

## Green Salads

<b>Asian Cabbage Salad</b> <sup>V</sup> almonds, scallions, rice wine vinaigrette, crunchy noodles, sesame seeds	\$9.25
<b>Caesar Salad</b> <sup>GF</sup> with parmesan crisps	\$9.50
<b>Chopped Green Salad</b> <sup>GF &amp; V</sup> carrots, cucumbers, tomatoes with our ginger dressing	\$9.50
<b>Mesclun Salad</b> <sup>GF</sup> cranberries, gorgonzola, red onion, almonds with our balsamic dressing	\$9.50
<b>Baby Kale Salad</b> <sup>GF</sup> candied walnuts, roasted red peppers, chic peas, Parmesan, citrus dressing	\$9.50

**Dressings** Balsamic, Citrus, Ginger <sup>GF & V</sup> Caesar <sup>GF</sup> \$5.50

## Vegetable Sides

<b>Black Bean &amp; Corn Salad</b> <sup>GF &amp; V</sup> Black beans, corn, peppers, red onion, cilantro, lime aioli	\$8.95
<b>Broccoli Rabe</b> <sup>GF &amp; V</sup> roasted garlic sauteed in olive oil, lemon juice & red pepper flakes.	\$8.95
<b>Green Beans Almondine</b> <sup>GF &amp; V</sup> tossed with toasted almonds & garlic aioli. (1/2 lb.)	\$6.95
<b>Grilled Asparagus</b> <sup>GF &amp; V</sup> with balsamic & EVOO	\$6.95
<b>Grilled Vegetables</b> <sup>GF &amp; V</sup> marinated squash, zucchini, red onion, green peppers (1/2 lb.)	\$7.50
<b>Grilled Portobello Mushroom</b> <sup>GF</sup> roasted eggplant, onions, tomato, feta & fresh basil.	\$10.95
<b>Roasted Broccoli &amp; Cauliflower</b> <sup>GF &amp; V</sup>	\$6.95

## Ravioli/Sauces by pound

<b>Bruschetta Sauce</b> <sup>GF</sup> (tomato, basil, fresh mozz)	\$5.95
<b>Marinara</b> <sup>GF &amp; V</sup> (fresh basil, onions and garlic)	\$5.50
<b>Pink Vodka</b> <sup>GF</sup> (contains prosciutto)	\$5.95
<b>Pesto Sauce</b> <sup>GF</sup> (nut free)	\$4.95
<b>Frozen Ravioli</b> grilled vegetable, sausage, wild mushroom, shrimp scampi or tri-color tortellini	Prices vary

## Specialty Spreads 1/2 pound

<b>Eggplant Caponata</b> <sup>GF</sup>	\$3.25
<b>White Bean &amp; Roasted Garlic</b> <sup>GF &amp; V</sup>	\$3.25

## Entrees Serves two

<b>Asian Glazed Salmon</b> <sup>GF &amp; DF</sup> with quinoa pilaf	\$19.95
<b>BBQ Pulled Pork</b> <sup>GF &amp; DF</sup> with our bbq sauce	\$15.95
<b>BBQ Sirloin Tips</b> <sup>GF &amp; DF</sup> scallion brown rice	\$16.95
<b>Beef Lasagna</b> <sup>KA</sup> ground beef, onions, ricotta, mozzarella, marinara & lasagna noodles	\$13.95
<b>Big Kid Mac 'n Cheese</b> <sup>KA</sup> Cheddar, Mozzarella, Asiago, Parmesan (for Big & Little Kids!)	\$11.75
<b>Black Bean and Walnut Burger</b> <sup>GF &amp; V</sup> roasted red peppers, spring mix, chipotle aioli	\$13.95
<b>Buffalo Chicken Quesadillas</b> seasoned rice	\$13.50
<b>Caribbean Grilled Pork Loin</b> <sup>GF &amp; DF</sup> pineapples and onions	\$15.95
<b>Chicken Cutlets</b> <sup>DF &amp; KA</sup> house made breadcrumbs	\$8.95
<b>Chicken Lettuce Wraps</b> <sup>GF &amp; DF</sup> shredded chicken mix with peanuts & ginger dressing	\$12.95
<b>Chicken Marsala</b> with mushroom & onions	\$15.75
<b>Chicken Parmesan</b> with spaghetti <sup>KA</sup>	\$15.95
<b>Chicken Picatta</b> with capers and onions	\$15.75
<b>Chicken Tenders</b> <sup>GF, DF &amp; KA</sup> (traditional or GF!) choice of sauce bbq, buffalo or honey mustard	\$7.95
<b>Eggplant Parmesan</b> layered and stuffed	\$13.95
<b>Eggplant Rollatini</b> rolled and stuffed	\$10.95
<b>Grilled Artichoke Lemon Fettucini</b> <sup>GF</sup> corn pasta, grape tomatoes, spinach, Parmesan, onions	\$15.50
<b>Grilled Chicken</b> <sup>GF &amp; DF</sup>	\$7.25
<b>Jerk Marinated Chicken</b> <sup>GF &amp; DF</sup> pineapple salsa	\$15.95
<b>Meatballs</b> The way Nana made them! <sup>GF &amp; KA</sup>	\$14.25
<b>Penne Marinara with Mini Meatballs</b> <sup>KA</sup>	\$6.95
<b>Roasted Ratatouille</b> <sup>GF &amp; V</sup> eggplant, onions, zucchini, tomatoes, garlic, scallion brown rice	\$12.95
<b>Salmon Over Orzo</b> <sup>DF</sup> onions & tomatoes	\$20.95
<b>Stuffed Peppers</b> <sup>GF &amp; DF</sup> ground beef, onions, rice and marinara sauce	\$12.95
<b>Tortellini Pesto and Grilled Chicken</b> <sup>KA</sup> with grape tomatoes and Parmesan cheese	\$14.25
<b>Whole Wheat Penne Chicken &amp; Broccoli</b> <sup>KA</sup>	\$14.25

## Cold Salads

<b>Apricot Chicken Salad</b> <sup>GF &amp; DF</sup> almonds, apples, and celery in our apricot mayo	\$10.95
<b>Caprese Salad</b> <sup>GF</sup> Layered ripe tomatoes, fresh basil & mozzarella & balsamic aioli.	\$9.95
<b>Citrus Mint Fruit Salad</b> <sup>GF &amp; DF</sup>	\$6.95
<b>Cranberry Apple Quinoa</b> <sup>GF</sup> carrots, red onion, cucumbers, apples, Feta with a citrus dressing.	\$8.95
<b>Cranberry Walnut Couscous</b> <sup>V</sup> walnuts, peas, dried cranberries, scallions, citrus dressing.	\$8.95
<b>Curried Chicken Salad</b> <sup>GF &amp; DF</sup> dried currant berries, celery, scallions in our curry mayo.	\$10.95
<b>Potato Salad</b> <sup>GF &amp; DF</sup> bacon & our scallion mayo	\$6.95
<b>Roasted Vegetable Pasta Salad</b> squash, red onion, zucchini, peppers, veggie aioli, Parmesan	\$8.95
<b>Sesame Peanut Noodles</b> <sup>V</sup> green peppers, carrots, edamame, sesame peanut sauce	\$8.95
<b>Shrimp Tomato &amp; Cucumber Salad</b> <sup>GF &amp; DF</sup>	\$11.95

## Single Serve Cold Salads

<b>All Green Salads</b> (available single-size)	\$5-5.50
<b>Grilled Proteins (chicken &amp; salmon)</b> <sup>GF &amp; DF</sup>	\$3.75
<b>Apricot Chicken Salad</b> <sup>GF &amp; DF</sup>	\$5.50
<b>Cranberry Apple Quinoa</b> <sup>GF</sup>	\$4.50
<b>Curried Chicken Salad</b> <sup>GF &amp; DF</sup>	\$5.50
<b>Citrus Mint Fruit Salad</b> <sup>GF &amp; DF</sup>	\$3.50

## Monthly Specials

Check out our web site for our monthly specials.

<b>Heart Healthy Fish Quesadilla</b>	<b>Quinoa Risotto Soups</b>
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<sup>GF</sup> Gluten Free items. <sup>V</sup> Vegan items. <sup>DF</sup> Dairy Free items.

<sup>KA</sup> Kid-Approved Meals! 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.

Menu prices and selections subject to change.

## Breads Plates

<b>Rosemary Focaccia (by the slice)</b> <i>See catering menu for full-size price</i>	<b>\$1.75</b>
<b>Focaccia of the Day (by the slice)</b> <i>See catering menu for full-size varieties</i>	<b>\$2.75</b>
<b>Roasted Garlic and Asiago Stuffed Bread</b>	<b>\$5.00</b>
<b>Plain Ciabatta Loaves - baked fresh daily</b>	<b>\$3.60</b>
<b>Dee's One Smart Cookie</b>	
Frozen Breadsticks <b>GF, DF &amp; Soy Free</b>	<b>Prices Vary</b>
Assorted GF Pizzas <b>GF, Soy Free</b> Pepperoni, Cheese or Roasted Vegetable	

## Dessert Plates

<b>Assorted Dessert Bars &amp; Brownies</b> Individually packaged - Easy Grab 'n Go!	<b>Prices vary</b>
<b>Chocolate Chip/dz</b>	<b>\$5.95</b>
<b>Oatmeal Raisin Cookies/dz</b>	
<b>Chocolate Bomb</b> layered chocolate cookie with Oreos, chocolate brownie & ganache	<b>\$6.50</b>
<b>Cakes and Pies by the slice</b>	<b>\$3.25</b>
Chocolate Flourless Cake <b>GF</b> Chocolate Peanut Butter Pie	
<b>Dee's One Smart Cookie</b> <b>GF, DF, Soy Free</b> cupcakes, whoopee pies and frozen cookies	<b>Prices vary</b>
<b>F.U.D.D. Bars</b> <b>GF</b> For Unkind Dreary Days dark chocolate, rice crisps, caramel, dried cherries	<b>\$4.95</b>
<b>Liz Lovely Cookies</b> <b>GF &amp; DF</b> (single serve) chocolate mousse, ginger, snickerdoodle and chocolate chip	<b>\$1.99</b>
<b>Sea Salt Caramel Butter Bars</b> shortbread layered with caramel, topped with sea salt	<b>\$3.50</b>
<b>Truffles - For the Love of Chocolate</b>	
Chocolate Peanut Butter <b>GF</b> (5pk) Chocolate Chip Cookie Dough (4pk)	<b>\$3.50</b>

## La Piastra Catering

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

from appetizers to desserts!

### WE OFFER CATERING 3 WAYS



*pick up*



*delivery*



*full service*

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.

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

Catering Menu for details.



**860.757.3052**

**info@lapiastra.com**

**www.lapiastra.com**

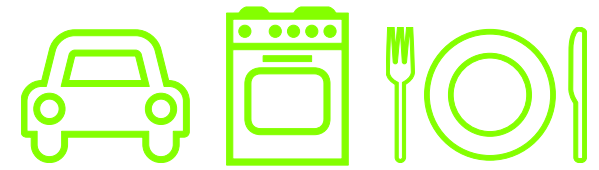
All of our Gourmet To Go entrees are also available in larger quantities for catering orders. **Please allow 48 hour notice.**



## Gourmet to Go Spring and Summer Menu

**Fresh meals. Serves two. Oven-safe containers.**

See web site for monthly specials!



*Grab & Go*

*Heat at home*

*Serve & enjoy*

**ORDER ONLINE @ [www.lapiastra.com](http://www.lapiastra.com)**

	<b>STORE HOURS</b>
Monday-Friday	10:00am-7:00pm
Saturday	10:00am-5:00pm

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