

*Maria's Italian Kitchen is proud to offer **Vegetarian (V)** & **Gluten Free (GF)** menu options.
 However, we are **NOT** a **Gluten Free** nor **Vegan** Environment.
 We have highlighted our menu options that can be modified to exclude **Gluten**.
 Please notify your server upon ordering of any modifications.*

Appetizers

- ✓ **GF Italian Fries** crispy shoestring potatoes tossed with parmesan, Italian herbs & spices. 3.99
- ✓ **Zucchini Fritti** handmade breaded zucchini sticks, served with marinara sauce. 5.99
- ✓ **Bruschetta** fresh tomatoes, basil, olive oil & sliced garlic with grilled garlic herb bread. 5.99
- ✓ **GF Broccoli Limone** fresh broccoli with lemon, roasted garlic vinaigrette and roasted red peppers. 5.99
- ✓ **GF Capri Salad** fresh milk mozzarella, basil, fresh tomatoes, olive oil & balsamic vinegar. 7.99
- ✓ **Formaggio Fritti** soft flavorful cheese, breaded and quick fried served with marinara sauce. 6.99
- ✓ **Calamari Fritti** calamari dusted with flour, quick fried & served with marinara sauce. 8.99
- ✓ **GF Eggplant Cannelloni** roasted eggplant, pesto, herbed ricotta, mozzarella & marinara sauce. 7.99
- ✓ **Old Fashioned Garlic Toast** crispy, crunchy with fresh butter and fresh garlic. 3.99
- ✓ **Pizza Bread** our delicious garlic toast topped with mozzarella & served with marinara sauce. 4.99

Soups

- ✓ **Minestrone Soup** hearty italian vegetable soup, Purely Vegetarian! 6.99
- Fresh Soup of the Day** made from scratch. 6.99

Salads

All Maria's Dressings Are Homemade Recipes

- | | <u>Small Plate</u> | <u>Big Plate</u> |
|---|--------------------|------------------|
| Soup and Half Italian OR Caesar Salad | 8.99 | |
| ✓ GF Italian Green Salad mixed lettuce, tomato, garbanzos, cucumber, olives, carrots, pepperoncini & cheese. | 5.99 | 8.99 |
| ✓ GF Chopped Italian Salad chopped iceberg lettuce, tomatoes, garbanzos, zucchini, carrots, pepperoncini, olives & cheese with our house italian dressing. Purely Vegetarian! | 5.99 | 8.99 |
| GF Caesar Salad romaine, homemade croutons, classic caesar dressing & shaved parmesan cheese.
*Gluten Free- Ask for NO CROUTONS. | 5.99 | 8.99 |
| ✓ GF Cleopatra Salad feta cheese, red onions, olives, tomatoes & romaine in our balsamic vinaigrette. | 7.99 | 10.99 |
| * GF Turkey Club Salad turkey breast, crispy pancetta, tomatoes, iceberg lettuce, smoked mozzarella italian parsley & ranch dressing topped with crispy onion straws.*Gluten Free- Ask for NO ONION STRAWS. | 8.99 | 12.99 |
| * GF Barbeque Chicken Chopped Salad chopped iceberg lettuce, bbq chicken, roasted corn, cilantro, cucumbers, tomatoes, smoked mozzarella, crispy onion straws, wontons & homemade bbq ranch dressing.
*Gluten Free- Ask for NO ONION STRAWS & NO WONTONS. | 8.99 | 12.99 |
| Rustic Salad grilled chicken, arugula, fresh orange segments, pine nuts, currants, pulled grilled bread, herbed vinaigrette & parmesan cheese. | 8.99 | 12.99 |
| GF Baby Spinach, Pancetta & Gorgonzola Salad baby spinach, crispy pancetta, mushrooms, gorgonzola cheese, glazed toffee walnuts & balsamic vinaigrette. | 8.99 | 12.99 |
| GF Chopped Antipasto Salad chopped italian cold cuts and cheeses with chopped iceberg lettuce and our house italian dressing. | 8.99 | 12.99 |
| Add to any dish: Chicken (Grilled, Sesame, BBQ,) or Scoop of Albacore White Tuna | | 3.99 |
| Shrimp | | 9.99 |

Chicken Tossed with Pasta

**Gluten Free- Specify No Flour & Request Potatoes Instead of Pasta*

HALF Caesar Salad OR Chopped Italian Salad

5.99

**Gluten Free - Substitute Risotto +3.00*

Small Plate Big Plate

*GF Maria	tender pieces of chicken breast sautéed with fresh mushrooms, roasted peppers, white wine and garlic butter sauce.	10.99	16.99
*GF Fra Diavolo	chicken breast pieces in a spicy marinara sauce.	10.99	16.99
Bruno	chicken breast pieces sautéed with sliced mushrooms, shallots, fresh garlic, olive oil and homemade marsala wine brown sauce made with veal stock.	10.99	16.99
*GF San Marcos	chicken breast pieces sautéed with butter, white wine, and fresh garlic, tossed with fresh basil, sun-dried tomatoes and pine nuts.	10.99	16.99
*GF Santa Rosa	chicken breast pieces sautéed with fresh garlic, butter, sun-dried tomatoes and finished with a splash of white wine, a touch of cream & dijon mustard.	10.99	16.99

Chicken *(*Big Plate includes Sauteed Fresh Vegetables)*

*Sesame	sesame coated breast, quick fried with lemon parsley butter or dry with lemon.	10.99	16.99
*Matteo	sesame coated chicken breast quick fried, topped with our eggplant parmigiana.	10.99	16.99
*Parmigiana	sesame coated breast, quick fried, topped with marinara, parmesan & mozzarella.	10.99	16.99
*Marsala	breast with fresh mushrooms & marsala wine brown sauce made with veal stock.	10.99	16.99
*GF *Piccata	chicken breast sautéed in lemon butter, white wine and capers.	10.99	16.99
Florentine	breast dusted with flour, sautéed with marsala wine sauce made with veal stock, topped with sautéed spinach & mozzarella cheese.	10.99	16.99

Risotto Arborio Rice Dishes Prepared in the Traditional Manner

V GF Mushroom Risotto	a medley of field mushrooms, creamy and delicious.	10.99	16.99
V GF Risotto Primavera	seasonal veggies, homemade vegetable stock, white wine & parmesan.	9.99	14.99
GF Spicy Shrimp & Roasted Corn Risotto	with sun-dried tomatoes, chili flakes & cream.	11.99	17.99
Chicken Florentine Risotto	Spinach, mushrooms, breast pieces, veal stock & cream.	11.99	17.99

Seafood

Clams with Linguine	served in a big steamy bowl with tomato (red) or white wine broth.		17.99
Calamari Fra Diavolo	tender calamari in a spicy marinara sauce tossed with pasta.	11.99	17.99
Shrimp Maria	scampi-style shrimp, fresh garlic, butter, lemon & white wine tossed with pasta.	11.99	17.99
Shrimp Fra Diavolo	shrimp simmered in spicy marinara sauce tossed with pasta.	11.99	17.99
Shrimp Parmigiana	breaded butterflied shrimp, quick fried, topped with marinara sauce and mozzarella served with pasta marinara.	11.99	17.99
GF Fish of the Day	broiled with lemon or prepared with chef's sauce of the day.		MKT
Pescatore with Linguine	italian style seafood stew served over pasta in a big bowl...delizioso!		22.99
GF Cioppino	a really big delicious bowl of seafood in lobster tomato broth.		22.99

*Maria's is Not Responsible For Items Lost or Left Behind
Prices Subject to Change Without Notice.*

Pasta Imported Dry Italian Pasta - Choice of: Spaghetti, Angel Hair, Linguine, Fettuccine, Fusilli or Penne, Whole Wheat Penne available
 Substitute Risotto (*Gluten Free*) +3.00

Small Plate Big Plate

Spaghetti and Meatball(s)	Maria's Signature Dish. Delicioso!	14.99
✓ Marinara Sauce	authentic naples sauce, light and delicious.	10.99
Meat Sauce	we grind fresh beef & pork & simmer for hours with garlic, tomatoes & herbs.	12.99
Penne with Sausage & Peppers	homemade sausage, sauteed peppers, red onions, mushrooms, garlic, oregano, chili flakes, wine & light marinara sauce.	13.99
Bolognese Sauce	our meat sauce sautéed with mushrooms, onions, fresh garlic & marsala wine.	14.99
✓ Alfredo	fresh cream with pecorino and parmesan cheese.	13.99
✓ Fresh Broccoli Al Pesto	with or without cream.	13.99
✓ Pasta Pomodoro	chopped, skinless fresh tomatoes, fresh basil & sliced garlic cloves lightly sautéed with olive oil (no salt or oil upon request).	11.99
✓ Pasta Primavera	sautéed seasonal vegetables.	11.99
✓ Pasta Michelangelo	fresh mushrooms & spinach lightly sautéed with olive oil & sliced garlic.	11.99
Carbonara	"charcoal style" pancetta (italian bacon), egg yolk, cream and peas.	15.99
✓ Gnocchi a la Marinara	handmade ricotta dumplings, light and delicious.	11.99
✓ Ravioli a la Marinara	delicious paper thin pasta pillows filled with ricotta.	11.99
Meat Ravioli	"Hoboken Style" stuffed with beef and served with marinara or our meat sauce.	12.99
Chicken Ravioli	with smoked mozzarella tossed in a roasted red pepper cream sauce.	14.99
Add to any entree:		
HALF Caesar Salad OR Chopped Italian Salad		5.99
Homemade Fresh Basil Pine Nut Pesto OR Old Fashioned Meatsauce		2.99
Handmade Meatballs	fresh ground beef & pork, homemade breadcrumbs, imported pecorino & italian parsley.	2.50ea
Handmade Italian Sausages	made from fresh ground pork with natural casings, without nitrates or preservatives.	2.50ea

Baked Dishes Please Allow 20 Minutes.

✓ Eggplant Parmigiana	sliced eggplant, lightly floured, seasoned and quick fried, layered with mozzarella and marinara sauce and of course, imported pecorino and parmesan.	11.99
Mama's Meat Lasagna	our homemade meat sauce layered with pasta, seasoned ricotta and grated whole milk mozzarella baked until bubbly and oh so delicious!	12.99
✓ Vegetarian Lasagna	layers of fresh spinach pasta, béchamel sauce, mozzarella, grilled zucchini, sautéed portabella mushrooms & sautéed broccoli atop our marinara sauce.	12.99
✓ Baked Mostaccioli	pasta with ricotta and marinara sauce, tossed with crispy eggplant and topped with whole milk mozzarella.	11.99
Baked Ziti	layers of tube shaped pasta with ricotta, meat sauce and mozzarella. "An Easier To Eat Meat Lasagna!"	11.99

Take a Walk... on the Lighter Side

Chicken Breast	(Low Carb) seared chicken breast with broccoli.	15.99
Chicken Primavera	tender pieces of chicken breast, sautéed with vegetables.	15.99
Chicken Michelangelo	tender pieces of chicken breast sautéed spinach & mushrooms.	15.99

Pizza Best Pizza in Town Since 1975

12" Regular Pizza

New Item! 8" Gluten-Free Pizza

OR 8" Gluten-Free

- ✓ **Cheese** traditional naples style thin crust pizza with whole milk mozzarella. 10.99
- ✓ **"No Cheese"** our delicious pizza crust with marinara sauce. 8.99
- ✓ **Caprese** whole milk mozzarella, fresh tomatoes and fresh basil 12.99
- ✓ **Pizza Bianchi** fresh spinach sautéed with sliced garlic and topped with mozzarella. 12.99
- Barbeque Chicken** topped with red onions, cilantro and smoked mozzarella. 13.99
- Hawaiian** canadian bacon and pineapple and topped with mozzarella. 13.99
- ✓ **Vegetarian** fresh mushrooms, onions, bell peppers, olives and tomatoes. 13.99
- Boulevard** meatball, pepperoni, mushrooms, onions, olives and bell peppers. 13.99

Toppings..... 1.60

Mushroom, Onion, Olives, Bell Peppers, Fresh Tomato, Pepperoni, Meatball, Sausage, Feta Cheese, Artichoke Hearts, Gorgonzola, Smoked Mozzarella, Anchovy, Canadian Bacon, Pineapple, Extra Cheese, Sun Dried Tomatoes

Calzone Trouser Leg. Made from Pizza Dough and Stuffed with Various Fillings...

- ✓ **Sautéed Spinach & Cheese** stuffed with fresh sautéed spinach, seasoned ricotta & mozzarella. 10.99
- Pepperoni & Cheese** stuffed with pepperoni, seasoned ricotta and mozzarella. 10.99
- Barbecue Chicken** bbq chicken, red onions, cilantro and smoked mozzarella. 12.99
- Create Your Own** using the above pizza toppings

Hot Sandwiches On A Big Roll Hoboken Style with Pasta Salad or Potato Salad

9.99

Substitute Italian Fries

+1.99

Add: Half Salad (Chopped Italian or Caesar Salad)

5.99

Chicken Parmigiana sesame breaded filet, quick fried with marinara, parmesan, pecorino & mozzarella.

Hand Rolled Meatball topped with marinara sauce and mozzarella (we grind our own beef & pork).

Sausage and Peppers our own italian sausage served with or without marinara sauce.

- ✓ **Eggplant Parmigiana** with marinara sauce and mozzarella.

Cold Sandwiches On A Big Roll or Foccacia with Pasta Salad or Potato Salad

9.99

Substitute Italian Fries

+1.99

Add: Half Salad (Chopped Italian or Caesar Salad)

5.99

Grilled Chicken Panini tender white meat marinated with fresh Italian herbs, olive oil & garlic with lettuce, tomato, roasted red peppers and pesto mayonnaise.

- ✓ **Caprese Panini** fresh whole milk mozzarella, tomatoes, fresh basil, olive oil and balsamic vinegar.
- ✓ **Herbed Ricotta & Vegetable Panini** roasted red peppers, sautéed spinach & herbed ricotta cheese.

Chicken Sesame sesame breaded filet quick fried with lettuce, tomato, and italian dressing.

Albacore Tuna abacore tuna salad, lettuce and tomatoes

Turkey Club Sandwich with tomato, lettuce, pancetta (italian bacon), ranch dressing & onion straws.

Classic Turkey Sandwich with red onions, tomato, lettuce, mayonnaise and brown mustard.

Muffaletta mixed italian cold cuts, provolone, lettuce, tomatoes and olive relish.