

We offer selection of complete gourmet meals, from appetizers through desserts everyday in our store.  
Order from our published weekly menu for any number of people with 2 days notice.

### SOUP

Beef & Bean Chili  
Broccoli Bisque  
Butternut Bisque  
Caldo Verde  
Chicken Chili  
Chicken & Escarole  
Chicken & Noodle  
Chicken & Rice  
Clam Chowder  
Corn Chowder  
Cream of Broccoli  
Curried Lentil  
Escarole & White Bean

Italian Wedding  
Lobster Bisque  
Minestrone  
Pasta e Fagioli  
Split Pea  
Tomato Bisque  
Turkey & Wild Rice  
Wild Mushroom & Rosemary  
Vegetable Beef Barley  
Vegetarian Chili

### OTHER SALADS

Curried Chicken Salad  
Egg Salad  
Pasta Vita Chicken  
Quinoa w/ Sundried Tomatoes  
Quinoa w/ Artichokes Spinach Feta  
Quinoa w/Black Beans & Tomatoes

Tuna Salad  
Vegetarian Chickpea Salad  
Vine Ripe Tomatoes & Mozzarella Salad  
Cajun Chicken Pasta Salad  
Tuna Pasta Salad

### BEEF

Beef Bourguignonne  
Beef Curry Pie  
Beef & Bean Burrito w/Chili Sauce & Cheese  
Beef Enchiladas  
Beef Stroganoff  
Beef Tenderloin Tips w/Rice Pilaf  
Beef Tenderloin (many choices)  
Beef Wellington  
Chili Rubbed Flank Steak  
Cuban Skirt Steak  
Flank Steak (Asian marinated) w/Red Rice  
Flank Steak w/Balsamic Glaze, Quinoa & Kale  
Flank Steak w/Roasted Red Pepper Salsa  
Flank Steak w/Chimichuri Sauce  
Flank Steak (Teriyaki) w/Fried Rice  
Grilled Flank Steak w/Wild Mushrooms

Grilled Steak Fajitas (w/Rice, pinto beans & chipotle sour cream)  
London Broil w/ Twice Baked Potatoes  
Meatloaf Dinner w/Mashed Potatoes & Gravy  
Grilled Beef Tenderloin  
Grilled Beef Tenderloin (serves 1)  
Meatballs & Marinara Sauce  
Rib Eye w/Bacon Chive Butter  
Shepherd's Pie  
Stuffed Peppers  
Teriyaki Flank Steak w/Scallion Fried Rice  
Tuscan Beef Stew  
Tuscan Short Ribs  
Yankee Pot Roast

### CHICKEN, TURKEY & DUCK

**Chicken Alberto**-Caramelized shallots, sun-dried tomatoes &  
**Chicken Alfredo**-breast w/penne pasta & classic cream, Parmesan &  
**Chicken Alicia**-breast stuffed w/spinach, artichoke hearts & pine nuts  
**Chicken Apulia**-breast stuffed w/roasted red peppers & smoked  
**Chicken Arrabbiata**-boneless thighs braised w/yellow, Poblano &  
**Chicken Balsamico**-w/balsamic vinegar, garlic, onion, herbs &  
**Chicken Cacciatore**-boneless thighs, wild mushrooms, green  
**Chicken Cordon Bleu**-breast stuffed w/ham, Swiss cheese & a  
**Chicken Curry**-boneless thighs, onion, garlic, yogurt, coconut, mango  
**Chicken Enchiladas**-w/scallions, jack cheese, chipotle & red peppers,  
**Chicken Francaise**-breast fillets w/shallots, white wine, lemon butter

**Chicken w/Prosciutto & Rosemary**-boneless thighs w/chopped tomato,  
**Chicken alla Roma**-boneless thighs, pancetta, peppers, tomatoes, onions,  
**Chicken Saltimbocca**-breast fillets w/sage, prosciutto, peppers & spinach  
**Chicken Scalloppine alla Parma**-cutlets w/garlic, tomato, wine, prosciutto,  
**Chicken Sorrento**-Grilled chicken pasta, roasted garlic, sun-dried & grape  
**Chicken Stemperata**-boneless thighs, sicilian olives, pepperoncini & whole  
**Chicken Teriyaki**-boneless thighs, soy sauce, vinegar, sherry, ginger, garlic &  
**Coconut Chicken w/Mango Salsa**-coconut, mango, cilantro, red onion,  
**Coq Au Vin**-boneless thighs sautéed boneless thighs with red wine, pearl  
**French Chicken Ratatouille**-bnls thighs w/a eggplant, zucchini, peppers,  
**Herb Roasted Chicken**-with mashed potatoes and pan gravy  
**Roast Turkey Dinner**-roasted breast w/mashed potatoes, sausage stuffing

225 Elm Street

**PASTA VITA**

Pastavita.com

Old Saybrook, CT 06475

860-395-1452

**Chicken & Gnocchi**-boneless thighs, braised w/tomato sauce,

**Chicken Italiano**-sautéed w/plum tomatoes, basil, white wine, garlic &

**Chicken Marengo**-boneless thighs w/mushrooms, pearl onions,

**Chicken Marsala**-breast fillets with mushrooms & Marsala wine sauce

**Chicken w/Pad Thai Noodles**, bok choy, nappa cabbage, snow peas, mushrooms & chili sauce

**Chicken Palermo**-lightly battered chicken breast w/olives, fresh tomatoes, eggplant & mozzarella

**Chicken Parmesan**-breaded breast fillets w/marinara, mozzarella & parmesan

**Chicken Pot Pie**-chicken w/potatoes, corn, carrots, onions, peas, celery topped w/puff pastry

**Southern Style Chicken Tenders**-boneless breast strips, deep fried

**Spanish Chicken**-boneless thighs, tomato, onion, cilantro, Spanish spices &

**Stuffed Cabbage** w/Turkey & Brown Rice topped w/Marinara Sauce

**Turkey Tetrazzini** w/spaghetti, mushrooms, celery & parmesan cheese sauce

**Whole Chicken Dinners (serves 4)** butterflied whole chicken w/roasted potatoes & carrots (New Orleans B.B.Q. Rub; Argentinean Garlic; Greek Lemon; Low Sodium)

**Chicken Portifino**-stuffed w/Pesto sauce, sun-dried tomatoes & garlic w/Marsala wine sauce

**Chicken Picatta**-breast fillets with lemon, capers, butter & shallots in our pink sauce

## PORK & LAMB

**African Lamb Stew**

**Cider-Cured Pork Chops**-pan fried cider-cured pork chops w/red

**Glazed Ham & Scalloped Potatoes**-bourbon glazed spiral ham

**Glazed Pork Rib Roast**-w/apricot-honey-mustard glaze w/potatoes

**Kansas City Style Spare Ribs**-grilled w/our BBQ sauce

**Pork Tenderloin Chimichuri**- w/lemon, parsley, onion & vinegar

**Pork Tenderloin w/Tarragon-Mustard Glaze** over herbed Israeli

**Stuffed Pork Loin**-apricot, shallot, herb stuffing w/pan gravy over

**White Bean Stew**-w/linguica sausage, braised pork w/paprika,

**Porchetta w/Yukon Golds**-Italian stuffed pork roast w/roasted Yukon Gold

**Pork Chops Pizzaiola**-w/red & green peppers, fresh tomatoes, garlic &

**Pulled Pork Dinner**-pork shoulder rubbed w/a spicy vinegar barbecue sauce

**Rack of Lamb** w/Garlic, Herb & Dijon Mustard Crust

**Roasted Stuffed Pork Loin**-Swiss chard, roasted peppers, garlic, parmesan

**Sausage & Peppers**-traditional Italian sausage with red & green peppers

**Sicilian Pork Chops**-pan fried w/peppercorn crust, Sicilian olives, tomatoes

**Southwestern Pork Stew**-braised pork w/corn, carrots, onion, tomato,

**Stuffed Pork Rib Roast**-w/sun-dried tomatoes, prosciutto & spinach

## VEAL

**Veal Alberto**-cutlets with sun-dried tomatoes, sautéed mushrooms &

**Veal Alla Parma**-cutlets with a sage, Prosciutto & Marsala sauce

**Veal & Peppers**-tender braised veal pieces with peppers

**Veal Canneloni**-shredded veal w/peppers, onion, garlic, ricotta,

**Veal DiMedici**-sun-dried tomatoes & porcini in a Marsala cream

**Veal Francaise**-cutlets w/white wine lemon butter sauce topped

**Veal Luigi**-cutlets w/tarragon, plum tomatoes & Reggiano Parmesan

**Veal Marsala**-cutlets with fresh mushrooms and a Marsala wine sauce

**Veal Milano**-cutlets stuffed w/proscitto and fontina cheese

**Veal Oscar**-cutlets, marsala demi glace, lump crabmeat, béarnaise sauce &

**Veal Parmesan**-cutlets with Parmesan, marinara sauce and mozzarella

**Veal Picatta**-cutlets with capers, shallots and our pink sauce

**Veal Provencale**-cutlets with plum tomatoes, Parmesan, garlic, parsley and

**Veal Saltimbocca** -cutlets w/sage, prosciutto, bell peppers & spinach in

## SEAFOOD

**Baked Boston Cod**-fillet baked w/crumb crust w/rice & a Beurre

**Baked Stuffed Shrimp** w/crabmeat stuffing over rice pilaf w/Beurre

**Coconut Shrimp**-shrimp w/a coconut crust & w/Mango Lime chutney

**Crab Cakes** with Remoulade sauce

**Lemon Sole**-light brown butter sauce over orzo

**Ginger Seared Sea Scallops**-w/red peppers & spinach over

**Grilled Salmon** wrapped in Spinach & Prosciutto

**Grilled Shrimp Linguine**-w/cherry tomatoes, asparagus & peas in a

**Jambalaya**-shrimp, chicken & Andouille sausage w/vegetables, rice &

**Paella Valenciana**-clams, shrimp, pork & chicken over saffron rice

**Scallops Provencale**-light tomato, garlic, herb & olive oil sauce over thin

**Seafood Paella**-clams, shrimp, monk fish, mussels, tilapia & calamari w/

**Shrimp Alla Vita**-garlic, snowpeas, sun-dried tomatoes, mushrooms, pine

**Shrimp & Scallop FraDiavolo**-red peppers, celery, onion, fennel,

**Shrimp Scampi**-w/garlic, tomatoes, olive oil, butter & white wine over

**Shrimp Puttanesca**-shrimp, tomatoes, onion, olives, capers, garlic &

**Shrimp w/Vodka Sauce**-w/sweet peppers & green onions in our pink

**Thai Salmon** w/Stir-fried Vegetables-w/Asian vegetables & couscous w/a red

**Thai Shrimp & Chicken Curry**-cilantro, garlic & onion, spicy green curry

**Vegetable Stuffed Sole**-w/spinach, artichokes, garlic, roasted red peppers,

**Crabmeat Stuffed Sole**

225 Elm Street

**PASTA VITA**

Pastavita.com

Old Saybrook, CT 06475

860-395-1452

**Roasted Salmon**-fillets w/Mascarpone cheese, spinach, sun-dried  
**Salmon w/Bernaise Sauce**-white wine, tarragon, shallots, eggs &  
**Salmon Capellini**-w/tomatoes, leeks & shallots, pasta w/a white wine  
**Salmon w/Capers, Tomatoes & Cream**-over orzo  
**Salmon w/ Roasted Fennel & Tomatoes**-with garlic & finished  
**Salmon w/ Pistachio Crust**-w/shallots,, fresh asparagus, olive oil,  
mustard & orzo w/red pepper sauce  
**Salmon w/ Porcini Sauce**-w/Crimini & Porcini mushrooms, chives,  
cream, tarragon & wine w/spinach

## PASTA

**Baked Rigatoni & Sausage**, Marinara Sauce & Parmesan Cheese

**Baked Rigatoni, Sausage & Smoked Mozzarella**

**Baked Rigatoni Sorrentino**-w/mushrooms, spinach garlic, sausage,  
tomato & cheese

**Baked Ziti**-with marinara sauce, fresh mozzarella & Parmesan cheese

**Bucatini Amatriciana**-w/pancetta, onions, plum tomatoes

**Chicken Limone**-breaded cutlets topped w/fresh lemons on linguine

**Chicken & Sausage Calabrese**-broccoli rabe, sausage, tomato,  
chicken, red peppers w/pasta

**Chicken Sorrento**-w/Pasta, garlic, sun-dried & grape tomatoes,  
olives, mozzarella & basil

**Buffalo Chicken Macaroni & Chesse**

**Grilled Chicken w/Pasta & Smoked Mozzarella**-w/tomatoes,  
onions & Swiss chard

**Grilled Chicken & Penne w/Brie**-chicken strips, Brie & artichokes  
w/white wine

**Grilled Chicken & Penne w/Feta**-chicken strips, pasta, tomatoes,  
garlic, asparagus & Feta

**Grilled Chicken DiMedici**-w/mushrooms, sun-dried tomatoes,  
wine, cream & pasta

**Grilled Chicken Primavera**-spring vegetables, pesto and olive oil

**Linguine w/Fresh Vegetables**-peas, cherry tomatoes, asparagus,  
lemon & olive oil

**Macaroni & Cheese**-three cheese and Ritz cracker crumb crust

**Orzo**-rice shaped pasta tossed w/olive oil, salt & pepper garnished  
w/scallions

**Pasta Marinara Sauce**

**Pasta w/ Sausage & Marinara Sauce**

## GRAINS, POTATOES, RISOTTO & VEGETABLES

Basmati Rice

Black Beans & Brown Rice

**Scallops with Brown Butter**

**Scallops with Gnocchi & Creamy Pesto Sauce**

## EGGPLANT

**Eggplant Lasagna**

**Eggplant Parmesan**

**Eggplant Rollatini**

**Pasta Bolognese**-w/a sauce of plum tomatoes, pancetta, pork, veal, beef,  
onions & wine

**Pasta Napoletan**-pasta, shredded pork & plum tomatoes

**Pasta Siena**-w/sun-dried tomatoes, smoked mozzarella, spinach & roasted  
garlic w/olive oil

**Pasta w/Gorgonzola & Chicken**-w/gorgonzola cheese, broccoli, peppers,  
garlic & chicken

**Penne Alberto**-caramelized shallots, sun-dried tomatoes & mushrooms

**Penne alla Vita**-asparagus, sun-dried tomatoes, artichokes w/tomato-basil  
cream sauce

**Pasta Puttanesca**-w/fresh tomatoes, red onion, capers, oil cured olives &  
anchovies

**Penne w/Asparagus**-fresh asparagus sautéed w/garlic & olive oil

**Penne w/Broccoli Aglio Olio**-sautéed broccoli, garlic & olive oil

**Penne w/Broccoli Rabe**-with or w/o sausage or plum tomatoes

**Penne w/Vodka Sauce**-sweet peppers, green onions & vodka pink sauce

**Sicilian Chicken**-w/tomatoes, roasted red peppers, artichokes & pasta

**Spaghetti alla Carbonara** w/pancetta in a parmesan cream sauce

**Spinach & Cheese Manicotti** in our Marinara Sauce

**Stuffed Shells** in our Marinara Sauce

**Ziti w/Broccoli & Chicken**-Prosciutto white wine Dijon cream sauce

**Pasta w/ Meatballs & Marinara Sauce**

Maple Glazed Yams w/Pecan Garnish

Roasted Sweet Potatoes

**225 Elm Street  
Old Saybrook, CT 06475**

## ***PASTA VITA***

**Pastavita.com  
860-395-1452**

Broccoli	Rice Pilaf
Broccoli Au Gratin	Risotto
Broccoli Rabe w/Garlic & olive oil	Roasted Asparagus w/Garlic
Butternut Squash	Roasted Brussels Sprouts
Cauliflower au Gratin	Roasted Root Vegetables
Classic Mashed Potatoes	Roasted Yukon Gold Potatoes
Classic Scalloped Potatoes	Sauteed Spinach
Creamed Spinach	Sugar Snap Peas w/Carrots
Fresh Vegetable Mix	Twice-baked Potatoes
Garlic Mashed Potatoes	Vegetarian Chickpea Curry w/Green Beans*
Glazed Carrots	Vegetarian Stuffed Peppers
Green Beans w/Toasted Almonds	White Bean & Portobello Stew
Grilled Vegetables	Gruyere Scalloped Potatoes
Herb & Cranberry Stuffing	Homestyle B.B.Q. Baked Beans

**Appetizers Focaccia, Stromboli, Platters, Desserts Can Be Ordered**

**Ravioli, Sauces & Lasagna ALWAYS Available**