

SALADS

STAGIONE 🌱🌿 \$10.50
Mixed greens, tomatoes, carrots & cucumbers with balsamic dressing

TRICOLORE 🌱🌿 \$12.50
Radicchio, baby arugula, endive, Gaeta olives & shaved Parmigiano with balsamic dressing

ISALATA Di PERE 🌱🌿 \$12.50
Mixed greens, red pears, gorgonzola & toasted pecans with lime dressing

BIETOLE 🌱🌿 \$12.50
Mixed greens, roasted red beets, goat cheese, toasted walnuts, roasted corn & tomatoes with honey dijon dressing

INSALATA con FUNGHI 🌱🌿 \$12.50
Mixed greens, portobello mushrooms, roasted peppers, toasted sunflower seeds & mozzarella with balsamic dressing

CAESAR 🌱 \$10.50
Romaine hearts, ciabatta croutons, shaved Parmigiano & Caesar dressing

MEDITERRANEAN CHICKPEA \$13.50
Chickpeas, diced cucumber, red & green bell peppers, celery, red onions, olives, feta, citrus vinaigrette

CAN BE ADDED TO ANY SALAD	
Chicken	\$6.00
Cajun Chicken	\$6.50
Turkey	\$6.00
Calamari	\$6.00
Shrimp	\$8.00
Cajun Shrimp	\$8.50
Salmon	\$8.00
Hanger Steak	\$9.00
Any Salad Chopped	\$1.00
Extra 3-5oz Dressing	\$1.00

Steak
BISTECCA e ZOLA 🌱 \$18.50
Hanger steak, mixed greens, cherry tomatoes, Gaeta olives, marinated red onions and gorgonzola with balsamic dressing

Grilled Chicken

AVOCADO SALAD 🌱 \$16.50
Grilled chicken, iceberg lettuce, shredded mozzarella, avocado, toasted almonds & cherry tomatoes with balsamic dressing

RUCOLA CAPRINO e POLLO 🌱 \$16.50
Grilled chicken, baby arugula, goat cheese, sundried tomatoes & toasted walnuts with balsamic dressing

RUCOLA e FARRO \$16.50
Grilled chicken, baby arugula, barley, cherry tomatoes, gorgonzola, roasted hot peppers & hearts of palm with honey dijon dressing

INSALATINA di Pollo 🌱 \$16.50
Grilled chicken, mixed greens, Gaeta olives, red onions, carrots & toasted almonds with balsamic dressing

MINT SALAD 🌱 \$16.50
Grilled chicken, romaine hearts, walnuts, raisins, fresh mint, & quinoa with mango dressing

INSALATA di POMODORO 🌱 \$16.50
Grilled chicken, iceberg lettuce, fresh tomatoes, red onions, Gaeta olives, basil & fresh mozzarella with balsamic dressing

INSALATA di CARCIOFI 🌱 \$16.50
Artichoke hearts, baby arugula, grilled chicken, quinoa with fresh tomatoes, hot peppers, red onions, & fresh mozzarella with balsamic dressing

INSALATA di QUINOA 🌱 \$16.50
Quinoa with grilled chicken, romaine hearts, fresh tomatoes, avocado, Gaeta olives, almonds & cucumber with mango dressing

INSALATA di CAVOLO 🌱 \$16.50
Chopped organic baby kale, grilled chicken, red beets, fresh mango, avocado & pecans with honey dijon dressing

INSALATA di MANGO 🌱 \$16.50
Chopped organic baby kale, fresh mango, grilled chicken, quinoa with cherry tomatoes, almonds & shredded mozzarella with mango dressing

POLLO e GUACAMOLE 🌱 \$16.50
Grilled chicken, iceberg lettuce, guacamole, roasted hot peppers, shredded mozzarella & cherry tomatoes with lime dressing

Chicken Cutlet
PARMA SALAD \$16.50
Chicken cutlet, romaine hearts, tomatoes, Gaeta olives, red onions, roasted peppers & shaved Parmigiano with balsamic dressing

PIPPO 🌱 \$13.50
Prosciutto, mozzarella, sundried tomato, spicy salsa aioli, red onion, Gaeta olives, roasted hot peppers on ciabatta

LECCE 🌱 \$13.50
Parma ham, mozzarella, tomatoes & spicy aioli on focaccia

MATT 🌱 \$13.50
Parma ham, mozzarella, tomato, herb mayo, mixed greens, roasted pepper, balsamic on ciabatta

Roasted Turkey
TURKEY BLT \$12.75
Roasted turkey, bacon, herb mayo, lettuce, tomato on foccia

FROSINONE 🌱 \$12.75
Roasted turkey, crispy bacon, smoked mozzarella, sautéed onion, herb mayo on krispina

SAN REMO \$13.00
Roasted turkey, mozzarella, roasted hot peppers, guacamole on ciabatta

TURKEY AVOCADO \$13.00
Roasted turkey, provolone, avocado, roasted peppers, herb mayo, spinach on foccia

GOAT CHEESE 🌱 \$12.00
Goat cheese, sundried tomatoes, Gaeta olives, grilled zucchini & red onion on focaccia

Cured Meats
THE AMERICANA \$13.50
Prosciutto, mozzarella, roasted peppers, balsamic vinaigrette, on foccia

CRUDO 🌱 \$13.50
Prosciutto, mozzarella, baby arugula on ciabatta

PROSCIUTTO 🌱 \$13.50
Prosciutto, mozzarella, tomato on ciabatta

PICCANTE \$13.00
Chicken cutlet, mozzarella, mixed greens, spicy salsa aioli on ciabatta

ANCONA \$13.00
Chicken cutlet, mixed greens, mozzarella, roasted hot pepper, tomato on ciabatta

Vegetarian
SICILIA 🌱 \$12.00
Fried eggplant, mozzarella, roasted peppers on krispina

POTENZA 🌱 \$12.00
Fried eggplant, mozzarella, tomato, basil on krispina

FOGGIA 🌱 \$12.00
Fried eggplant, smoked mozzarella, olive paste, sundried tomato on krispina

TRAPANI 🌱 \$12.00
Portobello mushroom, mozzarella, roasted peppers & sautéed onions on focaccia

PORTOBELLO 🌱 \$12.00
Roasted portobello, tomato, mozzarella on whole wheat

TERRA 🌱 \$12.50
Roasted portobello, broccoli rabe, roasted pepper, grilled zucchini, fresh mozzarella on whole wheat

GUBBIO 🌱 \$12.00
Roasted portobello, goat cheese, basil pesto, roasted pepper on whole wheat

SIENNA 🌱 \$9.25
Mozzarella, tomato, basil, extra virgin olive oil, balsamic on krispina

VITTORIA 🌱 \$12.00
Artichoke hearts, sundried tomatoes, roasted peppers & baby arugula on focaccia

VEGETARIANO 🌱 \$12.00
Grilled mixed vegetables with fresh tomatoes & mozzarella on rustic hero

SAL SALAD \$16.50
Chicken cutlet, mixed greens, red onions & tomatoes with roasted garlic vinaigrette

DI ROSA SALAD \$16.50
Chicken cutlet, mixed greens, tomatoes & goat cheese with balsamic dressing

SUSAN SALAD \$16.50
Chicken cutlet, mixed greens, red onion, tomato, gorgonzola, roasted corn, roasted hot pepper with balsamic dressing

Roasted Turkey
TURKEY BACON 🌱 \$16.50
Romaine hearts, turkey, bacon, avocado, gorgonzola, cherry tomatoes & balsamic vinaigrette

TACCHINO e AVOCADO 🌱 \$16.50
Roasted turkey, mixed greens, shredded mozzarella, tomatoes, avocado, sautéed mushrooms & roasted hot peppers with balsamic dressing

Seafood
TONNO 🌱 \$13.00
Italian tuna in olive oil with fresh tomato, baby arugula & spicy aioli on krispina

NAPOLI 🌱 \$14.00
Grilled Shrimp, salsa aioli, baby arugula on a round rustic

ASTI 🌱 \$14.00
Grilled shrimp, broccoli rabe, mozzarella, roasted hot pepper on ciabatta

AGRIGENTO 🌱 \$14.00
Grilled shrimp, marinated artichoke, tomato, roasted garlic aioli on round rustic

Steak
BISTECCA 🌱 \$15.50
Hanger steak, sautéed onion, smoked mozzarella on ciabatta

BISTECCA e MOZZARELLA 🌱 \$15.50
Hanger steak, mozzarella, roasted pepper on ciabatta

BISTECCA e FUNGHI 🌱 \$15.50
Hanger steak, fontina, sautéed mushrooms on ciabatta

Seafood

Calamari
INSALATA di CALAMARI 🌱 \$18.25
Grilled calamari, mixed greens, Gaeta olives, capers, sundried tomatoes & scallions with lime dressing

Tuna
INSALATA di TONNO 🌱 \$18.25
Italian tuna in olive oil, baby arugula, roasted corn, cherry tomatoes, roasted peppers, fried capers & shredded mozzarella with lime dressing

Shrimp
INSALATA di Mango e GAMBERI 🌱 \$18.25
Grilled shrimp, fresh mango, iceberg lettuce, cherry tomatoes & fresh mozzarella with raspberry vinaigrette

ROMANA con GAMBERONI 🌱 \$18.25
Grilled shrimp, romaine hearts, fresh mozzarella, raisins, toasted walnuts & tomatoes with balsamic dressing

GAMBERONI e GUACAMOLE 🌱 \$18.25
Grilled shrimp, iceberg lettuce, guacamole, toasted almonds, cherry tomatoes & roasted hot peppers with lime dressing

Salmon
SALMONE e GUACAMOLE 🌱 \$18.25
Grilled salmon, mixed greens, guacamole, hearts of palm & toasted, sunflower seeds with honey dijon dressing

SALMONE e QUINOA \$18.25
Grilled salmon, romaine lettuce chickpeas, quinoa, avocado, feta cheese, grape tomato, red onion & toasted almonds with a red wine vinaigrette

SALMONE e PERE 🌱 \$18.25
Grilled salmon, baby spinach, endive, red pears, toasted pecans, roasted beets & cherry tomatoes

🌱 **Gluten Free Quinoa**

ALEXANDRO 🌱 \$15.50
Hanger steak, avocado, roasted hot pepper, romaine, tomato, red onion on ciabatta

THE NEW YORKER \$13.50
Sweet sausage, roasted pepper, sautéed onion, mozzarella on ciabatta

Pork
BARI 🌱 \$13.50
Sweet sausage, broccoli rabe, olive paste on round rustic

SARDEGNA 🌱 \$13.50
Sweet sausage, mozzarella, roasted hot pepper on round rustic

Piadina Classica
Served with a side order of Stagione or Caesar salad, Tuscan fries or sweet potatoes fries

PROSCIUTTO DI PARMA \$13.50
with fresh baby arugula, brie cheese, and drizzled with Mike's hot honey

HANGER STEAK \$16.50
Hanger steak with fontina cheese, peppers and onions

GRILLED CHICKEN \$13.50
with stracchino cheese & baby spinach

GRILLED SHRIMP \$15.50
with stracchino cheese & mixed vegetables

Panini Basket

Your choice of panini cut in quarters

10 PANINI \$115.00

5 PANINI \$60.00

Soup Specials

Pint \$7.50

ZUPPA di Pollo e VEGETALI
Chicken Vegetable

LENTICCHIE
Lentil

PASTA con FAGIOLI
(optional GF with no pasta)

SPLIT PEA
with sausage

ESCAROLE & BEAN
with sausage

ZUCCA
Butternut Squash

MINISTRONE
(optional GF with no pasta)

TORTELLINI in BRODO
Cheese tortellini, tomatoes & scallions in broth

VEGETARIANO
Mixed vegetables with egg whites in broth

SEAFOOD SOUP
Pint \$8.50

SEASONAL SOUP

LOBSTER BISQUE M/P

Bruschette

\$9.00 Choice of Three

\$15.00 Choice of Six

CLASSICA
Fresh tomato, garlic, fresh basil

GAMBERI
Roasted jumbo shrimp, tomato, hot peppers

MOZZARELLA-BASILICO
Roasted red peppers, mozzarella & basil pesto

POMODORINI
Roasted cherry tomatoes & fresh mozzarella

PARMA
Prociutto di parma, parmigiano reggiano, baby arugula & spicy oil

CAPRINO con NOCI
Goat cheese, raisins & walnut

PERA
Roasted squash, fresh ricotta & pears

RICCOTA
Sautéed mushrooms and kale with fresh ricotta

ZUCCHINI
Grilled zucchini, smashed avocado and hot pepper

Bacon
Artichoke puree, bacon & parmigiano

PEPERONCINO
Avocado, red onion, tomato with hot pepper

POLPETTE
Mini meatball with fresh tomato sauce & mozzarella

PORTOBELLO
Roasted portobello & walnut with goat cheese

Panini Per I Bambini

(Kids Only)

MATTIA
Mozzarella, tomato, basil on rustic hero \$7.50

ERIKA \$10.00
Chicken cutlet, mozzarella on rustic hero

FORMAGGINO
Double mozzarella melted between flattened round bread \$7.50

POLLO con PATATINE \$10.00
Chicken strips with a side of Tuscan fries

PENNE
RAVIOLINI
Penne with choice of marinara, garlic and oil, or butter sauce, add \$1.50 for alla vodka \$8.50

GIUSEPPE JR.
Hamburger, mozzarella, ketchup and tomato on round bread \$10.00

Pizza

MARGHERITA
Homemade tomato sauce topped with fresh mozzarella and fresh basil \$12.00 Half \$17.00 Full

CAULIFLOWER CRUSTED MARGHERITA
Homemade tomato sauce topped with fresh mozzarella and fresh basil \$15.50

BIANCA
A blend of cheeses, fresh mozzarella, ricotta & goat cheese, drizzled with extra virgin olive oil \$14.50 Half \$21.50 Full

SALSICCIA \$15.50 Half \$20.50 Full
Crumbled italian sweet sausage, with tomato sauce and fresh mozzarella

ALA VODKA
Fresh mozzarella with ala vodka sauce \$12.50 Half \$18.00 Full

CHICKEN BACON RANCH
Chicken cutlet, bacon, fresh mozzarella, topped w/ ranch dressing \$15.50 Half \$22.50 Full

BUFFALO CHICKEN
Buffalo chicken, fresh mozzarella, blue cheese & buffalo sauce \$15.50 Half \$22.50 Full

VEGETARIAN PRIMAVERA
Grilled zucchini, grilled eggplant, sautéed bell peppers, onion and black olives topped with fresh mozzarella \$14.50 Half \$21.50 Full

Antipasti

FRIED ZUCCHINI
Lightly breaded and served with a marinara dipping sauce \$11.50

SPAGHETTI PATTIE
Homemade Spaghetti patties w/ Ricotta, pecorino cheese pan fried with vodka sauce \$12.50

CALAMARI FRITTI \$15.50
Crispy golden fried calamari served with a fresh tomato sauce

MEATBALL \$9.50
5 meatballs in marinara sauce with a scoop of ricotta

MINI ARANCINI
3 for \$5; 5 for \$7; 10 for \$13.50; \$1.75 each
Famous cheese rice balls served with a tomato dipping sauce

MOZZARELLA CAPRESE
Fresh mozzarella, roasted peppers, Gaeta olives, tomato, fresh basil topped with balsamic glaze \$11.50

STUFFED AVOCADO
Stuffed with shrimp, cherry tomatoes over a bed of arugula with balsamic glaze \$15.00

EGGPLANT BRUSCHETTE
Two grilled or fried eggplant topped with tomato, onion, basil & avocado \$16.50

MOZZARELLA CARROZA OR (MOZZARELLA STICKS)
Hom made mozzarella breaded & pan fried served with marinara sauce \$13.00

Secondi

Served with choice of potato & vegetable, or pasta

POLLO MOZZARELLA
Chicken breast topped with fresh tomato, broccoli rabe and fresh mozzarella in a lemon and white wine sauce \$24.00

POLLO FUNGHI \$23.00
Chicken breast with mixed mushrooms, onions in a marsala wine sauce

BRUSCHETTE di POLLO
Grilled chicken breast lightly marinated in balsamic, topped with tomato & mozzarella brushette over mix greens in a light citrus dressing \$23.00

POLLO al VINO BIANCO
Breast of chicken with white wine, lemon, fresh parsley \$23.00

POLLO alla SORRENTINO
Breaded and fried shrimp topped with melted mozzarella and marinara \$24.00

SALMONE con VINO BIANCO
Pan seared Atlantic salmon with sundried tomato in a lemon white wine sauce \$27.00

SALMONE POMODORINI
Pan seared Atlantic salmon & cherry tomato light sauce \$27.00

PETTO di POLLO
Breast of chicken with spinach, roasted peppers and mozzarella in a brown sauce \$24.00

POLLO alla GRIGLIA
Grilled chicken, broccoli rabe, and roasted peppers with melted fresh mozzarella, in a light wine sauce \$24.00

GRILLED SALMON
Fresh grilled Atlantic salmon filet \$27.00

SHRIMP FRANCESE \$26.00
Fresh egg battered shrimp, pan seared in our white wine and lemon sauce topped with parsley

SHRIMP PARMIGIANA
Breaded and fried shrimp topped with melted mozzarella and marinara \$26.00

GRILLED HANGER STEAK
8oz Hanger steak grilled to perfection \$27.00

EGGPLANT ROLLATINI
Fresh eggplant battered and rolled with ricotta, parmigiana, fresh mozzarella and tomato sauce \$21.00

Sides

Broccoli Cauliflower Potatoes, Peppers & Onions \$9.50

Mushrooms \$9.50

Chicken Shrimp \$6.00 \$8.00

Mixed Vegetables Spinach \$9.50

Broccoli Rabe Escarole & Beans \$10.50 \$9.50

Tuscan Fries Sweet Potato Fries \$6.50 \$7.50

Pasta

Gluten free brown rice penne also available \$2.00 extra
Substitute with zucchini linguine for a healthier option for \$3.00 extra

LINGUINE con Gamberi
Linguine with jumbo shrimp, white wine, garlic, cherry tomato & a touch of marinara \$22.00

PENNE INTEGRALI con POLLO
Brown rice penne, grilled chicken, spinach, cannellini beans with garlic & oil \$21.00

ZUCCHINI PRIMAVERA
Zucchini style spaghetti with mixed vegetables topped with shrimp in a garlic & oil brodo \$23.00

PENNE with ITALIAN SWEET SAUSAGE
Fresh broccoli rabe, wild mushrooms, cherry tomato, in a garlic & virgin olive oil brodo \$22.00

BROWN RICE PESTO PASTA
Cajun grilled chicken, sun dried tomatoes in a basil pesto sauce with shaved parmigiano reggiano \$21.00

VEGETARIAN BOLOGNESE
(Impossible Chop Meat: meat free & cholesterol free, made with all natural ingredients like coconut oil and potatoes) Brown rice penne with veggie chop meat, a touch of marinara and topped with fresh mozzarella \$24.00

Burgers

Served with a side order of Stagione or Caesar salad, Tuscan fries or sweet potato fries
Substitute Gluten free roll \$2.50

HAMBURGER CLASSICA
Ground angus beef, mozzarella, red onion tomato baby arugula, spicy salsa aioli, on round rustic \$13.50

HAMBURGER MODERNA
Ground angus beef, mozzarella, sautéed onion, sautéed mushroom, crispy bacon, tomato, mixed greens, spicy artichoke sauce on round rustic \$14.00

BISON BURGER
Topped with gorgonzola, bacon, sautéed onion and herb mayo on round rustic \$15.50

CHICKEN BURGER \$15.00
Avocado, mixed greens, tomato, provolone, & pesto on round rustic

EAST MEADOW alla VODKA RIGATONI BOLOGNESE
Penne with fresh mozzarella, spinach & chicken cutlet \$21.00

RAVIOLI con GAMBERI
Cheese ravioli & sautéed shrimp in a tomato sauce with a touch of cream \$22.00

ZUCCHINI BOLOGNESE
Zucchini style spaghetti mixed with our delicious bolognese meat sauce \$23.00

TORTELLINI TRICOLORE
Tricolor cheese tortellini with chicken cutlet in a creamy alfredo sauce \$22.00

SEAFOOD PASTA
Linguine with clams, mussels, shrimp, calamari in a light pomodoro sauce \$28.00

SPAGHETTI CHICKEN BOLOGNESE \$23.00
Spaghetti with fresh crumbled chicken chop meat in a bolognese sauce

VEGETARIAN BOLOGNESE
(Impossible Chop Meat: meat free & cholesterol free, made with all natural ingredients like coconut oil and potatoes) Brown rice penne with veggie chop meat, a touch of marinara and topped with fresh mozzarella \$24.00

SALMON BURGER
Herb mayo, avocado, arugula, tomato on round rustic \$16.50

VEGGIE BURGER (BEYOND BURGER - MEAT FREE)
Topped with provolone, tomato, avocado, sautéed spinach & roasted pepper spread on round rustic \$14.00

VEGGIE SAUSAGE
Beyond meat veggie sausage topped with fresh mozzarella, broccoli rabe, roasted pepper spread on ciabatta \$16.00

LOBSTER ROLL MP

Lobster, avocado, chives, sprouts, light mayo and a touch of crushed red pepper



East Meadow

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TAKE OUT & DELIVERY

MENU

Let Us Cater
YOUR NEXT EVENT

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Please advise us when ordering
Gluten Free or Vegetarian

GLUTEN FREE

VEGETARIAN

VEGAN