LAL Fresco

ITALIAN RESTAURANT

11710 Jefferson Avenue, Newport News, VA 23606 Voice: 757 873-0644 Fax: 757 873-2355

LUNCH MENU
Appetizers
Calamari Fritti 10
Breaded, quick fried, served with spicy marinara sauce
Mozzarella in Carroza 8
Mozzarella cheese lightly breaded and fried served with tomato sauce
Gamberi Salsa di Pesto
Shrimp sautéed in garlic and oil finished in a creamy parsley pesto sauce
Salsicce e Gamberoni
Sausage, shrimp, asparagus, pancetta in a sherry marinara sauce
Prince Edward Mussels 12
Black mussels sautéed and finished in a parmesan cream with sausage and peppers
Melanzane Rollatine
Thinly sliced eggplant stuffed with ricotta, mozzarella and parmesan cheese baked with tomato sauce
Soup and Salads
Stracciatella Romano Soup
Spinach, carrots, onions, egg and chicken broth
Chicken Soup 6
Diced chicken, carrots, onions and pasta
Tortellini Soup 7
Cheese tortellini, diced chicken in a rich broth`
Vegetable Soup
Assorted vegetables, egg and chicken broth
Il Contadina Salad
Tomato, artichoke hearts, onions, cucumber, carrots, calamata olives, roasted red and yellow peppers
Seafood Salad
Grilled shrimp, scallops, assorted vegetables, romaine lettuce, walnuts and cranberries
Salmon Salad
Grilled salmon, assorted vegetables, romaine lettuce, walnuts and cranberries
Grilled Chicken Salad
Marinated grilled chicken breast, assorted vegetables, romaine lettuce, walnuts and cranberries
Grilled Steak Salad
Grilled slices of tender beef, assorted vegetables, romaine lettuce, walnuts and cranberries
Cesar Salad 9
With Shrimp
With Crilled Chicken
With Grilled Salmon



Pasta Rustica Linguini alla Vongole Sautéed clams in garlic and oil finished in your choice of white or marinara sauce Linguini alla Vongole Sautéed clams in garlic and oil finished in your choice of white or marinara sauce Ravioli alla Vodka Goat cheese, roasted tomato and herbs piped into rosemary and egg yolk ravioli, finished with diced chicken and peas in a pink cream sauce Penne alla Arrabiatta Prosciutto, mushrooms and peas in a light cream sauce Melanzane alla Parmigiana Preaded eggplant with mozzarella and fresh tomato sauce Lobster Ravioli Coarsely ground lobster frinished with drawn butter and herbs, folded into a lobster mousse and piped into ravioli with pink cream sauce and shrimp Penne al Forno Penne alla lavodka Sautéed mushrooms, onions, sweet peas in a light vodka sauce Fettucine con Carcioffi e Gameroni Fettucine, shrimp, artichoke hearts and sun-dried tomatoes in a parsley pesto sauce Penne Carbonara Pancetta, prosciutto, noions, egg yolk, parmesan and black pepper in a light cream sauce Lasagna Meat lasagna with ricotta cheese, baked with tomato sauce and mozzarella cheese Spaghetti and Homemade Meatballs Fettuccine al Fresco Shrimp, diced chicken, garlic, mushrooms, artichoke hearts and sun-dried tomatoes in a pink cream sauce Fettuccine al Fresco Shrimp, diced chicken, garlic, mushrooms, artichoke hearts and sun-dried tomatoes in a white wine sauce Fettuccine al Fresco Shrimp, diced chicken, garlic, mushrooms, artichoke hearts and sun-dried tomatoes in a white wine sauce Fettuccine al Fresco Shrimp, diced chicken, garlic, mushrooms, artichoke hearts and sun-dried tomatoes in a white wine sauce Fettuccine al Fresco Shrimp, diced chicken, garlic, mushrooms, artichoke hearts and sun-dried tomatoes in a white wine sauce Fettuccine al Fresco With sautéed shrimp, diced chicken and onions finished in a pink cream sauce Fettuccine alfredo Cream sauce finished with egg yolk and parmesan cheese With sautéed shrimp With sautéed shrimp 11	Pastas	
Pasta Rustica Linguini Itossed with pancetta, spinach, garlic, pine nuts and finished in light pesto sauce Linguini alla Vongole Sautéed clams in garlic and oil finished in your choice of white or marinara sauce Ravioli alla Vodka Goat cheese, roasted tomato and herbs piped into rosemary and egg yolk ravioli, finished with diced chicken and peas in a pink cream sauce Penne alla Arrabiatta Penne pasta in a spicy marinara sauce with chicken Tortellini Baronesa Prosciutto, mushrooms and peas in a light cream sauce Melanzane alla Parmigiana Breaded eggplant with mozzarelia and fresh tomato sauce Lobster Ravioli Coarsely ground lobster frinished with drawn butter and herbs, folded into a lobster mousse and piped into ravioli with pink cream sauce and shrimp Penne al Forno Penne also work in cotta in a light marinara sauce topped with mozzarelia Farfalle alla Vodka Sautéed mushrooms, onions, sweet peas in a light vodka sauce Fettucine con Carcioffi e Gameroni Fettucine, shrimp, artichoke hearts and sun-dried tomatoes in a parsley pesto sauce Penne Carbonara Pancetta, prosciutto, onions, egg yolk, parmesan and black pepper in a light cream sauce Lasagna Meat lasagna with ricotta cheese, baked with tomato sauce and mozzarelia cheese Spaghetti and Homemade Meatballs Fettuccine al Fresco 12 Fettuccine al Fresco 13 Fettuccine al Fresco 14 Fettuccine al Fresco 15 Fornipp, diced chicken, garlic, mushrooms, artichoke hearts and sun-dried tomatoes in a white wine sauce Penne Ca Vinci Penne pasta, sautéed shrimp, diced chicken and onions finished in a pink cream sauce Fettuccine Alfredo Cream sauce finished with egg yolk and parmesan cheese With sautéed shrimp 11 With sautéed shrimp 11 With sautéed shrimp 11	Farfalle Mare e Monte	14
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Meat lasagna with ricotta cheese, baked with tomato sauce and mozzarella cheese Spaghetti and Homemade Meatballs Fettuccine al Fresco Shrimp, diced chicken, garlic, mushrooms, artichoke hearts and sun-dried tomatoes in a white wine sauce Penne da Vinci Penne pasta, sautéed shrimp, diced chicken and onions finished in a pink cream sauce Fettuccine Alfredo Cream sauce finished with egg yolk and parmesan cheese With sautéed chicken With sautéed shrimp 12 13 14	Lasagna	12
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Cream sauce finished with egg yolk and parmesan cheese With sautéed chicken With sautéed shrimp 12	Penne pasta, sautéed shrimp, diced chicken and onions finished in a pink cream sauce	
Cream sauce finished with egg yolk and parmesan cheese With sautéed chicken With sautéed shrimp 14	Fettuccine Alfredo	11
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with sauteeu sininp	With sautéed chicken	12
	With sautéed shrimp With sautéed chicken and shrimp	14 15



Polio
Pollo ala Pellegrino 14
Boneless chicken breast with asparagus and peppers topped with mozzarella in a white wine sauce with a touch of marinara
Pollo Rustico 14
Boneless chicken breast, sausage, sun-dried tomatoes, red peppers and olives in a parmesan cream sauce
Pollo Principessa 16
Boneless chicken breast, peppers, asparagus and peas in a white wine sauce with a touch of marinara
Pollo del Bosco 14
Boneless chicken breast with mushrooms and pancetta in a vodka sauce
Pollo alla Parmigiana 13
Boneless chicken breast dipped in egg, lightly breaded and finished in the oven with tomato sauce and topped with mozzarella
Pollo alla Marsala
Sautéed boneless chicken breast with mushrooms in a marsala wine sauce
Maiale
ivialale
Costoletta di Maiale Grilled pork chop in mushroom marsala sauce with mashed potatoes
Grilled pork chop in mushroom marsala sauce with mashed potatoes
Vitello
Vitallo alla Parmigiana
VITEIIO AIIA PARMIGIANA
Vitello alla Parmigiana Scaloppini of breaded veal topped with tomato sauce and glazed with mozzarella and parmesan cheese
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Scaloppini of breaded veal topped with tomato sauce and glazed with mozzarella and parmesan cheese
Scaloppini of breaded veal topped with tomato sauce and glazed with mozzarella and parmesan cheese Vitello Caprese Scaloppini of veal sautéed in a white wine sauce topped with roma tomatoes, basil and fresh mozzarella Vitello Bianco 16
Scaloppini of breaded veal topped with tomato sauce and glazed with mozzarella and parmesan cheese Vitello Caprese Scaloppini of veal sautéed in a white wine sauce topped with roma tomatoes, basil and fresh mozzarella
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Pesce	
Flounder al Fresco	16
Pan seared flounder with chopped clams and fresh roma tomatoes in a white wine sauce with a touch of marinara, served with polenta	of
Gamberi alla Napolitano	16
Sautéed shrimp, clams, mussels and calamari in a white wine or marinara sauce	
Linguini alla Pescatore	17
Sautéed shrimp, clams, mussels and calamari in a white wine or marinara sauce over a bed of linguini	
Salmon Picatta	16
Salmon sautéed with fresh roma tomatoes, mushrooms and capers served in a white wine lemon sauce	
Salmon alla Panna	18
Sautéed salmon and shrimp with peas, mushrooms, roasted red peppers in a light parmesan cream sauc served with polenta	e



ITALIAN RESTAURANT

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