

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.

APPETIZERS

Asian Duck Breast Rolls
Asian Meatballs
Asparagus Wrapped w/Prosciutto
Asparagus Straws
Baked Brie En Croute 3" & 5"
Beef Tenderloin Rolls
Buffalo Style Chicken Wings
Cherry Tomatoes w/fresh Lobster Salad
Cherry Tomatoes w/Boursin cheese*
Chicken Liver Pate
Chicken Satay w/Snow Peas
Clams Casino
Classic Escargot
Classic Pigs-in-a-Blanket
Coconut Shrimp w/Mango Lime Chutney
Crab Salad on Endive Leaves
Crab Cakes w/Remoulade Sauce
Deviled Eggs
Endive Leaves filled w/Smoked Salmon bundles
Frenched Lamb Chops w/Mint Pesto
Grilled Shrimp & Basil w/Tomato Aioli
Honey Soy Chicken Wings
Mini Beef Wellingtons
Mini Chicken & Roasted Corn w/Beans Quesedillas
Mini Quiches: 5 Choices

Mushrooms stuffed w/Artichokes & Parmesan
Mushrooms stuffed w/Maine Crabmeat
Mushrooms stuffed w/Italian Sausage
Oysters Rockefeller
Pancetta wrapped Shrimp
Panko Scallops w/Thai Curry Sauce
Pesto & Goat Cheese stuffed Cherry Tomatoes
Pork Sate w/Peanut-Lime Dipping Sauce
Raspberry, Brie, Bacon & Caramelized Onion Tartlets
Quesadillas-Beef, Chicken, or Vegetable
Risotto Balls w/Prosciutto & Fontina Cheese
Scallops wrapped in Bacon
Sesame Seared Tuna w/Wasabi Caviar
Shrimp Cocktail
Shrimp Rolls
Shrimp Satay wrapped w/Snow Peas
Sliced Beef Tenderloin Crostini
Stuffed Clams
Spinach & Feta Cheese Puffs
Swedish Meatballs
Swordfish & Eggplant Kebobs
Teriyaki Beef Skewers
Tomato Basil Crostini
Vegetable Spring Rolls
Wild Mushroom & Brie Puffs

ANTIPASTO

Caponata
Crab & Artichoke Dip
Fresh Mozzarella Salad
Gardinera
Guacamole
Hummus
Sicilian Olives
Oil Cured Olives
Mixed Olive Salad
Mango Salsa

Marinated Artichoke Hearts
Marinated Mushrooms
Marinated Roasted Red Peppers
Roasted Red Pepper Hummus
Spicy Stuffed Banana Peppers
Spicy Tomato Salsa
Sun-dried Tomato Aioli
Stuffed Cherry Peppers
Tortilla Chips
Assorted Crackers

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
Cuban Black Bean
Curried Lentil
Escarole & White Bean

Gazpacho
Garden Vegetable w/Farro
Italian Wedding
Lentil Barley
Lobster Bisque
Minestrone
Pasta e Fagioli
Split Pea
Tomato Bisque
Tortilla Soup
Turkey & Wild Rice
Wild Mushroom & Rosemary
Vegetable Beef Barley
Vegetarian Chili

GREEN SALADS

Arugula & Field Greens Salad

w/baby arugula, baby mizuna, mesclun greens, slivered almonds & crumbled goat cheese w/lemon vinaigrette

Asian Grilled Chicken Salad

w/an Asian Sesame Vinaigrette (grilled chicken w/red peppers & sliced almonds)

Caesar Salad

w/homemade croutons & Pasta Vita's Caesar Dressing

Cobb Salad

chopped Romaine lettuce w/turkey, avocado, bacon, celery, blue cheese, scallions & tomatoes

French Country Salad

(field greens w/Frisee, lardoons & crumbled Roquefort Cheese)

Garden Salad

(Mesclun greens, red cabbage, carrots, cucumbers, tomatoes & onions)

OTHER SALADS

Asian Cole Slaw w/Toasted Sesame Seeds

Classic or Tuscan Potato Salad

Fresh Cole Slaw

Curried Chicken Salad

Egg Salad

Pasta Vita Chicken

Organic Quinoa Primavera Salad

Organic Quinoa Salad w/Edamame & Walnuts

Quinoa w/Black Beans & Tomatoes

Roasted Corn & Bean Salad

PASTA SALADS

Asian Beef & Noodle Salad

Asian Chicken Salad

Antipasto Pasta Salad

Cajun Chicken Pasta Salad

Chicken W/Grilled Vidalia Onion & Pasta

Fresh Mozzarella & Tomato Pasta Salad

Grilled Salmon Pasta Salad

Greek Pasta Salad

Macaroni Salad

DRESSING

Balsamic Vinaigrette

Caesar

Champagne Vinaigrette

Greek Salad

(Romaine

lettuce, Feta cheese, olives Pepperoncini peppers, cucumbers & tomatoes)

Grilled Chicken Caesar

w/homemade croutons with Pasta Vita Caesar Dressing

Gorgonzola w/Walnuts & Bacon

(Mesclun & leaf lettuces w/red onions, tomatoes, walnuts, bacon & imported Gorgonzola cheese)

Italian Chef Salad

(romaine, Genoa salami, turkey, sweet Capicola, Provolone cheese, onion, olives, pepperoncini, olives, hardboiled egg, olives, Italian vinaigrette)

Italian Chopped Salad

(romaine & radicchio, artichoke hearts, olives, chickpeas, banana peppers, onion, tomato, Sopresatta, Italian vinaigrette)

Spinach Salad w/Pecans & Cranberries

(baby spinach, organic dried cranberries, sliced mushrooms & toasted pecans)

Summer Bean Salad

Summer Chicken Salad

Tabbouleh

Tomato, Cucumber, Red Onion Salad

Tuna Salad

Tuna Nicoise

Vegetarian Chickpea Salad

Vine Ripe Tomatoes & Mozzarella Salad

Wild Rice Salad

Orzo & Grilled Vegetable Salad

Orzo & Vidalia Onion Salad

Pesto Pasta Salad

Pasta Provencale

Pasta Primavera

Seafood Pasta Salad

Summer Pasta Verde (with or without grilled chicken)

Tricolor Tortellini Salad

Tuna Pasta Salad

Cider Vinaigrette

Italian

Lemon Vinaigrette

BEEF

Asian Flank Steak w/Himalayan Rice
Balsamic Glazed Flank Steak w/Potatoes
Beef Bourguignonne
Beef Curry Pie
Beef & Bean Burrito w/Chili Sauce & Cheese
Beef Enchiladas
Beef Stroganoff
Beef Sukiyaki
Beef Tenderloin Tips w/Rice Pilaf
Beef Tenderloin (many choices)
Beef Wellington
Chili Rubbed Flank Steak
Classic Liver & Onions w/Mashed Potatoes
Corned Beef & Cabbage
Curried Beef Tips w/Basmati Rice
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/gril. Peppers & German Potato Salad
Grilled Flank Steak w/Wild Mushrooms

Grilled New York Strip
Grilled Steak Fajitas (w/Rice, pinto beans & chipotle sour cream)
Handmade Meatballs
London Broil w/ Twice Baked Potatoes
Meatloaf Dinner w/Mashed Potatoes & Gravy
Grilled Beef Tenderloin
Grilled Beef Tenderloin (serves 1)
Meatballs & Marinara Sauce
Salisbury Steak Dinner
Shepherd's Pie
Sirloin Beef Kebobs
Sliced BBQ Beef w/Homestyle Baked Beans
Steak Diane
Stuffed Peppers
Teriyaki Beef Tenderloin Tips w/Jasmine Rice
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 & mushrooms
Chicken Alfredo-breast w/penne pasta & classic cream, Parmesan & egg sauce
Chicken Alicia-breast stuffed w/spinach, artichoke hearts & pine nuts
Chicken Apulia-breast stuffed w/roasted red peppers & smoked mozzarella in a red sauce
Chicken Arrabbiata-boneless thighs braised w/yellow, Poblano & hot chili peppers w/tomatoes
Chicken Balsamico-w/balsamic vinegar, garlic, onion, herbs & pancetta w/potatoes & tomatoes
Chicken Cacciatore-boneless thighs, wild mushrooms, green peppers, onions, tomatoes & garlic
Chicken Cordon Bleu-breast stuffed w/ham, Swiss cheese & a lemon butter sauce
Chicken Curry-boneless thighs, onion, garlic, yogurt, coconut, mango chutney w/rice
Chicken Enchiladas-w/scallions, jack cheese, chipotle & red peppers, cilantro, rice & chili sauce
Chicken Francaise-breast fillets w/shallots, white wine, lemon butter sauce
Chicken & Gnocchi-boneless thighs, braised w/tomato sauce, spinach, basil, garlic & wine w/potato & gnocchi
Chicken Italiano-sauteed w/plum tomatoes, basil, white wine, garlic & parsley
Chicken w/Lemon & Olives-boneless thighs Sicilian & Piccoline olives, lemon & capers
Chicken Marengo-boneless thighs w/mushrooms, pearl onions, tomatoes, white wine & herbs
Chicken Marsala-breast fillets with mushrooms & Marsala wine sauce
Chicken w/Prosciutto & Rosemary-boneless thighs w/chopped tomato, garlic & wine
Chicken alla Roma-boneless thighs, pancetta, peppers, tomatoes, onions, garlic & wine
Chicken Saltimbocca-breast fillets w/sage, prosciutto, peppers & spinach w/Marsala wine sauce
Chicken Scalloppine alla Parma-cutlets w/garlic, tomato, wine, prosciutto, sage & Parmesan
Chicken Sorrento-Grilled chicken pasta, roasted garlic, sun-dried & grape tomatoes, black olives, fresh mozzarella, olive oil, basil & parsley
Chicken Stemperata-boneless thighs, sicilian olives, pepperoncini & whole roasted garlic
Chicken Teriyaki-boneless thighs, soy sauce, vinegar, sherry, ginger, garlic & oil over rice
Coconut Chicken w/Mango Salsa-coconut, mango, cilantro, red onion, tomatoes & chilies
Coq Au Vin-boneless thighs sautéed boneless thighs with red wine, pearl onions & mushrooms
Cornish Game Hens w/apricot-citrus glaze and wild rice
Cornish Game Hen w/Cranberry-Thyme Glaze over brown rice
French Chicken Ratatouille-boneless thighs w/a eggplant, zucchini, peppers, tomatoes, onion, garlic, wine & herbs de Provence
Herb Roasted Chicken-with mashed potatoes and pan gravy
Kansas City BBQ Chicken-spiced rub, barbecue sauce & cheddar cheese aris
Raspberry Glazed Duck Breast with Wild Rice
Roast Duck w/Orange Glaze-half duck w/traditional orange glaze

Chicken Milanese-braised thighs ossobucco style w/tomatoes, herbs, onions, garlic w/polenta
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 Picatta-breast fillets with lemon, capers, butter & shallots in our pink sauce
Chicken Portifino-stuffed w/Pesto sauce, sun-dried tomatoes & garlic w/Marsala wine sauce
Chicken Pot Pie-chicken w/potatoes, corn, carrots, onions, peas, celery topped w/puff pastry
Chicken w/Kale, boneless thighs, tomatoes, Pancetta bacon, roasted red peppers, wine & herbs

PORK & LAMB

African Lamb Stew

Cider-Cured Pork Chops-pan fried cider-cured pork chops w/red cabbage & apples
Country-style BBQ Ribs-rubbed in spices & roasted in our spicy BBQ sauce w/slaw & rice
Glazed Ham & Scalloped Potatoes-bourbon glazed spiral ham w/traditional scalloped potatoes

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

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

Irish Lamb Stew w/barley, Guinness Stout & root vegetables

Italian Lamb Stew

Leg of Lamb seasoned w/garlic & rosemary w/Cottage Fries

Moroccan Spiced Lamb Kebobs-spices, couscous w/apricots, & lemon-mint butter
Pork Tenderloin Chimichuri- w/lemon, parsley, onion & vinegar sauce w/mashed potatoes
Pork Tenderloin w/Tarragon-Mustard Glaze over herbed Israeli Couscous

VEAL

Spezzatino di Vitello-braised veal w/potatoes, peas, shallots, carrots & tomato sauce
Spring Veal Stew-tender veal with fresh sorrel, tarragon, parsley, watercress, spinach, creme fraiche & orecchiette pasta
Veal Alberto-cutlets with sun-dried tomatoes, sautéed mushrooms & caramelized shallots

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

Veal Artichokes, Lemon & Capers-sauteed cutlets, w/artichoke hearts, capers & fresh lemon

Veal & Peppers-tender braised veal pieces with peppers

Veal Canneloni-shredded veal w/peppers, onion, garlic, ricotta, parmesan & mozzarella rolled in pasta
Veal DiMedici-sun-dried tomatoes & porcini in a Marsala cream sauce w/fettuccine

Roast Turkey Dinner-roasted breast w/mashed potatoes, sausage stuffing & gravy

Seared Duck Breast with a Lingonberry & Red Wine Sauce

Southern Style Chicken Tenders-boneless breast strips, deep fried

Spanish Chicken-boneless thighs, tomato, onion, cilantro, Spanish spices & black beans

Seared Duck Breast w/Cranberry Port glaze over spinach.

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;

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

Pork Chops Pizzaiola-w/red & green peppers, fresh tomatoes, garlic & olive oil over orzo

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

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

Roasted Stuffed Pork Loin-Swiss chard, roasted peppers, garlic, parmesan stuffing w/Yukon Golds

Sausage & Peppers-traditional Italian sausage with red & green peppers and onion

Sicilian Pork Chops-pan fried w/peppercorn crust, Sicilian olives, tomatoes & garlic over orzo

Southwestern Pork Stew-braised pork w/corn, carrots, onion, tomato, peppers & garlic

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

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

White Bean Stew-w/linguica sausage, braised pork w/paprika, tomato, onion & garlic

Veal Milano-cutlets stuffed w/prosciutto and fontina cheese

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

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 olive oil

Veal Saltimbocca -cutlets w/sage, prosciutto, bell peppers & spinach in Marsala wine sauce

Veal San Marco-cutlets with radicchio & spinach and a red bell pepper sauce

Veal w/Sauteed Yellow Peppers & tomato basil cream sauce

225 Elm Street

Old Saybrook, CT 06475

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

w/fresh lemon slices

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

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

PASTA VITA - COMPLETE MENU

Pastavita.com

860-395-1452

Veal Scalloppine-w/Artichokes, Roasted Red Peppers & Olives w/Pomodoro

Tomato Sauce

Veal Sorrento-w/pasta, fresh mozzarella, Prosciutto, eggplant, plum tomatoes & wine infused Marinara

Veal Toscana-Porcini and Cremini mushrooms & leeks over wide ribbon pasta

SEAFOOD

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

Baked Cod & Plum Tomatoes-fillet w/sliced plum tomatoes, sweet onions & lemon

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

Blanc Sauce & Lemon garnish

Brazilian Style Tilapia-onions, peppers, garlic, hot peppers & tomatoes w/ brown rice & coconut sauce

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

Coquilles St. Jacques-scallops & mushrooms w/wine, egg & cream, Parmesan & bread crumbs

Crab Cakes with Remoulade sauce

Lemon Sole-light brown butter sauce over orzo

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

basmati rice

Grilled Halibut w/Basil Aioli-w/tomato salsa topped w/fresh basil aioli & orzo

Grilled Salmon w/Vidalia onion & tomato orzo salad topped with aruula pesto

Grilled Salmon wrapped in Spinach & Prosciutto

Grilled Shrimp Linguine-w/cherry tomatoes, asparagus & peas in a light lemon-garlic sauce

Grilled Swordfish-w/roasted garlic-tomato & herb vinagrette

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

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

Poached Salmon-cold poached w/cucumber-dill sauce over fresh greens

Roasted Salmon-fillets w/Mascarpone cheese, spinach, sun-dried tomatoes & bread crumbs

Salmon w/Bernaise Sauce-white wine, tarragon, shallots, eggs & butter w/spinach & asparaaus

Salmon Capellini-w/tomatoes, leeks & shallots, pasta w/a white wine cream sauce

Salmon w/Capers, Tomatoes & Cream-over orzo

Salmon w/ Roasted Fennel & Tomatoes-with garlic & finished w/aqed balsamic vinegar

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

Salmon w/Udon Noodles or Soba noodles grilled w/ginger-soy glaze & Chinese vegetables

San Francisco Cioppino-mix of fresh shellfish, perch & monk fish in a zesty tomato broth

Scallops Genovese w/snow peas & pesto

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

Seafood Fettuccine-shrimp & scallops in a light parmesan cream sauce over fettuccine

Seafood Kebobs-shrimp & scallops, grilled vegetables w/cilantro butter over rice

Seafood Newburg-Shrimp, scallops, lobster, mush., onions, brandy, cream & sherry over rice

Seafood Paella-clams, shrimp, monk fish, mussels, tilapia & calamari w/peppers, olives & rice

Sesame Tuna Steak-seared, sesame seed crusted tuna w/wasabi aioli, rice & spinach

Shrimp Alla Vita-garlic, snowpeas, sun-dried tomatoes, mushrooms, pine nuts & olive oil over linquine

Shrimp & Scallop Creole-bell peppers, celery, onions, tomatoes, w/creole seasoning & rice

Shrimp & Scallop FraDiavolo-red peppers, celery, onion, fennel, tomatoes & wine w/pasta

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

Shrimp Puttanesca-shrimp, tomatoes, onion, olives, capers, garlic & anchovies w/pasta

Shrimp w/Red Curry-w/onion, garlic, cilantro w/red curry paste & coconut milk & rice

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

Swordfish Kabobs-w/yellow peppers, zucchini & mushrooms over rice w/garlic-lemon sauce

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

Tilapia w/Chili-lime Butter-seared w/ancho-chili lime butter over rice w/corn & fresh cilantro

Spanish Style Tilapia-topped w/onions, tomatoes, capers, olive, cilantro & cumin w/spinach

Thai Shrimp & Chicken Curry-cilantro, garlic & onion, spicy green curry w/coconut milk

Vegetable Stuffed Sole-w/spinach, artichokes, garlic, roasted red peppers, pine nuts, wine & couscous

EGGPLANT

Eggplant Lasagna

Eggplant Parmesan

Eggplant Rollatini

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
Cappellini Spagnuolo-olives, Swiss chard, plum & sun-dried tomatoes
Chef Lou's Fettuccine-w/portobellos, mascarpone, Swiss chard & sun-dried tomatoes
Chicken Limone-breaded cutlets topped w/fresh lemons on linguine
Chicken Lyon-with leeks and fresh tomatoes over 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
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 Pepperonata-peppers, capers, tomatoes, wine, garlic & onion w/pasta
Grilled Chicken Primavera-spring vegetables, pesto and olive oil
Lake Como Rigatoni-pasta w/mushrooms, Prosciutto, peas arugula, Fontina, garlic & cream
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/ Meatballs & Marinara Sauce
Pasta w/ Sausage & Marinara Sauce

LASAGNA

Cheese
Chicken & Artichoke
Eggplant
Meatball & Sausage
Vegetable
Seafood
Wild Mushroom & Spinach

Pasta Bolognese-w/a sauce of plum tomatoes, pancetta, pork, veal, beef, onions & wine
Pasta Napoletan-pasta, shredded pork & plum tomatoes
Pasta Provencale-fresh tomatoes, artichokes, capers & Asiago cheese
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
Penne Palermo -roasted eggplant, tomatoes, arugula
Sicilian Chicken-w/tomatoes, roasted red peppers, artichokes & pasta
Spaghetti alla Carbonara w/pancetta in a parmesan cream sauce
Spaghetti alla Genovese-pesto sauce & fresh plum tomatoes
Spinach & Cheese Manicotti in our Marinara Sauce
Stuffed Shells in our Marinara Sauce
Venetian Cavatappi-grilled vegetables w/pasta, olive oil, Fontina & Parmesan
Woodsmen's Style Pasta-w/mushrooms, red onion & pancetta, plum tomatoes, wine & cream
Ziti w/Broccoli & Chicken-Prosciutto white wine Dijon cream sauce
Ziti w/Broccoli, Sausage & Cream-sweet sausage w/red peppers & onions

LASAGNA: Wheat Free

Cheese
Meatball & Sausage
Vegetable

SAUCES

Amatriciana
Bolognese
FraDiavolo
Marinara
Napoletan
Pasta Vita Marinara
Pesto
Pomodoro
Puttanesca
Roasted Garlic Cream
Spiced Cream
Tomato Basil Cream
White Clam

QUICHE

Artichoke & Fontina
Broccoli & Cheddar
Broccoli, Cheddar & Ham
Mediterranean (sun-dried tomato, basil & olives)
Onion, Bacon & Cheddar
Spinach & Mushroom
Traditional Lorraine

GRAINS, POTATOES, RISOTTO & VEGETABLES

Basmati Rice
Black Beans & Brown Rice
Broccoli
Broccoli Au Gratin
Broccoli Rabe w/Garlic & olive oil
Brown Rice Pilaf
Butternut Squash
Cauliflower au Gratin
Classic Mashed Potatoes
Classic Scalloped Potatoes
Couscous
Creamed Spinach
Duchess Potatoes
Egyptian Lentils & Himalayan Red Rice
Escarole & White Beans
Farro Risotto w/Roasted Vegetables & Cannellini Beans
Fava Beans
Fresh Vegetable Mix
Garlic Mashed Potatoes
Glazed Carrots
Green Beans w/Toasted Almonds
Grilled Vegetables
Gruyere Scalloped Potatoes
Herb & Cranberry Stuffing
Homestyle B.B.Q. Baked Beans

RAVIOLI

Artichoke & Fontina
Asparagus & Mushroom
Broccoli & Cheese
Broccoli Rabe & Cheese
Butternut Squash
Cavatelli
Cheese
Crabmeat
Gnocchi
Gorgonzola & Walnut
Lobster
Meat (beef)
Pesto
Portabello & Spinach (Lowfat)
Pumpkin (seasonal)
Roasted Eggplant w/Garlic
Roasted Red Pepper
Sausage
Shrimp Scampi
Spinach & Cheese
Sundried Tomato & Cheese

Maple Glazed Yams w/Pecan Garnish
Mashed Sweet Potatoes
Pasta Vita Zucchini
Quinoa w/Black Beans & Tomatoes
Quinoa w/Leeks & Tomatoes
Quinoa w/Zucchini & Garbanzo Beans
Red Beans & Rice Pilaf
Rice Pilaf
Risotto
Roasted Asparagus w/Garlic
Roasted Brussels Sprouts
Roasted Italian Hot Peppers
Roasted Root Vegetables
Roasted Yukon Gold Potatoes
Sauteed Spinach
Shrimp Fried Rice
Spanish Rice
Spinach with Farro
Steamed Mixed Vegetables
Sugar Snap Peas w/Carrots
Twice-baked Potatoes
Vegetarian Chickpea Curry w/Green Beans*
Vegetarian Red Beans & Rice
Vegetarian Stuffed Peppers
White Bean & Portobello Stew

PLATTERS

Antipasto
Baked Ham (with grained mustard & mayonnaise)
Cold Cut - ham/turkey/Genoa/Swiss & provolone
(with grained mustard & mayonnaise)
Cheese & Crackers
Fruit & Cheese
Fruit

BREADS

Baguettes, assorted rolls, artisan breads & garlic bread available to order

SANDWICHES & WRAPS

Chicken Salad(Choice of P.V. Chicken Salad, Summer
Italian Combo: Genoa Salami, Provolone Cheese,
Turkey,Lettuce, Tomato w/Sundried Tomato Aiolo.
Ham & Cheese (Provolone or Swiss) Lettuce, Tomato.
Grilled Vegetables w/Shaded Reggiano, Parmesan
Grilled Chicken Breast w/Lettuce, Tom, Red Onion, Mayo.
Cajun Chicken w/Lettuce, Tom, Red Onion, Mayo.
Chipotle Chicken w/lettuce, Tom, Provolone, Mayo.
Focaccia - flat oven-baked Italian breads
Onion, Rosemary & Parmesan
Pepperoni, Mozzarella & Sauce
Roasted Garlic & Gorgonzola
Three Cheese & Tomato
Tomato, Basil & Fresh Mozzarella
Sausage, Spinach & Potato
Spinach, Tomato & Parmesan
Clam & Pancetta
Roasted Hot Cherry Pepper & Anchovy
Antipasto
Broccoli & Mozzarella

DESSERTS

Apple Crisp
Apple Pie
Apple Strudel
Blueberry Pie
Mixed Fruit Pie
Strawberry Rhubarb Pie
Peach Pie (seasonal)
Pecan Pie (seasonal)
Pumpkin (seasonal)
Ricotta Pies
Fresh-made Mini Cannoli*
Pasticcotti
Pound Cakes (assorted)
Tiramisu
Toasted Almond Tiramisu
Chocolate Bread Pudding

PLATTERS

Mixed Antipasto
Roast Turkey Breast (with mayonnaise)
Sliced Whole Beef Tenderloin (w/horseradish-mayonnaise)
Poached Salmon ~cold w/Cucumber-Dill Sauce
Smoked Salmon w/egg, red onion, capers & bread
Vegetable Crudite w/sun-dried tomato aioli

Chicken Salad, Curried Chicken Salad) w/ Lettuce, Tomato.
Prosciutto, Lettuce Olive oil.
Egg Salad w/ Lettuce, Tomato.
Eggplant, Roasted Red Pepper, Arugula.
Cheese, Arugula Balsamic Vinaigrette.
Tuna Salad w/ Lettuce, Tomato
Buffalo Chicken w/Lettuce, Tom.
Breaded Chicken Cutlet w/Lettuce, Tom, Mayo.
Stromboli
Broccoli Rabe, Sausage & Mozz.
Eggplant Parmesan
Chicken Parmesan
Chicken, Spinach & Mozz.
Meatball, Peppers, Onions & Mozz.
Meatball & Marinara Sauce
Pepperoni & Mozzarella
Sausage, Spinach, Potato
Sausage, Peppers, Onions & Mozz.
Italian Combo
Vegetarian
Spinach & Mozzarella

Classic Éclair
Lobster Tails
Oatmeal Raisin Cookies*
Chocolate Chip Cookies*
Pignoli Cookies
Hard Chocolate Cookies
S Cookies
Tostini
2lb. Italian Cookie Trays
Jordan Almonds (1/2 lb.)
Homemade Cookies
*Anisette
*Lemon Anginette
*Chocolate Peanut Butter Balls
*Milano Cookies
*Raspberry Vienna Cookies

225 Elm Street
Old Saybrook, CT 06475

PASTA VITA - COMPLETE MENU

Pastavita.com
860-395-1452

Lemon Raspberry Bread Pudding (seasonal)
Traditional Bread Pudding
Pumpkin Bread Pudding (seasonal)
Rice Pudding
Belgian Chocolate Pudding
Vanilla Bean Pudding

Cakes & Specialty Cakes
Cupcakes
Mini Italian Pastry Platters (by the dz.)
Cookie Trays (2 lbs. & up)
Tarts: assorted flavors & sizes
Scones*

* (available by 1/2 dz)