vary
<b>Burgundy Beef Stew</b>		

## Dinner Plates:

Items available at all times through Fall/Winter. Serves 2

<b>BBQ Pulled Pork</b> <sup>GF</sup> ~ Slow cooked in our house made bbq sauce.	\$10.95
<b>Chicken Tenders with Honey Mustard</b>	\$4.95
<b>Chicken Parmesan</b> ~ with spaghetti	\$11.95
<b>Chicken Pot Pie</b> ~ with peas & carrots in a sherry cream sauce, topped with a puffed pastry	\$10.95
<b>Eggplant Rollatini</b> ~ rolled with ricotta and mozzarella cheese, topped with marinara sauce	\$7.25
<b>Eggplant Parmesan</b> ~ layered with ricotta, mozzarella and parmesan cheese and marinara	\$9.95
<b>Grilled Chicken</b> <sup>GF</sup> ~ Add to salad for a lite bite!	\$4.95
<b>Meatballs</b> ~ The way Nana made them!	\$9.95
<b>Not Your Mom's Meatloaf</b> ~ topped with bacon and our Madiera mushroom gravy	\$11.95
<b>Pork Medallions with Brandied Apples and Onions</b> <sup>GF</sup> ~ back by popular demand!	\$11.95
<b>Roasted Ratatouille</b> <sup>GF</sup> ~ roasted eggplant, zucchini, onions, grape tomatoes and garlic over our scallion brown rice	\$9.95
<b>Salmon Over Orzo</b> ~roasted onions & tomatoes	\$14.50
<b>Shepherd's Pie</b> <sup>GF</sup> ~ garlic mashed potatoes, ground beef and onions, and creamed corn	\$9.95
<b>Stuffed Peppers</b> <sup>GF</sup> ~ ground beef, onions, white rice and our marinara sauce	\$8.95
<b>Vegetarian Burger</b> <sup>GF</sup> ~ spinach, brown rice, carrots, onions, roasted peppers and chic peas.	\$9.95

## Rotating Specials: Chicken & Beef

Serves two, packaged in an oven-safe container

<b>October</b>	Chicken Cordon Bleu Chicken Marsala Beef Stroganoff
<b>November</b>	Chicken Francaise Chicken Picatta Beef Bourguignon
<b>December</b>	Chicken Marsala Chicken Cordon Blue Burgundy Beef Stew
<b>January</b>	Chicken Francaise Chicken Picatta Beef Stroganoff
<b>February</b>	Chicken Marsala Chicken Cordon Blue Beef Bourguignon
<b>March</b>	Chicken Francaise Chicken Picatta Burgundy Beef Stew

Don't forget to  
check out our  
monthly specials  
[www.lapiastra.com](http://www.lapiastra.com)

## CATERING SERVICES The PLATE is all you need We do the rest...

As you pick up your meals to go for the week or the evening, keep us in mind for your next special gathering.

For your elegant luncheon, cocktail party or five course meal; for a child's birthday party, a casual buffet or a boys' night out - let us provide the main course for your next event.

We can provide you with everything from appetizers to desserts. Or simply add a few of our dishes to your special creations. We can work together to meet your needs.

See our web site at [www.lapiastra.com](http://www.lapiastra.com) or our Catering Menu for details.

- Dietary needs are accommodated
- We offer Gluten Free Products

The PLATE is all you need!



860.632.PLATE (7528)  
info@lapiastra.com  
[www.lapiastra.com](http://www.lapiastra.com)



## Gourmet to Go Fall/Winter Menu

Fully prepared meals in oven-safe containers.

Simply reheat and eat!  
*Check out our web site for our additional monthly specials!*

All of our Gourmet To Go entrees are also available in larger quantities for catering orders.  
**Please allow 48 hour notice.**

### STORE HOURS

Monday-Friday 10:00am-7:00pm  
Saturday 10:00am-5:00pm

**860.632.PLATE(7528)**

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TWO YEARS IN A ROW!!!