



TRATTORIA ITALIANA & SEAFOOD

1933 S. Elijo Avenue, Cardiff by the Sea, CA 92007 • (760) 634-2335

Lunch & Dinner Menu

Antipasti

Caprese

Fresh buffalo mozzarella cheese and ripe tomatoes with fresh basil and extra virgin olive oil.

Bruschetta al Filetto di Pomodoro

Fresh chopped tomatoes and garlic over a toasted bread.

Bruschetta Mamma Mia

Smoked salmon and gorgonzola cheese over toasted bread.

Cuori di Carciofi al Forno

Baked artichoke hearts with provolone cheese.

Asparagi alla Zingara

Fresh asparagus steamed and baked with prosciutto di Parma chopped tomatoes and buffalo mozzarella cheese.

Antipasto Italiano

Fresh buffalo mozzarella and tomatoes, grilled vegetables, bruschetta, prosciutto di Parma and assorted cheeses.

Antipasto Mediterraneo

Shrimp, crab cakes, fried calamari, bruschetta with smoked salmon over gorgonzola cheese.

Shrimp Margherita

Sauteed shrimp in a creamy lobster sauce, served with polenta.

Carpaccio di Manzo

Thinly sliced filet mignon topped with arugola, extra virgin olive oil, lemon juice, capers and shaved parmigiano.

Oysters Rockefeller

baked oysters with bacon, spinach and parmigiano.

Calamari Fritti

Deep fried calamari served with marinara sauce.

Calamari alla Sorrentina

Sautéed baby calamari with garlic and white wine in a spicy tomato sauce.

Zuppa di Cozze, Vongole & Capesante al Vino Bianco

Mussels, clams and scallops in a roasted garlic white wine sauce.

Luncheon Special

*Monday thru Friday 11.00 am to 2.00 pm
All entrees are served with soup or salad.*

Insalata di Cesare con Calamari

Traditional caesar salad topped with fried calamari.

Spaghetti alla Checca

Spaghetti sauteed with fresh tomatoes garlic and olive oil.

Spaghetti con Polpettine

Spaghetti sauteed in a marinara sauce and homemade meatballs.

Rigatoni alla Bolognese

Short tube pasta sauteed in our famous homemade meat sauce.

Ravioli di Ricotta

Homemade ravioli stuffed with fresh ricotta cheese and spinach, sauteed in a fresh tomato sauce.

Piccata di Pollo

Chicken breast sauteed in a lemon and capers sauce with a touch of butter.

Pollo al Marsala

Chicken breast sauteed in a marsala wine sauce and mushroom.

Sea bass Livornese

Fresh local white sea bass sauteed in a fresh tomato sauce, black olive and capers.

Scampi alla Puttanesca

Tiger shrimps sauteed in a garlic and white wine sauce, with black olive and capers.

Cioppino alla Ponzeese

Combination of fresh seafood in a fresh tomato, garlic and white wine sauce over linguine.

Panino al Pollo

Chicken Parmigiana served with tomatoes and lettuce in our homemade panini bread.

Piadina Mediterranea

Flat bread stuffed with Italian ham, mozzarella & peperoncini.

Piadina Caprese con Prosciutto

Flat bread stuffed with buffalo mozzarella, prosciutto di Parma and tomato.

Insalate e Zuppe

Fresca Verde

Mixed greens, tomatoes, radishes, carrots and cucumber tossed with homemade italian dressing.

Insalata Primavera

Diced ripe tomatoes, red onions and kalamata olives tossed with balsamic vinaigrette served with feta cheese and toasted bread.

Insalata al Portobello

Spring mix, pecans and dried raspberry, topped with sliced Portobello mushroom in balsamic reduction dressing.

Insalata ai due formaggi

Spring mix with walnuts and deep fried goat cheese tossed in a gorgonzola cheese dressing.

Insalata di Cesare

Hearts of romaine with croutons and traditional caesar dressing and shaved parmigiano.

Insalata di Spinaci

Baby spinach salad served with a raspberry balsamic vinaigrette and crispy pancetta.

Insalata di Cesare con Calamari or Pollo

Traditional Caesar salad topped with choice of fried calamari or chicken breast.

Insalata al Gorgonzola

Spring mix, tomatoes, carrots, radishes, cucumbers, calamata olives tossed with a balsamic vinaigrette, served with crumbled gorgonzola cheese and toasted bread.

Insalata di Mele

Spring mix topped with sweet goat cheese, grapes and pecans, tossed with a raspberry vinaigrette dressing served over a bed of apples and shrimp.

Insalata di Pere

Grilled fresh pears, over a bed of rugola and fennel in a balsamic reduction dressing topped with shrimp and sea scallops.

Insalata di Mare

Spring mix topped with fresh mussel, calamari, clams, scallops, salmon and shrimp, tossed in a lemon vinaigrette dressing.

Zuppa del Giorno

Chef's soup of the day. Ask your server

La Pasta

Capellini al Pomodoro Fresco

Angel hair pasta with garlic, olive oil & fresh chopped tomatoes.

Pennette alla Vodka

Short tube pasta in a creamy tomato vodka sauce.
Chicken extra.

Pennette dello Chef

Short tube pasta sautéed in a gorgonzola cheese sauce with chicken & sundried tomato.

Linguine ai Due Golfi

Tiger shrimp and Dungenes crab meat in a roasted garlic and white wine sauce topped with a Langostino.

Rigatoni Salsiccia e Melanzane

Italian sausages and eggplant in a tasty tomato sauce with a touch of cream.

Manicotti Pomodoro & Basilico

Filled with Fresh Sicilian ricotta cheese and topped with tomato sauce and besciamella.

Spaghetti alla Carbonara

Pancetta, egg yolk, parmigiano and black pepper.

Farfalle alla Ponzese

Bowtie pasta sautéed with smoked salmon shrimp and scallops in a creamy vodka sauce.

Linguine alla Sorrentina

Baby calamari sautéed with white wine and garlic in a spicy tomato sauce.

Linguine alle Vongole

Fresh clams in the shell sautéed with olive oil, garlic and white wine.

Linguine di Ercolano

Jumbo shrimp in a spicy tomato sauce.

Linguine alla Pulcinella

Grilled chicken tenders and artichoke hearts in a creamy tomato sauce.

Fettuccine Alfredo con Pollo

Flat wide noodles sautéed in a classic Alfredo sauce & chicken.

Fettuccine Alfredo con Gamberi

Flat wide noodles sautéed in a classic Alfredo sauce and jumbo shrimp.

Tagliatelle Bolognese

Flat noodles in a fresh meat sauce (ground veal, chicken and beef meats).

Tortino di Melanzane

Eggplant cake with fontina cheese and mozzarella in a brandy cream sauce, served with homemade cheese ravioli.

Cannelloni

Filled with chicken and veal meats, spinach and ricotta cheese, served with besciamella and bolognese sauce.

Lasagna al Forno

Filled with ricotta cheese, bolognese sauce and besciamella, topped with mozzarella cheese.

Lasagna Napoletana alla Gaetano

Filled with Sicilian ricotta, homemade meatballs, besciamella, parmigiano reggiano and marinara sauce, topped with mozzarella cheese.

Lasagna di Mare

Homemade Lasagna filled with shrimp, salmon, white seabass and crab meat with tomato sauce and topped with mozzarella cheese and tiger shrimp.

Spaghetti con Polpettine

Fresh homemade Italian meatballs over spaghetti pasta in a tasty tomato sauce.

Spaghetti alla Puttanesca con Gamberi

Spaghetti pasta sautéed in a zesty tomato sauce with black olives capers and shrimp.

Penne Maria

Short tube pasta with fresh vegetables and chicken in a garlic white wine sauce.

Ravioli di Ricotta al Pomodoro Fresco

Cheese filled ravioli served in a fresh tomato sauce and basil.

Ravioli D'Aragosta

Lobster filled ravioli in a cognac sauce topped with a tiger shrimp.

Bandiera Italiana

Sampler of gnocchi in a creamy gorgonzola pesto sauce, cheese ravioli in Alfredo sauce and meat cannelloni in a marinara sauce.

Gnocchi al Gorgonzola

Potato dumplings served with a gorgonzola cheese sauce and walnuts.

Poultry, Veal and Seafood

All entrées are served with fresh vegetables and spaghetti aglio e olio. (Please no substitutions)

Il Pollo

All Dishes are prepared with boneless and skinless chicken breast.

Pollo Toscan

Chicken breast topped with spinach and ricotta cheese in a creamy white wine sauce.

Pollo ai Fatti Nostri

Chicken breast topped with asparagus, prosciutto and zucchini. Finished in a creamy cognac sauce.

Pollo al Marsala

Sautéed chicken breast and mushrooms in a marsala wine sauce.

Pollo alla Parmigiana

Breaded breast of chicken oven baked with eggplant, mozzarella cheese and marinara sauce.

Pollo e Salsiccia ai Ferri

Grilled chicken breast and italian sausage served with a roasted garlic rosemary sauce.

Piccata di Pollo

Pan seared chicken breast with capers in a lemon sauce.

Il Vitello

Scaloppine ai Funghi Porcini

Sautéed veal loin in a creamy brandy sauce with porcini mushroom.

Piccata di Vitello

Pan seared veal loin with capers in a lemon sauce.

Saltimbocca alla Romana

Veal scaloppine topped with prosciutto, sage and mozzarella in a white wine sauce.

Straccetti ai Carciofi

Veal loin sautéed in a white wine sauce with fresh tomatoes and artichokes.

Scaloppine al Marsala

Sautéed veal loin and mushrooms in a marsala wine sauce.

Vitello Parmigiana

Breaded veal oven baked with eggplant, mozzarella cheese and marinara sauce.

Make Your Own

Italian Food

Buy our traditional sauce for your home event or dinner party.

Alfredo Sauce

Marinara Sauce

Bolognese Sauce (Meat sauce)

Vodka Sauce

Pesto Sauce

Puttanesca Sauce

Pre Cooked Pasta

(penne, rigatoni, spaghetti, linguine, angel hair)

Sauce and Pasta come with side of parmigiana cheese, bread and salsa.

Il Pesce

Gamberoni & Scallops Spiedini

Jumbo shrimp and jumbo scallops kabob style grilled and finish in a garlic champagne sauce.

Scampi alla Puttanesca

Sautéed jumbo shrimp with garlic, white wine, black olives and capers.

Grigliata Mediterranea

Combination of a grilled jumbo prawns, fish, calamari and scallops, sauteed in a salmoriglio sauce.

Le Verdure

Vegetali alla Piastra

Grilled eggplant, bellpepper, zucchini, red onion and polenta with wild mushroom.

Melanzane alla Parmigiana

Roasted eggplant baked with mozzarella cheese and marinara sauce, served with a side of spaghetti marinara.

Spinaci Saltati

Fresh spinach sautéed with butter and garlic.

Il Risotto

Risotto Primavera

Arborio rice with fresh vegetable with a touch of cream.

Risotto ai Funghi Porcini

Arborio rice sauteed with porcini mushroom, Italian sausage and a touch of cream.

Risotto Asapragi e Granchio

Arborio rice sauteed with fresh chopped asparagus and crab meat in a creamy brandy sauce.

La Pizza

Pizza Margherita

Tomato sauce, mozzarella cheese and basil.

Pizza Margherita alla Gaetano

Fresh Tomato sauce, Buffalo mozzarella, Parmigiano Reggiano, XV Olive oil and basil.

Pizza Gamberi fra Diavolo

Mozzarella cheese, chopped shrimp, spicy tomato sauce and basil.

Pizza Napoletana

Tomato sauce, mozzarella, anchovies and oregano.

Pizza Spinaci & Salsiccia

Fresh spinach, Italian sausages and mozzarella cheese.

Pizza Pepperoni

Tomato sauce, mozzarella and pepperoni salami.

Pizza Vegetariana

Tomato sauce, mozzarella, zucchini, eggplant and bell peppers.

Pizza ai Quattro Formaggi

Mozzarella, taleggio, gorgonzola and parmigiano cheeses.

Pizza ai due Salami

Tomato sauce, mozzarella, pepperoni and Italian salami.

Pizza Quattro Stagioni

Tomato sauce, mozzarella, artichokes, mushroom and olives.

Pizza al Prosciutto

Tomato sauce, mozzarella, arugola and prosciutto di Parma.

Pizza Sorrentina

Calamari, clams, mussels, shrimp, tomatoes and mozzarella cheese.

Pizza al Filetto

Filet mignon mozzarella and gorgonzola cheese.

Pizza Pollo e Caprino

Chicken, bellpepper, goat cheese and mozzarella cheese.

Calzone Farcito

Tomato sauce, mozzarella, ham, mushroom and artichokes.

Calzone con Salsiccia

Tomato sauce, mozzarella, Italian sausage and spinach.

Bevande

Chilled Juices, Milk, Iced tea

Coke, diet coke, 7UP, Shirley Temple, Roy Rogers

San Pellegrino (sparkling), Panna (still)

Caffè, House Blend coffee, Hot tea

Espresso, Cappuccino, CaffèLatte, Café au Lait

Mocha, Hot Chocolate

Birra

Bud Lite, Moretti Rossa (red), Bit Burger (non-alcoholic)

Widmer Hefeweizen (wheat beer)

Draft

Leffe Blond, Stella, Moretti, Sierra Nevada

All major credit cards accepted. No personal checks accepted.

A gratuity of 15% will be added for parties of 6 or more.

We don't mind sharing if you don't mind paying;

charge for sharing an entrée \$3.00.

Corkage fee for wine brought into the restaurant \$16.00.

A Maximum of two bottles or one magnum for table.

A \$2.00 charge per person for cake brought into restaurant will apply in-house.

Any side order of sauce \$ 1-

Half portion of any pasta available for Children.