

Lunch
Mon-Fri 11-3

Appetizers

garlic knots 10

Olive oil, parsley, garlic & Parmesan.
Served with marinara

caprese 14

Fresh mozzarella, beefsteak tomato,
fresh basil, EVOO & balsamic drizzle

meatballs 15

Zesty marinara & shredded Parmesan
Make it Sophia's way topped with melted
provolone & baby arugula 2

zucchini fritti 13

Crispy breaded zucchini served with marinara

crispy ravioli 16

Topped with basil pesto cream sauce & pecorino
Romano cheese

mussels fra diavolo 19

Spicy marinara sauce

cajun drunken shrimp 16

Sautéed in garlic, onion, white wine & diced tomato

Bruschetta 4 for 18 Gluten free bread 2

tomato, onion, basil, EVOO &
balsamic drizzle

creamy brie, granny smith apples
& honey drizzle

roasted red pepper, whipped feta
& cracked black pepper

fig jam, gorgonzola crumbles
& almonds

prosciutto, mascarpone, arugula,
cherry tomato & balsamic

spicy soppressata, ricotta
& parsley

*smoked salmon, capers,
red onion & dill aioli

Red Wines

pinot noir

One Hope - California 9/34
Chalk Hill - Sonoma Coast 13/50
Pike Road - Willamette Valley 14/54
Belle Glos 'Las Alturas' - Santa Lucia Highlands . . 65

interesting reds

Sangiovese - Frico - Toscana 9/34
Merlot - Benziger - Sonoma 13/50
Chianti Superiore - Castello Banfi - Tuscany . . 10/38
Malbec Reserve - Piattelli Vineyards - Mendoza . 10/38
Red Blend - Farmhouse - California 8/30
Red Blend - Jax Y3 'Taureau' - Napa Valley . . . 16/62
Red Blend - The Prisoner - Napa Valley 90
Montepulciano - Fantini - Italy 11/42
Barbera - Scarpetta - Monferrato 13/50

cabernet sauvignon

Juggernaut - Alexander Valley 12/46
Drumheller - Columbia Valley 8/30
Parducci - Mendocino County 11/42
Austin - Paso Robles 15/58
Scattered Peaks - Napa Valley 65

White Wines

interesting whites

Prosecco - Belstar - Italy 9/34
Sauvignon Blanc - 13 Celsius - Marlborough . . 8/30
Riesling - Max Mann - Mosel 8/30
Pinot Grigio - Benvolio - Friuli 8/30
Moscato - Marengo 'Strev' - Italy 13/50
Sangiovese Toscana Rosato - Ali - Siena . . . 11/42
Sparkling Rose - Unshackled - California . . . 10/38

chardonnay

One Hope - California 9/34
Landmark - Sonoma 13/50
Raeburn High Flier - Russian River Valley . . . 16/62
Four Vines "Naked" - Santa Barbara County . . 8/30
Robert Mondavi - Napa Valley 65

Beer

Bud Light 4
Corona 6
Coors Light 4
Stella Artois 6
Miller Lite 4
Michelob Ultra 5
Athletic Brewing Golden (N/A) 5
Athletic Brewing Hazy IPA (N/A) 5

Peroni 8
Modelo 6
Four Peaks Kiltlifter 6
San Tan Juicy Jack Hazy IPA 7
Lumberyard Hefeweizen 7
Stone IPA 7
Huss Scottsdale Blonde 7
Coors Light 5

bottle/can

draft

Specialty Drinks

sangria 14

Refreshing blend of wine & fresh
citrus. Choice of red or white

cucumber basil martini 16

Effen cucumber vodka, simple
syrup, basil & muddled lime

strawberry ginger 13

Teremana reposado tequila,
muddled strawberry, agave,
fresh lemon juice & ginger beer

blueberry açai martini 16

Van Gogh blueberry açai vodka,
muddled blueberries, agave,
triple sec & fresh lemon

espresso martini 16

Tito's vodka, Baileys, espresso
& Kahlua

cranberry pomegranate mule 13

Deep Eddy cranberry vodka,
pomegranate juice & ginger beer

fig & gin 14

Gray Whale gin, fig jam, lemon
juice & simple syrup

cucumber jalapeño margarita 14

21 Seeds cucumber jalapeño
tequila, lime juice, triple sec &
Tajín rim

*Notice: Scallops are pan seared medium. Salmon may be cooked to order. Notice the consumption of undercooked or raw eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness. Please inform us of any allergies. For your convenience, a gratuity of 20% will be added to parties of 10 or more. Although we offer gluten-free menu items, they are prepared in the same facility and ovens as regular menu items and therefore there is a possibility of trace amounts crossing over from other kitchen areas. Please consider this when ordering gluten free items.



Soups + Salads

add chicken 7 shrimp 9 *salmon 12

soup

cup 5 bowl 10

soup of the day
Chef's selection

minestrone
Carrots, squash, zucchini, celery & basil in tomato broth

soup & salad 10
Cup of soup & small *Caesar salad

*caesar 12

Romaine, crushed homemade herb croutons, shredded Parmesan & Caesar dressing

greek 14

Mixed greens, cucumbers, red onion, cherry tomatoes, feta cheese, Kalamata & Castelvetrano olives with herb vinaigrette

beet 14

Arugula, goat cheese, almonds & balsamic glaze with a champagne vinaigrette

spinach 15

Strawberries, blueberries, pecans, red onion, goat cheese & champagne vinaigrette

tuscan kale 14

Golden raisins, Parmesan Romano, herbed panko crumbs & lemon vinaigrette

wedge 16

Iceberg lettuce, tomatoes, bacon, onions, hard boiled egg, bleu cheese crumbles & bleu cheese dressing

brussels sprout 15

Dried cranberries, red onion, roasted pecans & goat cheese with a Dijon vinaigrette

Panini

Served on focaccia roll. Choice of *Caesar salad or cup of soup. Sub French fries 2

parmigiana 17

Mozzarella, arugula & marinara. Choice of eggplant, chicken or meatball

crispy chicken 17

Avocado spread, tomato, cucumber, red onion, arugula & herb dressing

turkey & brie 16

Apples, arugula & fig jam

*salmon BLT 19

Bacon, lettuce & tomato with dill aioli

half panini 15

Served with choice of side

Wraps

Served in a whole wheat tortilla. Choice of *Caesar salad or cup of soup. Sub French fries 2

cajun chicken 15

Baby arugula, tomato, bacon, cheddar & jalapeño aioli

blackened mahi 17

Pepperjack cheese, jalapeño ranch & cabbage slaw

turkey BLT 16

Bacon, lettuce & tomato with Calabrian aioli

Pastas

sausage 6 chicken 7 shrimp 9 *salmon 12

mac & cheese 12

Three cheese blend with rigatoni topped with diced tomato

linguine alla checca 13

Tomato, fresh mozzarella, olive oil, garlic & fresh basil

half pasta 12

Linguine tossed in choice of marinara, vodka, pesto or Alfredo sauce. Served with small *Caesar salad

Pasta made fresh in-house daily

Wood-Fired Pizzas

Sub cauliflower crust +6
Sub flatbread -3

brussels sprout 18

Olive oil, fresh mozzarella, garlic, shredded Brussels sprouts, balsamic marinated onions & pancetta

godfather 18

Tomato sauce, fresh mozzarella, pepperoni, Italian sausage, Canadian bacon & pancetta

diavolo 17

Tomato sauce, fresh mozzarella, spicy salami & basil

monte bianco 16

Olive oil, garlic, ricotta, fresh mozzarella & fresh basil

prosciutto & fig 19

Fig jam, prosciutto di Parma, fresh mozzarella, gorgonzola, arugula & balsamic drizzle

milano 16

Tomato sauce, fresh mozzarella, Italian sausage, mushroom, green pepper & white onion

margherita 15

Tomato sauce, fresh mozzarella & basil

create your own 17

Includes 2 toppings

toppings 2.5

sausage	Canadian bacon	shaved Parmesan	mushroom	tomato	pepperoncini	pineapple
pepperoni	meatballs	ricotta	arugula	roasted red pepper	kalamata olive	basil
bacon	chicken	feta	sundried tomato	spinach	black olive	red or white onion
prosciutto di Parma	spicy salami	goat cheese	artichoke	jalapeño	green olive	green pepper

Entrées

alfredo 21

Fettuccine, blackened chicken & Parmesan

spaghetti & meatballs 18

Zesty marinara & herbed panko crumbs

rigatoni alla vodka 21

Pink cream sauce, grilled chicken & chopped tomato

lazy lasagna 24

Pappardelle, Bolognese, ricotta, herbed panko crumbs & cracked pepper

scampi

Tomatoes & capers in a white wine sauce with tagliatelle

shrimp 23 *scallops 34

parmigiana

Italian classic with fresh mozzarella. Served with spaghetti

eggplant 19 chicken 25 veal 35

marsala

Crimini mushroom & marsala wine sauce. Served with tagliatelle

chicken 25 veal 35

piccata

White wine lemon butter sauce with capers. Served with Parmesan risotto

chicken 25 *salmon 29 veal 35 *scallops 34

milan

Topped with fresh avocado, red onion, tomato, basil, lemon juice & olive oil.

Served with grilled asparagus

chicken 25 *salmon 29

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