

Carne e Pesce

All entrées below are served with seasonal vegetable and starch

Pollo Portobello e Gorgonzola 16.00

Free-range breast of chicken grilled and served with portobello mushrooms, roasted bell pepper, garlic, a touch of gorgonzola cheese and white wine

Pollo Saltimbocca 16.00

Free-range breast of chicken topped with ham, mozzarella cheese, served in white wine and sage sauce

Ossobuco di Maiale 19.00

Natural pork ossobuco stewed with mixed blended vegetables and white wine

Vitello Piccata 21.00

Natural veal scaloppine sautéed with lemon, capers and white wine

Vitello Funghi e Marsala 21.00

Natural veal scaloppine sautéed with mushrooms and sweet Marsala wine

Calamari alla Francesco 18.00

Calamari steak sautéed with lemon, pickles, caper berries and white wine

Salmone Livornese 19.00

Fresh salmon sautéed with capers, garlic, black olives, tomatoes and white wine

Zuppa di Pesce 19.00

Fresh assorted seafood served in a tomato, white wine and garlic broth

Pesce del Giorno Market Price

Fresh fish – Catch of the Day

Menu per Bambini (Children) 8.00 per plate

Choice of Pasta and Sauce:

Ziti, Fettuccine or Spaghetti

Tomato or Meat Sauce or Butter and Cheese

Terra Mia—“My Land”

While “Terra Mia” for Teodoro means the Bay Area, Francesco and Daniele were born and raised in the south of Italy. They come from traditional Italian families whose daily essence involves lunchtime “pranzo”—home cooked by mothers and grandmothers. Every day, the entire family sits down together to feast on fresh pastas, sauces, meats, cheeses and wine. Most of the ingredients are grown on their land and gardens, or gathered from the local butcher, cheese store, bread shop and fresh produce stands. This is the time for conversation, laughter, arguments and spending quality time with each other.

Here at Terra Mia, we carefully prepare our dishes using only the freshest ingredients. Our food is made from scratch, like the trattorias and ristoranti in Southern Italy. We make all efforts to purchase organically and locally, to preserve the flavor and quality of our food. We strongly support the Slow Food movement organization, which began in Italy in 1986. The nature of this group is to protect cultural identities linked to food and traditions. Also, for consumers to “slow” down and learn to enjoy meals while spending quality time with family and loved ones.

Buon appetito!

Terra Mia Italian Restaurant

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*We are not responsible for lost or stolen articles.
18% gratuity may be added to groups of six or more.
Maximum of four separate checks per table.
Please advise your server of any food allergies.
Visa/MasterCard/American Express, No Personal Checks*

We do not split Pizza, Fish, Meat or Dessert

Lunch 4/2017

Antipasti e Insalate

Zuppa del Giorno	Cup 4.00 Bowl 7.50
Homemade soup of the day	
Insalata della Casa	Half 4.50 Full 7.50
Mixed organic green salad (Italian dressing)	
Caesar Salad	Half 5.00 Full 8.50
Romaine salad heart with homemade Caesar dressing (extra virgin olive oil)	
Insalata Caprese	12.00
Sliced tomato, fresh mozzarella, extra virgin olive oil and fresh basil	
Insalata di Mare	13.00
Mixed organic green salad topped with fresh marinated seafood	
Bruschetta	7.00
Fresh tomatoes, black olives, garlic and basil served on toasted homemade bread	
Calamari Fritti	12.00
Deep fried calamari served with marinara sauce on the side	
Salmone Affumicato	13.00
Smoked salmon, green peppercorns, lemon and fresh dill	
Cozze e Vongole Terra Mia	13.00
Fresh mussels and clams baked with white wine and roasted bell pepper	
Antipasto Misto or Saporito (for two people)	20.00
Assortment of Italian appetizers, traditional vegetable or salumi and cheese	
Pizza	
Prosciutto e Funghi	15.00
Thin slices of prosciutto crudo and mushrooms	
Smoked Salmon and Mascarpone	15.00
Tomato sauce, thin sliced smoked salmon and mascarpone	
Margherita	11.00
Tomato sauce, mozzarella and fresh basil	
Calabrese	13.00
Tomato sauce, mozzarella, sausage and mushrooms	
Pepperoni	11.50
Tomato sauce, mozzarella and pepperoni	
Terra Mia	14.00
Portobello mushrooms, smoked mozzarella, eggplant, roasted garlic and tomato sauce	

Pasta

Capellini alla Napoletana	10.50
Angel hair pasta served with fresh tomato sauce and basil -with prawns (\$3.00 each)	
Spaghetti Aglio, Olio e Peperoncino	10.00
<i>(served lukewarm)</i> Sautéed with garlic, red hot chili pepper, black olives, extra virgin olive oil and sun-dried tomatoes	
Spaghetti Carbonara (served lukewarm)	11.50
Egg, pancetta, parmigiano cheese and black pepper	
Fettuccine Alfredo	13.00
Served in a cream sauce	
Fettuccine alla Bolognese	13.00
Served with homemade meat sauce	
Lasagna Bolognese (allow 15 minutes)	15.50
Homemade meat lasagna	
Fettuccine Primavera	13.00
Sautéed with fresh seasonal vegetables, onions and extra virgin olive oil	
Linguine Genovese (served lukewarm)	12.00
Sautéed with fresh homemade pesto sauce (fresh basil, cheese, garlic, potato and pine nuts)	
Linguine Tutto Mare	16.00
Sautéed fresh assorted seafood in a light tomato sauce	
Ziti al Salmone	13.00
Sautéed with fresh salmon and served in a tomato vodka-cream sauce	
Gnocchi Gorgonzola	13.00
Homemade potato dumplings served in imported gorgonzola cheese sauce	
Tortellini alla Crema	14.00
Homemade pasta stuffed with meat, served in a cream sauce with ham and mushrooms	
Gluten-free option: Penne or Spaghetti 2.50	
Whole wheat option: Penne or Spaghetti 2.00	
Add Chicken 5.00 / Salmon 6.00 / Prawn 3.00 each	

We only serve all natural meat and 0 trans fat frying oil

*The essence of culinary art is time...
We ask your kind indulgence*