2026 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, allium, nightshade, 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 (minyaˈnet): condiment usually made with minced shallots, cracked pepper, and vinegar.

CHERRYSTONES* *Shellfish, nightshade allergy*

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

SHRIMP COCKTAIL *Shellfish, nightshade 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 (krəˈstēnē): small slices of toasted bread.

DAILY CRUDO

The crudo dish will change periodically.

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

GARLIC BREAD *Gluten and Dairy, allium allergy*

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

- Ciabatta (CHəˈbädə): a type of flattish, open-textured Italian bread with a floury crust, made with olive oil.
- Fontina Cheese (fänˈtēnə): 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, dairy, allium, nightshade 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 (prəˈSHo͞odō): Italian ham, from the leg of the pig, cured by drying and typically served in very thin slices.

FRESH MOZZARELLA, PROSCUITTO, ROASTED RED PEPPERS *Dairy allergy, nightshade allergy*

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

- Mozzarella (mätsəˈrelə): a mild, semisoft white Italian cheese, often used in Italian cooking as a melted topping, especially on pizzas.
- Prosciutto (prəˈSHo͞odō): Italian ham, from the leg of the pig, cured by drying and typically served in very thin slices.

PRIMI

Italian for the “first course”

ITALIAN SAUSAGE FLATBREAD *Dairy allergy, gluten allergy, allium allergy, pork allergy, nightshade allergy, pepper allergy*
House made flatbread crust, topped with tomato sauce, mozzarella cheese house make crumbled pork sausage, broccoli rabe, parsley

EGGPLANT PARMIGIANA *Shellfish, Gluten, Dairy, Onion & Allium allergy, egg allergy, nightshade allergy*
Thinly sliced eggplant, batter with egg and bread crumb and fried in the deep fryer, then assembled like a lasagna with plum tomato sauce, ricotta cheese, shredded mozzarella cheese and baked in the oven
No allergies can be removed, not served with pasta!

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 (semaˈlēnə): 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.

OCTOPUS “LA PLANCHA”, potatoes, olives, chive oil *allium allergy.*
Seared octopus on the plancha with roasted potatoes, olives, chive oil, picked celery and fennel

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

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 (ärənˈCHēnē): 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.

TONNOS PASTA SHAPES:
Homemade pastas: Tagliatelle, orechetti, spaghetti, shortcut rigatoni
Non-homemade: Fregola
Gluten Free non-homemade: Penne (vegan)

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

SPAGHETTI RICOTTA, BLACK PEPER, PECCORINO *Gluten, dairy, Egg allergy.*
Homemade spaghetti, tossed with ricotta cheese, and black pepper, served cacio pepe style. Topped with shaved peccorino cheese. Can be modified to accommodate some allergies

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 (ôriˈkyedē): 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 ˌräb): 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 (CHəˈpēnō): an Italian American stew of seafood cooked with tomatoes and wine.
- Aioli (āˌōlē,īˌōlē): 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 (eskəˌrōl): an endive of a variety with broad undivided leaves and a slightly bitter flavor, used in salads.

SALMON, CAULIFLOWER PUREE BRUSSELS SPROUTS, MUSHROOMS *Dairy, Gluten, Onion, Allium allergy*
8oz Faroe Island salmon, cooked skin down (served with skin-on) on the plancha until crisp. Cauliflower puree has butter, cream and shallots. Brussels and mushrooms are sauteed with butter . Served med-rare unless specified.

- Plancha (plan'chuh): In Itailian cooking – grilled on metal plate or flat top griddle.
- Puree: a smooth, creamy substance made of liquidized or crushed fruit or vegetables

GRILLED SWORDFISH, FREGOLA, , OLIVES, CAPERS *gluten allergy, onion allergy, garlic allergy, allium allergy*
8oz Swordfish grilled, served with olives, capers, olive oil, garlic, white wine, butter, and tossed with fregola. 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

- Niçoise (nēˈswä): 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.
- Fregola (fre·go·la): A type of pasta from Sardinia. It is similar to North African Berkoukes, Levantine Moghrabieh, and Israeli couscous.
- Semolina (semaˈlēnə): the hard grains left after the milling of flour, used in puddings and in pasta.

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, ASPARAGUS, 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 (fiˌlā minˈyän): 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 (sältimˈbōkə): 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 (miləˈnēz): 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 (miləˈnēz): 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 pancetta

RABE
Tossed in salt, pepper and oil, sauteed with garlic

ASPARAGUS
Blanched in water, grilled on pick up fished with salt and pepper

DOLCI (dessert in Italian)

TIRAMISU- *Dairy, Gluten, nut, eggs allergy*
Traditional Italian dessert with layered withespresso soaked lady finger cookies, whipped mascarpone and coco powder

CHEESECAKE - *Dairy, Gluten, nut, soy, eggs allergy*
Grahm cracker constructed with melted butter then crust filled with cream cheese, sour cream, egg, vanilla and baked in the oven. Topped with seasonal fruit compote and candied walnuts. Graham crackers are produced in a factory that may contain nuts.

- Compote- chunky fruit cooked in syrup
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FLOURLESS CHOCOLATE CAKE- *Dairy, soy, nut, egg allergy*
This is a gluten free and nut free dessert that Tonno makes completely homemade, the cake batter consist of melted chocolate, butter, and eggs, then baked in the oven. Served with raspberry couli, and house whipped cream

- Couli- smooth sauce made from pureed fruits or vegetables, often blended then strained with a more concentrated flavor.

BISCOTTI- *Dairy, Gluten, nut, egg allergy*
Three mini sized biscotti per order made at Tonno. The biscotti is a mix of eggs, butter, flour, sugar, salt, and pistachios. Biscotti Is a dry hard style Italian cookie, double baked, and best served with coffee, espresso, or cappuccino, for dunking.

CANNOLI- *Dairy, Gluten, nut, egg allergy*
Three mini sized cannoli shells, fresh filled to order with our homemade filling. The shells are not made on premise and are produced in a factory that may contain nuts, the shells have flour, eggs, sugar, vanilla. The filling is ricotta and mascarpone cheese, powdered sugar, vanilla, and orange zest

DESSERT BOARD- *Dairy, Gluten, nut, egg, soy allergy*
Best for larger parties, birthdays, or crowd pleaser sampler, contains (1) slice of tiramisu as listed above, (1) slice of cheesecake as listed above, (2) single cannoli as listed above, (2) single biscotti as listed above, NO substitutions

TIRAMISU BOARD
Best for larger parties, birthdays, or Tiramisu fanatics, (4) slices of tiramisu then sliced in half. Our version of a “cake”

**Note: there may be additional desserts being served on special, we do not write on desserts or dishes here.

OFF MENU ITEMS (not listed on the dinner menu but we can always make them)

PRIMI

MARGARITA FLATBREAD *Gluten,, Egg, dairy, allium, nightshade, allergy.*
Our version of a pizza. Homemade flatbread crust, topped with plum tomato, fresh mozzarella, shredded mozzarella, basil, sliced into pieces.

SPICY OCTOPUS (old way)- *Gluten,, Egg, shellfish, allium, nightshade, allergy.*
Seared on la plancha, served with fregola pasta tossed in a fra diavolo sauce and a piece of grilled bread

PASTA

CACIO E PEPE- *Gluten, dairy, Egg allergy.*
Roman for "cheese and pepper" Homemade rigatoni pasta, with a butter, ptarmigan cheese, and black pepper sauce

CARBONARA- *Gluten, dairy, Egg, allium, allergy.*
homemade spaghetti with egg yolk, mascarpone cheese, garlic, and pasta water sauce, cured pork (pancetta or bacon depending on what we have) topped with fresh grated pecorino.

FRUTTI DE MARE- *Gluten,, Egg, shellfish, allium, nightshade, allergy.*
Translates to "fruit of the sea" Homemade spaghetti with calamari, shrimp, mussels, and clams cooked in a fra diavolo sauce (spicy plum tomato sauce) with lobster stock, white wine, and garlic.

SHRIMP FRA DIAVALO *Gluten,, Egg, shellfish, allium, nightshade, allergy.*
Translates to " Shrimp from the devil" Homemade spaghetti with 5 shrimp cooked in fra diavolo sauce (spicy plum tomato sauce)

SHRIMP SCAMPI PASTA- *Gluten,, Egg, shellfish, allium, alcohol, allergy.*
Homemade spaghetti, served with 5 shrimp cooked in a scampi sauce of lemon, white wine, garlic, olive oil, shallots

SPAGHETTI ALLE VONGOLE "SPAGHETTI AND CLAMS" *Gluten,, Egg, shellfish, allium , allergy*
Homemade spaghetti with little neck clams clams cooked in a white wine, garlic, butter, chicken stoack, black pepper, sauce

SPAGHETTI AND MEATBALLS *Gluten,, Egg, pork, dairy, allium, nightshade, allergy.*
Homemade spaghetti, tossed with plum tomato sauce with 2 meatballs

SECONDI

VEAL PARM- *Dairy, Gluten, Onion, Allium allergy*
tow 4oz veal cutlets, then breaded using flour, eggs, panko, oregano, and parsley, parmigiano cheese. Served with shortcut rigatoni and tomato sauce

SIDES

FRIES

SAUTEED MUSHROOMS- *Fungi Allergy*
Oyster and shitake mushrooms sauteed with olive oil and thyme

GRILLED BREAD- *gluten and allium allergy*
Ciabatta bread sliced, rubbed with garlic and olive oil grilled with a slight char

KIDS MENU

MARGARITA FLATBREAD- *Gluten,, Egg, dairy, allium, nightshade, allergy*
Our version of a pizza. Homemade flatbread crust, topped with plum tomato, fresh mozzarella, shredded mozzarella, sliced into pieces.

RAVIOLI *Gluten,, Egg, dairy, allium, nightshade, allergy*
Frozen sysco cheese ravioli served with plum tomato sauce

CHICKEN TENDER PARMIGIANO *Gluten,, Egg, dairy, allium, nightshade, allergy*
Frozen breaded chicken tenders from Sysco, deep fried then topped with plum tomato sauce and shredded mozzarella cheese, then baked in the oven, comes with a side of spaghetti and plum tomato sauce

CHICKEN TENDERS AND FRIES- *Gluten,, Egg, dairy, allium, allergy*
Frozen sysco brand breaded chicken cutlets, frozen sysco brand French fries, both deep fried and topped with salt

RIATONI AND BUTTER - *Gluten,, Egg, dairy, allergy.*
Homemade Rigatoni pasta with just butter as the sauce

SPAGHETTI AND MEATBALL *Gluten,, Egg, dairy, allium, nightshade, pork, allergy*
*Homemade spaghetti with plum tomato sauce and **one** meatball*

SPAGHETTI AND PLUM TOMATO- *Gluten,, Egg, dairy, allium, nightshade allergy*
Homemade spaghetti with plum tomato sauce

FISH STICKS
Deep fried frozen sysco fish sticks and French fries topped with salt (note: we do not have tartare sauce here)