

## 2022 Tonno Table Talk Menu Descriptions

### **SFIZI**

Italian for whimsy, fancy - In some menus they use it to denote some especially tasty or sophisticated plates, mainly hors d'oeuvre

### **OYSTERS\* MKT** *Shellfish allergy*

Typically offer 2 different types of Oysters mainly from MA or the Northeast. Served on the half shell over ice with a wedge of lemon, homemade cocktail sauce and a white wine mignonette (white wine vinegar, fresh cracked black pepper, lemon juice and shallots).

- Mignonette (minyā'net): condiment usually made with minced shallots, cracked pepper, and vinegar.

### **CHERRYSTONES\*** *Shellfish allergy*

Larger type of clam. Served on the half shell over ice with a wedge of lemon and homemade cocktail sauce.

### **SHRIMP COCKTAIL** *Shellfish allergy*

Jumbo shrimp poached, chilled, and served on a bed of crushed ice with a lemon wedge and homemade cocktail sauce.

### **TONNO TARTARE, WITH CHIVES, LEMON & OIL\*** *Gluten allergy*

8 oz. Either Yellowfin Tuna, or in the summertime Bluefin Tuna, tossed in a citrus vinaigrette, chives, chive oil and served with homemade crostini.

- Crostini (krə'stēnē): small slices of toasted bread.

### **DAILY CRUDO**

The crudo dish will change periodically.

- Crudo ('krōōdō): a light dish of thinly sliced raw fish or seafood, typically dressed with oil, citrus juice, and seasonings.

### **PROSCIUTTO & ROASTED PEPPERS** *Gluten allergy*

Served with crostini and marinated roasted red peppers.

- Prosciutto (prə'SHōōdō): Italian ham, from the leg of the pig, cured by drying and typically served in very thin slices.

### **GARLIC BREAD** *Gluten and Dairy allergy*

6 pieces of ciabatta cut into triangles, topped with a garlic butter and fontina cheese.

- Ciabatta (CHə'bādə): a type of flattish, open-textured Italian bread with a floury crust, made with olive oil.
- Fontina Cheese (fän'tēnə): a kind of pale yellow Italian cheese with semisoft to hard texture with mild to medium sharp flavor.

### **OLIVES**

An assortment of olives marinated in olive oil, rosemary and lemon.

### **ANTIPASTO BOARD - CHEESE, CURED MEAT, ARTICHOKE, MUSHROOMS, ROASTED PEPPERS - ADD PROSCIUTTO** *Gluten allergy*

2 cheeses, 2 cured meats, marinated button mushrooms (cooked down with shallots, thymes and sherry vinegar), artichokes, marinated roasted red peppers and crostini. Prosciutto (5-6 slices) can be added to the board for an additional \$10 They will be presented hanging over the board on a pole.

- Prosciutto (prə'SHōōdō): Italian ham, from the leg of the pig, cured by drying and typically served in very thin slices.

## **PRIMI**

Italian for the “first course”

### **FRESH MOZZARELLA & ROASTED RED PEPPERS** *Dairy allergy*

*Fresh, local mozzarella, marinated roasted red peppers, olive oil, aged balsamic vinegar and basil.*

- Mozzarella (mätsə'relə): a mild, semisoft white Italian cheese, often used in Italian cooking as a melted topping, especially on pizzas.

### **CRAB CAKE PEPPERONATA, PAPRIKA AIOLI** *Shellfish, Gluten, Soy, Egg, Dairy, Nightshade, Allium allergy*

*Lump crab meat, mixed with, sour cream, eggs, scallion and panko breadcrumbs. Breaded (flour, whole grain mustard, egg wash, bread crumbs, salt & pepper) and Cooked in the deep fryer, served with pepperonata (red pepper, white onion, plum tomatoes, red wine vinegar, dried oregano), Peprika Aioli (eggs, blended oil, lemon juice, paprika)*

- Pepperonata (pepero'nata): Italian dish similar to relish, where the base ingredients are stewed peppers, onions and tomatoes to which other fresh vegetables may be added according to the region and the season of the year.

### **SHRIMP SCAMPI WITH BRUSCHETTA** *Gluten allergy*

*2 pieces of grilled bread, 4ea shrimp, sauteed then coated in scampi sauce, lemon, garlic butter and cherry tomatoes.*

### **FRIED CALAMARI WITH CHERRY PEPPERS** *Dairy and Gluten allergy*

*Squid tubes and tentacles, soaked in buttermilk, then tossed in a mixture of semolina and flour, deep fried and tossed with a pickled goat horn pepper sauce and butter.*

- Semolina (semə'lēnə): the hard grains left after the milling of flour, used in puddings and in pasta.
- Goat Horn Peppers: A cayenne-type pepper that is popular in China and southeast Asia.

### **SPICY OCTOPUS “LA PLANCHA”, TOMATO, FREGOLA & GRILLED BREAD** *Gluten allergy.*

*Seared octopus on the plancha with fregola, spicy tomato sauce, oregano, olive-oil. Fregola comes in varying sizes, but typically consists of semolina dough that has been rolled into balls 2–3 mm in diameter and toasted in an oven. We buy ours premade and pre-toasted, served with grilled bread.*

- Plancha (plan'chuh): In Italian cooking – grilled on metal plate or flat top griddle.
- Fregola (fre-go-la): A type of pasta from Sardinia. It is similar to North African Berkoukes, Levantine Moghrabieh, and Israeli couscous.
- Semolina (semə'lēnə): the hard grains left after the milling of flour, used in puddings and in pasta.

### **MUSSELS, TOMATO, FENNEL & GRILLED BREAD** *Dairy and Shellfish allergy.*

*Prince Edward Island Mussels, stewed in tomato sauce, fennel, white wine and shellfish stock. Finished with butter and herbs, served with grilled bread.*

- Fennel (fenl): an aromatic yellow-flowered European plant of the parsley family, with feathery leaves.

### **STEWED CLAMS, WHITE BEANS, PANCETTA & GRILLED BREAD** *Shellfish, Gluten, Dairy, Onion & Allium allergy*

*Stewed clams, tossed with white beans, garlic, white wine and pancetta. Served with grilled bread. The white beans are cooked with pork, so if the guest cannot eat pork, they cannot have anything with the white beans.*

- Pancetta (pan-cet-ta): Italian cured belly of pork.

### **SEASONAL RISOTTO WITH FONTINA CHEESE** *Dairy allergy, Non-Vegetarian*

*Arborio rice (see arancini) cooked in chicken, fish or vegetable stock and finished with white wine. Often finished with fontina cheese, butter and grated parmesan.*

### **ARANCINI WITH TOMATO & PARMIGIANO** *Dairy and Gluten allergy*

*Arborio rice cooked with onions, white wine and fontina cheese that are then breaded and deep fried. The arancini are served with plum tomato sauce and grated parmesan cheese.*

- Arancini (ärən'CHĕnē): small balls of rice stuffed with a savory filling, coated in breadcrumbs, and fried.
- Arborino rice is an Italian short-grain rice. It is named after the town of Arborio. When cooked, the rounded grains are firm, and creamy and chewy compared to other rice. Arborio rice is often used to make risotto.

### **MEATBALLS & RICOTTA SALATA** *Dairy and Gluten allergy*

*3 meatballs (Ground veal, beef and pork, Parmesan cheese, milk, garlic, oregano, onion and panko breadcrumbs) pan seared and braised in tomato sauce. Served with grated ricotta salata on top.*

- The words 'Ricotta' means re-cooked and 'Salata' means salted. Ricotta Salata is an Italian cheese made from the whey part of milk, which is pressed, salted and aged for at least 90 days. It is milky white in color with firm texture and salty taste.

## **INSALATE**

Italian for Salads

### **GEM LETTUCE, SALAMI, PROVOLONE, CUCUMBER, ONION, TOMATO & MUSTARD VINAIGRETTE** *Onion and Allium allergy*

*Gem lettuce, salami, cherry tomatoes, cucumber, radish, red onion, aged provolone cheese and an oregano vinaigrette (oregano, capers, anchovy, Dijon mustard, white wine vinegar and blended oil). Contains Anchovy. Can be made without Salami.*

### **CAESAR SALAD, PARMIGIANO, CROUTONS** *Dairy, Gluten, Egg, Allium allergy*

*Gem lettuce, croutons (ciabatta bread, coated in a garlic puree, dried oregano, salt and pepper topped with grated Parmesan) tossed in house Caesar dressing (egg yolks, garlic paste, anchovies, lemon juice, canola oil, olive oil and grated parmesan)*

### **ARUGULA, PARMIGIANO, BALSAMIC** *Dairy, Onion, Allium allergy*

*Arugula tossed with cherry tomatoes, cucumbers, salt and pepper, and a balsamic vinaigrette (balsamic vinegar, blended oil and shallots). Finished with shaved parmesan on top.*

#### **ADD PROTEIN:**

shrimp  
grilled filet\*  
salmon\*  
tuna steak\*  
chicken  
prosciutto

## **HOMEMADE PASTA**

**NOTE: All homemade pastas are made with eggs and gluten.**

### **SUNDAY SAUCE, SPAGHETTI, MEATBALLS, SAUSAGE & PECORINO** *Dairy, Gluten, Egg, Onion, Allium allergy*

*Homemade Spaghetti, tomato sauce (tomatoes, onions, garlic, basil, olive oil), two meatballs, one Italian sausage and topped with pecorino cheese.*

### **TAGLIATELLE BOLOGNESE WITH PARMIGIANO** *Dairy, Gluten, Egg, Onion, Allium allergy*

*Homemade tagliatelle, in Bolognese sauce (ground veal, pork and beef cooked with mirepoix of onion, carrot and fennel. Cooked down in red wine, tomato paste and brown chicken stock) Finished on pick up with a fennel cream and parmesan cheese. Cannot remove onions or dairy as Bolognese base is premade.*

- Tagliatelle (tälyə'telē): from the Italian tagliare, meaning "to cut". Tagliatelle are long, flat ribbons that are similar in shape to fettuccine.
- Bolognese (bälə'nāz): denoting a sauce of ground beef, tomato, onion, and herbs, typically served with pasta.
- Mirepoix (mir'pwä): a mixture of sautéed chopped vegetables used in various sauces.

### **SPAGHETTI FRA DIAVOLO WITH SHRIMP** *Shellfish, Gluten, Egg allergy.*

*Homemade spaghetti, tossed with 5 sautéed shrimp, and our spicy tomato sauce (tomatoes, onions, garlic, red pepper flakes, olive oil), shellfish stock, garlic, and shallots.*

### **ORECCHIETTE, TOMATO, RABE, SAUSAGE, PECORINO** *Dairy, Gluten, Egg, Onion, Allium allergy*

*Homemade orecchiette cooked in a tomato sauce (tomatoes, onions, garlic, basil, olive oil) with broccoli rabe and homemade sausage (pork sausage with fennel, roasted garlic and red pepper flakes)*

- Orecchiette (ōri'kyedē): a small ear-shaped pasta. The name orecchiette comes from the Italian word orecchia, meaning 'ear', and -etta, meaning 'small'.
- Broccoli Rabe (bräk(ə)lē ,rāb): a vegetable related to the turnip, grown for its broccoli-like buds and bitter-flavored greens.

## SECONDI

Italian for “second course”

### PESCE - Fish

#### CIOPPINO - FISH STEW IN TOMATO BROTH WITH GRILLED BREAD & LEMON AIOLI *Shellfish, Egg, Onion, Allium, Gluten, and Dairy allergy*

*Clams, mussels, shrimp, squid tubes and tentacles, cod and swordfish, with roasted fennel and a tomato and shrimp broth. The dish is served with grilled bread and lemon aioli (egg yolk, lemon juice, garlic, salt and pepper).*

- Cioppino (CHə'pēnō): an Italian American stew of seafood cooked with tomatoes and wine.
- Aioli (ā,ōlē,ī,ōlē): mayonnaise seasoned with garlic.

#### GRILLED TUNA STEAK\*, WHITE BEANS IN TOMATO WITH ESCAROLE *Onion, Allium, and Dairy allergy*

*8oz Tuna Steak grilled (seasoned with black pepper, allspice and coriander), served over white beans with pancetta and tomato and braised escarole. Temp Required.*

- Pancetta (pan-cet-ta): Italian cured belly of pork.
- Escarole (eskə,rōl): an endive of a variety with broad undivided leaves and a slightly bitter flavor, used in salads.

#### SALMON, CALIFLOWER PUREE, SAUTEED BRUSSELS SPROUTS, MUSHROOMS *Dairy, Allium, soy allergy*

*8oz Faroe Island salmon, cooked skin down (served with skin-on) on the plancha until crisp. Served with cauliflower puree which contains cream, butter, and shallots. sauteed Brussels sprouts with blended oil, roasted oyster and shiitake mushrooms, that are cooked with lemon, white wine, and garlic Served med-rare unless specified.*

- Plancha (plan'chuh): In Italian cooking – grilled on metal plate or flat top griddle.

#### GRILLED SWORDFISH, POTATO, OLIVE & CAPERS *Dairy and Onion allergy.*

*8oz Swordfish grilled, served with pan roasted potatoes, capers, niçoise olives, and a lemon butter sauce (white wine, chicken stock, salt, pepper, lemon juice and butter).*

- Niçoise (nē'swā): In general, niçoise means “in the style of Nice, France.” Niçoise is also used to refer to the niçoise olive, a small variety of olive with a rich, nutty flavor.

#### COD OREGANATA, CREAMY LEEKS, POTATO *Dairy, Gluten, Onion Allium allergy.*

*8oz piece of cod, cooked in white wine, butter and chicken stock. Topped with toasted oregano breadcrumbs, served in a bed of potatoes and creamed leeks (heavy cream reduced with leeks that have been sauteed).*

### CARNE - Meat

#### BONELESS HALF CHICKEN, GARLIC PAN SAUCE & ROASTED POTATO *Dairy, Onion, Allium allergy.*

*Brined (salt, sugar, water, bay leaves, peppercorns, fennel, and toasted allspice) for 24 hours and then marinated (basil, parsley, garlic, olive oil, salt and pepper) and pan seared skin side down until crispy, finished in the oven. Served with pan garlic gravy sauce (deglazed chicken pan, roasted garlic, brown and white chicken stock, butter and salt and pepper), Yukon potatoes and roasted red onion.*

- Brine (brīn): soak in or saturate with salty water. Brining meats like pork, helps maintain the flavor and the juiciness of the cut of meat.

#### GRILLED FILET, RABE, ROASTED POTATO & OLIVE OIL\* *Allium allergy (can be made without garlic)*

*8oz filet mignon, served with roasted potatoes and broccoli rabe, finished with olive oil. Temp required.*

- Filet Mignon (fi,lā min'yān): a small tender piece of beef from the end of the tenderloin.

#### GRILLED BONE IN RIBEYE, RABE, ROASTED POTATO & OLIVE OIL\* *Allium allergy (can be made without garlic)*

*16oz Ribeye, served with roasted potatoes and broccoli rabe, finished with olive oil. Temp required.*

- Ribeye- a tender, juicy, and flavorful steak from the beef rib primal cut, with fat marbled throughout

#### GRILLED PORK CHOP, POTATO, VINEGAR PEPPERS *Dairy, Onion, Allium allergy.*

*13oz Grilled French Cut pork chop, brined (salt, sugar, water, bay leaves, peppercorns, fennel, and toasted allspice) for 24 hours, cooked to Medium-Medium Well, unless specified. Served with roasted Yukon potatoes, vinegar peppers and vinegar sauce (vinegar from peppers, garlic, chicken stock and butter).*

- Brine (brīn): soak in or saturate with salty water. Brining meats like pork, helps maintain the flavor and the juiciness of the cut of meat.

**VEAL SALTIMBOCCA, ROASTED POTATO, RABE, CRISPY PROSCIUTTO, SAGE BROWN BUTTER** *Dairy, Gluten, Allium allergy*  
*Two 4oz veal cutlets, dredged in flour and pan seared in butter, and made into a sage brown butter sauce. Served with broccoli rabe, roasted potatoes, garlic, grilled prosciutto and pan gravy (brown and white chicken stock, brown butter, sage and butter) topped with fontina cheese and parsley.*

- Saltimbocca (sältim'bökə): an Italian dish. It consists of veal that has been wrapped with prosciutto and sage, and then marinated in wine, oil, or saltwater, depending on the region or one's own taste.

**VEAL MILANESE, WITH ARUGULA SALAD, TOMATO, CUCUMBER & PARMIGIANO** *Dairy, Gluten allergy*  
*8oz veal cutlet pounded thin, then breaded using flour, eggs, panko, oregano, and parsley. Pan fried and topped with an arugula salad with cherry tomatoes, cucumbers, parmesan, lemon and olive oil.*

- Milanese (milə'nēz): Preparing something milanese style means dredging thin slices of meat in eggs and seasoned bread crumbs and frying them.

**CHICKEN PARMIGIANA & RIGATONI IN TOMATO SAUCE** *Dairy, Gluten, Onion, Allium allergy*  
*8oz boneless skinless chicken breast pounded thin, then breaded using flour, eggs, panko, oregano, and parsley. Served with shortcut rigatoni and tomato sauce (tomatoes, onions, garlic, basil, olive oil).*

**CHICKEN MILANESE WITH ARUGULA SALAD, TOMATO, CUCUMBER & PARMIGIANO** *Dairy, Gluten allergy*  
*8oz boneless skinless chicken breast pounded thin, then breaded using flour, eggs, panko, oregano and parsley. Pan fried and topped with an arugula salad with cherry tomatoes, cucumbers, parmesan, lemon and olive oil.*

- Milanese (milə'nēz): Preparing something milanese style means dredging thin slices of meat in eggs and seasoned bread crumbs and frying them.

## **CONTORNI - Sides**

### **ROASTED POTATOES**

Tossed in salt, pepper and oil and roasted

### **WHITE BEANS**

Served in red tomato sauce, cooked with panchetta

### **RABE**

Tossed in salt, pepper and oil

### **ASPARAGUS**

Blanched in water and fished with salt and pepper