



## MENU

### CHARCUTERIE & CHEESES

#### CHEESES

Choice of 3 ~23

**Pecorino Crotonese**

Sheep's Milk, *Italy*

**Gorgonzola Dolce**

Pasteurized Cow's, *Italy*

**Manchego**

Raw Sheep's Milk (12mths), *Spain*

"Cabra al Vino"

Past. "Drunken" Goat's Cheese, *Spain*

**Brie**

Pasteurized Cow's Milk, *France*

#### CHARCUTERIE

Choice of 3 ~25

**Prosciutto di Parma**

18 Months Dry-Cured Ham, *Italy*

**Spanish Dry Chorizo**

Intensely Seasoned Pork Sausage

Dried & Cured With Paprika, *Spain*

**Sweet Sopressata**

Coarsely Ground Salame That is Lightly Seasoned & Perfectly Aged *Italy*

"Sujuk"

Smoked Beef Sausage, *Bosnia-Herzegovina*

"Pastirma"

Lean Beef Dried & Cured With Paprika & Cumin, *Turkey*

#### CHEF'S BOARD 28

Gorgonzola Dolce & Manchego

"Sujuk" & Prosciutto di Parma

### RAW BAR

1/2 dz Blue Point Oysters 18

1/2 dz Little Neck Clams 14

### BRUSCHETTE

**Fresh Sheppard's Ricotta** 5

Cherry Tomatoes & Fresh Basil

**Sautéed Chicken Liver** 5

Crumbled Goat Cheese,

Caramelized Red Onion & Fresh

Parsley

**Mussels & Chorizo** 5

Mussel Meat & Grilled Chorizo

**TRIS di BRUSCHETTA ~ 12**

(1 OF EACH)

#### SIDES

Okra 8

Assorted Grilled Vegetables 10

Broccoli Rabe & Red Chilies 10

Papas Fritas 8

Fingerling Potatoes 9

#### Mixed Olives ~ 7

Mixed Mediterranean Olives marinated in Fresh Rosemary, Oregano, Garlic, Chili Flakes & EVOO

#### Date Pincho ~ 10

Goat Cheese, Mint & Speck

#### Sautéed Brussels Sprouts ~ 9

Sautéed Brussels Sprouts with Manchego Cheese & Pistachios

#### Hummus & Pita ~ 10

Roasted Garlic Hummus, Grilled Pita Bread & Shaved Cucumber

#### Greek Salad ~ 12

Diced Cucumbers, Peppers, Onions, Kalamata Olives, Feta Cheese & Tomatoes

#### Baby Arugula Salad ~ 14

Apple, Pomegranate, Goat Cheese, Balsamic Vinegar & Garlic Chips

#### Burrata & Prosciutto ~ 22

Fresh Creamy Mozzarella with Prosciutto di Parma

#### Braised Artichokes & Shaved Pecorino Romano ~ 14

Onions, Anchovies, Fresh Mint & Parsley, EVOO, White Wine & Pecorino Romano Cheese

#### Lamb Kofte ~ 15

Grilled Lamb Patties with Grilled Pita Bread & Tzatziki Sauce

#### Meatballs in Tempranillo Sauce ~ 14

Ground beef, Pine nuts, Raisins & Fresh Parsley

#### Sautéed Mussels & Clams ~ 16

Sautéed Mussels and Clams with Spice Lamb Merguez Sausage, Fresh Tomatoes, Leeks & Saffron

#### Grilled Spanish Octopus ~ 20

Celery, Kalamata Olives, Fresh Lemon Juice & Red Pepper Flakes

#### Pappardelle "Al Limone" ~ 17

Fresh Hand cut Pasta with Meyer Lemon, Almond, Fresh Basil & Parmesan

#### Homemade Ricotta Gnocchi ~ 22

Black Summer Truffle & Butter Sauce

#### Half Roasted Cornish Hen ~ 18

Lemon & Mustard Marinated, Roasted Cornish Hen with Fresh Herbs, served with Fries

#### Hanger Steak Tagliata ~ 25

10 oz. Sliced Steak with Baby Arugula & Shaved Parmesan Cheese

#### Pan Seared Fillet of Mediterranean Branzino ~ 28

Fresh Cherry Tomatoes, Kalamata Olives, Toasted Almonds & Broccoli Rabe

#### Grilled Lamb Chops ~ 29

Chopped Vegetable Cous Cous Timbale with Tzaziki Sauce

#### Mixed Grilled Meats (for 2 or more) ~ 69

Hanger Steak, 2 Lamb Chops, Half Cornish Hen, Lamb Kofte, Sweet Sausage & Chorizo

#### Whole Fish of the Day ~ PA

Please ask your server

*..a bit of history*

**Mediterranean cuisine** is the food from the lands around the Mediterranean Sea and its preparation. This geographical area broadly follows the distribution of the olive tree, which provides one of the most distinctive features of the region's cooking, olive oil.

Over the years historians, writers and food critics have agreed and defined the three core elements of the cuisine as the olive, wheat, and the grape, yielding oil, bread and pasta, and wine, respectively.

The region spans a wide variety of cultures with distinct cuisines, in particular

the Italian, Levantine, Maghrebi, Ottoman / Greek, Provençal (French), and Spanish. However, the historical connections of the region, as well as the impact of the Mediterranean Sea on the region's climate and economy, mean that these cuisines share dishes beyond the core trio of oil, bread, and wine, such as roast lamb or mutton, meat stews with vegetables and tomato (for example, Spanish andrajos and Italian ciambotta), and the salted cured fish roe, bottarga, found across the region.

The cooking of the area is not to be confused with the Mediterranean diet, made popular because of the apparent health benefits of a diet rich in olive oil, wheat and other grains, fruits, vegetables, and a certain amount of seafood, but low in meat and dairy products. Mediterranean cuisine encompasses the ways that these and other ingredients, including meat, are dealt with in the kitchen, whether they are healthgiving or not.



*Visit Our Sister Location Blue Seafood Bar at 856 9<sup>th</sup> Ave  
[www.blueseasfoodbar.com](http://www.blueseasfoodbar.com)*