

# Dinner Menu

## Zuppa

Minestrone.....cup 4.....Bowl 6  
Lobster Bisque .....6

## Anti Pasti

Antipasto ~ An assortment of the freshest ingredients .....Priced daily  
Pan-tossed Calamari ~Lightly floured pan fried calamari with garlic, cherry peppers, capers in a fresh pomodoro sauce.....14  
Clams Oreganato ~Clams on a half shell lightly topped oregano infused butter crumbs ..... 10  
Shrimp Cocktail ~ Four large shrimp .....13  
Mussels ~ Steamed in garlic, fresh herbs & white wine .....14  
Bruschetta ~ Sliced bread, grilled then rubbed with a fresh basil pesto, topped with marinated sliced plum tomatoes, fresh mozzarella, drizzled with a balsamic reduction.....12  
Cappelle dei funghi ripiene ~Mushroom caps stuffed with a sweet Italian sausage stuffing .....12

## Insalata

House Salad ~ Crisp fresh Romaine, mesclun greens, grape tomatoes, cucumbers, red onion and julienne carrots.....8  
Caesar salad ~ Chopped Romaine lettuce with anchovies and our homemade Caesar dressing.....14  
Caprese salad ~ Fresh vine ripe tomato, mozzarella cheese & basil, drizzled with olive oil .....13

Our dressings are made fresh in our kitchen.  
Tomato Basil Vinaigrette or Creamy Garlic.

## Pasta

Pomodoro Fresco ~ Fresh tomato sauce .....17  
Linguine alle Vongole ~ Choice of red or white sauce .....23  
Linguine & Molto Grande Meatball ~ Linguine pasta in a red sauce and a large homemade hand rolled meatball .....20  
Sweet Italian Sausage & Rapini ~ Sautéed in an aglio e olio sauce and served with orecchiette pasta .....22  
Lasagna ~ Old world style meat lasagna with ricotta cheese layered with Italian cold cuts sliced meatball, sweet sausage between fresh pasta sheets.....23  
Vegetable Lasagna ~ Fresh vegetables zucchini, summer squash asparagus, breaded egg plant, vine ripened tomatoes, spinach, ricotta, mozzarella and parmesan Reggiano .....23  
Fettuccine Bolognese ~A traditional Bolognese sauce, made with ground veal, beef, pork and sweet Italian sausage .....20  
Ravioli with cheese alla pomodoro ~ Three cheese filling in a pomodoro sauce.....18  
Melanzana alla Parmigiana ~Breaded eggplant with a pomodoro sauce and served with linguine.....21  
\*Rigatoni ala vodka ~ Parmesan tomato sauce, finished with a touch of cream and vodka .....19  
\*Fettuccine Alfredo ~ Traditional Alfredo cheese sauce.....19  
\*Tortellini with cheese ~Served in a creamy pesto sauce or pomodoro sauce .....19

\*With Shrimp .....25  
\*With Chicken ..... 23  
\*With sausage ..... 23

\*\*Before placing your order, please inform your server if a person in your party has a food allergy. \*\*

## Pesce

Zuppa de Pesce ~Medley of seafood, sautéed in olive oil & garlic, finished in a white wine tomato and seafood broth served over linguine.....Priced daily  
Grilled Salmon ~Served with a refreshing house made creamy dill mayonnaise .....25  
Almond Encrusted Salmon ~Pan seared served over sautéed spinach, topped with baby shrimp, finished with a lemon, white wine caper sauce .....28  
Sweet potato Encrusted Scrod ~Pan seared, finished with a cranberry sage beurre blanc and roasted asparagus.....27  
Shrimp & Scallop Piccata ~ Sea Scallops & Shrimp sautéed with shallots and butter, finished in a caper white Wine sauce served with angel hair pasta.....28  
Lobster and Asparagus Ravioli with Sautéed Sea Scallops ~ Served in a light tomato sherry mascarpone cream sauce .....28

## Pollo

Parmigiana~ Lightly pounded breast of chicken, Breaded and served with Fresh pomodoro sauce and linguine.....22  
Saltimbocca ~ Lightly pounded breast of chicken topped with thinly sliced prosciutto, provolone fresh sage, sautéed and finished with a veal demi-glaze sauce and served with angel hair pasta .....24  
Marsala ~ Lightly pounded breast of chicken, floured, sautéed with shallots and mushrooms, finished in a classic Marsala wine sauce served with angel hair pasta .....23  
Piccata ~ Lightly pounded breast of chicken, floured, sautéed with shallots and capers, finished in a light white wine and lemon butter sauce served with angel hair pasta .....23  
Pasta Fegatini ~ Sauteed chicken livers with apple wood smoked bacon, onions and apples with a Marsala wine sauce. served with linguine.....24  
Limone~Lightly pounded breast of chicken, floured, dipped in an egg wash, sautéed with shallots, finished in a light white wine and lemon butter sauce with capers served with angel hair pasta .....24

## Vitello

Parmigiana ~ Veal breaded and served with a pomodoro sauce and linguine.....24  
Saltimbocca ~ Veal scaloppini topped with thinly sliced prosciutto, provolone and sage, sautéed and finished with a veal demi-glaze sauce served with angel hair pasta .....27  
Marsala ~ Veal scaloppini, floured, sautéed with shallots and mushrooms, finished in a classic Marsala wine sauce served with angel hair pasta .....26  
Piccata ~ Veal scaloppini, floured, sautéed with shallots and capers, finished in a light white wine and lemon butter sauce served with angel hair pasta .....26  
Limone ~ Veal scaloppini floured, dipped in an egg wash, sautéed with shallots, finished in a light white wine and lemon butter sauce with capers served with angel hair pasta .....26

## Carne

Braised Short Rib Cacciatore ~ 16oz Beef short rib with onions, peppers and mushrooms over risotto Milanese .....25  
Pan Seared Tenderloin~ 8oz Hand cut tender filet mignon served with a portabella mushroom Madiera sauce, served with mashed potatoes.....34  
Stuffed pork Loin ~ Stuffed with ricotta, imported prosciutto, mushrooms and spinach served with mashed sweet potatoes .....24  
Braised Lamb Shank ~ Served with a rosemary burgundy sauce served with risotto Milanese. ....28

\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of food borne illness, especially if you have certain medical conditions.\*\*

## La Cucina

La Cucina Sul Mare is the culmination of many years of hard-work, passion, and experience by its owners Mark and Cynthia Cilfone. Mark and Cynthia first met in Jupiter, Florida working at the renowned Italian restaurant La Caravella. Mark as a chef, and Cynthia a bartender. The two started working in restaurants from very young ages and ever since then have dreamed of owning their own restaurant. When Mark and Cynthia met they discussed this shared dream and hoped to one day make it a reality.

Mark and Cynthia eventually moved to Falmouth, Massachusetts to be closer to family and had three children Winslow, Carmen, and Sofia. After working various restaurant jobs in the area for years the couple finally found the perfect spot for their dream. Currently Winslow, a college student works as a waiter during the summer, and Carmen a high school senior bussers tables. Their youngest Sofia has not started working yet, but can be seen some nights helping her mother host.

La Cucina is situated at 237 Main Street, nestled in the heart of the Falmouth village. La Cucina Sul Mare, which means the kitchen by the sea, first opened its doors on May 6, 2002, and has been running strong ever since. We are a family run restaurant with a dedication to delicious food, excellent service, and an intimate atmosphere. Our family would like to thank you for enjoying our restaurant and truly making it a dream come true.

So, from our family to yours, Mangia!

*Winslow Cilfone, Summer 2012*



*Ask about catering and private parties*

237 Main Street  
Falmouth, Massachusetts

508-548-5600

18% Gratuity will be added to parties of 6 or more.

MasterCard and Visa accepted,  
we do not accept personal checks.

Gift Certificates Available

\*Meals tax 7%

## La Cucina Sul Mare ITALIAN RISTORANTE



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