

## ANTIPASTI

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### **Insalata mista**

Field greens with fresh vegetables, olive oil, and red wine vinegar

### **Virtú Teramane**

Teramo-style spring soup of various legumes, greens, vegetables, and pasta. *This gastronomic specialty of the town of Teramo is typically served on May 1st. Key ingredients of this soup combine the first harvests of the summer with the remains of the winter stocks.*

### **Palloste Cacio e Uova**

Traditional egg and cheese croquettes braised in tomato sauce. *The history of this dish dates back to the times of World War II when due to the looting of houses and farmhouses, people used to hide bread, eggs, and cheese under the beams of the floor, essential ingredients for these croquettes. After the war, families continued to cook this hearty dish to nourish the farmers after a long day of work.*

### **Ciammariche al Sugo dell'Alta Valle del Velino**

Oven-baked snails with garlic, parsley, tomato, and pecorino

### **Scapecce di Razza alla Vastese**

Pickled skate with saffron and herbs. *Typical of the City of Vasto, this dish dates back to the Roman Empire. In the year 973, the statutes issued by Otto the Great (East Francian King and Holy Roman Emperor) in book 3, chapter VII, reads: "Let no one sell salty fish if it wasn't four days in sauce, how fish gelatin should be sold."*

### **Carciofo Ripieno di Tonno all'Abruzzese**

Braised artichoke stuffed with tuna, capers, garlic, and parsley **(\$5 supplemental)**

## PRIMI

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### **Spaghetti alla Chitarra con Ragù d'Agnello e Peperoni**

"Guitar-cut" spaghetti with the traditional lamb ragù with sweet peppers and pecorino. *Around the second half of the 1700s a tool called "Maccharunare" was invented, consisting of a rectangular wooden frame with copper or brass wires on top. The Maccharunare quickly became popular in the Abruzzo foothills as the classic tool to cut pasta.*

### **Lasagna di Mare con Carciofi e Zafferano**

Adriatic-style seafood lasagna of shrimp, mussels, scallops, and fish with artichokes and saffron **(\$6 supplemental)**

### **Vermicelli in Salsa Abruzzese ai Fiori di Zucca**

Thin spaghetti with zucchini blossom, saffron, and pecorino cream

### **Maccheroni al Torchio con Piselli, Guanciale e Pecorino**

Pasta curls with crispy guanciale, spring peas, basil, and pecorino cheese

### **Fregnacce al Sugo d'Arrosto come a Cermignano**

Rolled pasta sheets gratinéed with roasted meat jus (chicken, duck, and pork) and pecorino. *In the Abruzzese dialect, the term "fregnaccia" means "nonsense" or "simple to make." Although the more common version with tomato sauce is found everywhere in Abruzzo, in Cermignano (where this pasta hails from) they make this delectable version of roasted meats and pecorino **(\$4 supplemental)***



# Un Viaggio in Abruzzo

## Traditional Abruzzo Dinner \$65

CUSTOMIZE YOUR DINNER  
*Please select one of each:*

UN ANTIPASTO  
your small starter appetizer

UN PRIMO  
your small pasta course

UN SECONDO  
your main course

UN DOLCE  
your small dessert



Juan Urbieta, Executive Chef  
Elliot Mumpy, Sous Chef  
Anthony Troisi, Sous Chef

Vegan and vegetarian options available upon request.

\*Eating raw or undercooked meat, poultry, eggs, or seafood may pose a health risk.  
For further information, contact your physician or public health department.

## SECONDI

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### **Grigliata Mista di Carnei**

Mixed grill: beef strip loin, pork ribs, lamb chop, and Italian sausage, garlic-rosemary roasted potatoes **(\$8 supplemental)**

### **Arrosticini**

Traditional grilled lamb skewers with olive oil, rosemary, and grilled vegetables. *According to the historian Francesco Avolio, the territory of origin of arrosticini is between the valleys and mountains of the Gran Sasso national park. Two shepherds from Voltigno cut old sheep meat into small pieces so as not to waste food. They skewered the meat with wooden sticks of “vingh” a plant that grows wild along the banks of the Pescara River, to then be cooked on the grill outdoors (\$5 supplemental)*

### **Merluzzo all’Abruzzese**

Roasted cod with stewed mushrooms, potatoes, and cherry tomato scented with laurel and cinnamon

### **Cosciotto di Pollo ruspante alla Franceschiello**

Braised chicken leg with white wine, olives, rosemary, and pickled vegetable relish. *The origins of this typical dish from Abruzzo date back to the 19th century. It was named after King Francis II of Bourbon (1836-1894), of the Kingdom of the Two Sicilies, because it was one of his favorite dishes.*

### **Capra alla Neretese**

Stewed goat with tomato, white wine, red bell peppers, and spring onions scented with clove. *This humble dish is the undisputed gastronomic icon of the town of Nereto and the entire Vibrata valley. Scholars document this dish as early as the 19th century and it is attributed to a local cook, Giulia Piattoni.*

## DOLCI

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### **Sise delle Monache di Guardiagrele della “Pasticceria Palmerio 1884”**

Traditional Abruzzese pastry filled with cream. *The renowned pastry shop of Giuseppe Palmerio in the town of Guardiagrele has been making these pastries since 1884. The origin of the name “sise delle monache” (nun’s breasts) has two versions. One is because these pastries were first made at the monastery of The Order of the Poor Clares of Guardiagrele. The second one is that it is named after three iconic tall mountains of the nearby Apennine range: Gran Sasso, Majella, and Sirente-Velino.*

### **Pizza dolce Abruzzese**

Layered cake of biscuit soaked in Alkermes liqueur, meringue, vanilla, chocolate, and almond cream

### **Semifreddo al Torrone Aquilano**

Frozen chocolate nougat mousse

### **Panna Cotta**

Chilled milk custard with fresh berries

### **Classico Tiramisu’ del Ristorante Bartolotta dal 1993**

Our signature version of this classic dessert of layered mascarpone mousse, Savoiardi cookies, espresso, and cocoa

# Un Viaggio in Abruzzo

Let us take you to **Abruzzo**, we hope you've enjoyed our culinary journey through regional Italy, from the coast of Sicily to the peaks of the Italian Alps.



## Journeys begin:

**Abruzzo**

Sicilian Islands

Basilicata

**March 31**

May 12

June 23

*Thank You*

*to our patrons, our partners, and to our  
community for the continued and un-  
ending support.*

*Enjoy your trip to Italy.*

*Buon viaggio e buon appetito!*

*-PB*

