

## **BEGINNINGS...**

**Today's Soup...10**

**Chef's Charcuterie, Artisan Cheeses & Cured Meats for Two...29**

**\*Steamed Local Little Neck Clams...19**

Pinot Grigio, Calabrese Salami, Tomato, Garlic, Cilantro

**\*Chicken Wings...18**

Grilled Korean Barbeque Wings, Kimchi, Sesame Seed, Green Onion,

**\*Charcoaled Octopus...22**

Warm Butter Bean & Escarole Salad, Sicilian Pesto

**\*Crispy Calamari...21**

Scampi Sauce, Cherry Pepper & Tomato Salad

**\*Prime Beef & Veal Meatballs...18**

Pomodoro, Fresh Ricotta

**\*Slow Roasted & Braised Baby Back Ribs...20**

Over Creamy Parmesan Polenta

**\*Bowl of Pan Roasted Mussels...19**

Fennel, Roasted Tomato

**\*Shrimp Saganaki...21**

Jumbo Shrimp, Garlic, Olive Oil, Olives, Feta over Crostini

**\*Twin Lump Blue Crab Cakes...21**

Avocado Salsa, Chipolte & Lime Tartar Sauce

## **GREENS...**

**Simple...12**

Mixed Young Greens, Balsamic Vinaigrette

**Classic Romaine Caesar...16**

Toasted Garlic Croutons, Anchovies, Parmesan

**Grilled Asparagus Salad...18**

Roasted Sweet Peppers, Crispy Goat Cheese, Balsamic Vinaigrette

**Super Bowl Salad...20**

Baby Kale, Avocado, Sugar Snap Peas, Quinoa, Cucumber, Egg, Toasted Pumpkin Seeds, Hemp Hearts

**Bear Naked Ladies Chinese Chicken Salad...24**

Red Leaf, Soy Ginger Chicken, Bean Sprouts, Crispy Noodles, Fried Tofu, Carrots, Snow Peas, Miso Dressing

**75 Main Chopped Salad...21**

Roasted Red Peppers, Red Onions, Craisens, Candied Walnuts, Blue Cheese, Balsamic Vinaigrette

**Burrata with Beets...20**

Baby Arugula, Toasted Hazelnut Pistou

**Add: Avocado...4, Chicken...10, Salmon...12, Shrimp...15, Tuna...14**

**Parties of 6 or more will include a 20 % gratuity**

\*This menu item can be cooked to order or is being served raw. Consuming raw or undercooked meats, shellfish & eggs increases your risk of food borne illness, especially if you have certain medical conditions.

## **PASTA...**

### **Fusiloni alla Vodka Telefono...26**

Pomodoro, Mozzarella, Cream, Peas, Pancetta

### **Linguini with Local Clams...30**

Toasted Garlic, Parsley, Pinot Grigio, Chile Flakes

### **Mezze Rigatoni Bolognese...28**

Chianti, Veal, Pork, Beef, Tomatoes, Parmesan

### **Ricotta Pillows...26**

Roasted Porcini Mushrooms, Onions, Taleggio Cheese, Touch of Cream

### **Ravioli Pomodoro...24**

Homemade Cheese Ravioli, Pomodoro Sauce, Parmesan, Basil

### **Fru de Mare...46**

Olive Oil, Garlic, Tomato, Shrimp, Lobster, Crab, Mussels, Clams over Black Spaghetti

## **MAINS...**

### **\*Balsamic Honey & Mustard Roasted Scottish Salmon...35**

Wilted Spinach, Vegetable Cous Cous

### **\*Old Fashioned Chicken Parmesan...32**

Mozzarella, Pomodoro over Homemade Spaghetti

### **\*Today's Fresh Fish...42**

Ask for preparation

### **\*Crispy Fish over Steamed Rice...41**

Spicy Ginger & Black Bean Sauce, Baby Bok Choy

### **\*Seared Breast of Long Island Duck...30**

Chickpeas, Swiss Chard, Parsnip, Kumquat Jam

### **\*Triple Prime Burger...23**

Toasted Potato Bun, Tomato, Onion Jam, Gruyere, Blue Cheese, Arugula, Secret Sauce

### **\*Natural Breast of Chicken...32**

Stuffed with Black Truffle, Creamy Polenta, Broccoli Rabe, Marsala Sauce

### **\*Grilled 8oz Filet Mignon Steak...44**

Balsamic Onions, Potato Gratin, Grilled Asparagus, Gorgonzola Butter

### **\*Grilled Marinated Skirt Steak...38**

Mashed Potatoes, Seasonal Vegetables, Cabernet Sauce

## **HEALTHY...**

### **Quinoa & Vegetable Stuffed Pepper...28**

Mixed Greens, White Balsamic Vinaigrette (Vegan)

### **Homemade Hummus...22**

Mediterranean Salad, Flax Seed Crackers (Vegan)

### **Black Bean & Quinoa Burger...26**

Quinoa, Black Beans, Corn, Cilantro, Rolled Oats (Vegan)

### **Beyond Meat Burger...22**

Potato Bun, Lettuce, Tomato, Onion, Secret Sauce, Over mixed Greens (Vegan)

## **SIDES...12**

**Garlic Spinach, Broccoli Rabe, Haricots Verts, Asparagus, Potato Puree, Brussel Sprouts, Baby Bok Choy**

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