



**SOLO TRATTORIA**  
**7 South Street**  
**Freehold, NJ 07728**  
**(732) 780-2337**



[www.solotrattoria.com](http://www.solotrattoria.com)

*Lunch Menu*

## Zuppe E Antipasti

|                       |                 |           |
|-----------------------|-----------------|-----------|
| PASTA E FAGIOLI       | CUP 3.95        | BOWL 4.95 |
| SOUP OF THE DAY       | ASK YOUR SERVER |           |
| BRUSCHETTA WITH FRESH | 5.95            |           |
| MEATBALLS (3)         | 3.95            |           |
| CARPACCIO OF BEEF     | 9.95            |           |
| GRILLED SAUSAGE (2)   | 3.25            |           |

## Insalate

ADD GRILLED CHICKEN OR PORTABELLO TO ANY SALAD 1.95

MIXED FIELD GREENS 4.95

FRESH BABY GREENS WITH BALSAMIC VINAIGRETTE

CAESAR SALAD 5.50

ROMAINE HEARTS WITH PARMIGIANO REGGIANO

CAPRESE 6.95

VINE RIPE TOMATOES, FRESH MOZZARELLA, SICILIAN SEA SALT & EXTRA VIRGIN OLIVE OIL

SPINACH ARUGULA 6.95

TOSSED WITH LEMON CITRONETTE OVER PROSCIUTTO DI PARMA, MOZZARELLA

SOLO CHICKEN SALAD 7.25

MIXED GREENS, TOMATOES, MOZZARELLA, PINENUTS AND CAESAR DRESSING WITH BREADED CHICKEN

## Panini / Sandwiches

ALL SANDWICHES SERVED WITH ROSEMARY PARMESAN POTATOES AND MIXED GREENS

WITH YOUR CHOICE OF FOCCACIA, HOAGIE ROLL, PITA OR TUSCAN BREAD

|   |      |
|---|------|
| CHICKEN PARMIGIANA  | 5.95 |
| MEATBALL PARMIGIANA   | 5.25 |
| GRILLED SAUSAGE, ROASTED PEPPERS AND FRESH MOZZARELLA                                   | 5.95 |
| P.M.T. PROSCIUTTO DI PARMA, FRESH MOZZARELLA AND TOMATO                                 | 6.50 |
| B.M.T. FRESH BASIL, MOZZARELLA, AND TOMATO  | 6.25 |
| GRILLED CHICKEN, ROASTED PEPPERS AND MOZZARELLA   | 6.95 |
| GRILLED EGGPLANT, TOMATOES AND MOZZARELLA   | 5.95 |
| GRILLED PORTOBELLO, ROASTED PEPPERS AND MOZZARELLA                                      | 6.25 |
| SALTIMBOCCA ALLA "GIORGIO" - PROSCIUTTO DI PARMA, FRESH MOZZARELLA AND VIRGIN OLIVE OIL | 6.95 |
| EGGPLANT PARMIGIANA   | 5.95 |
| HAM AND CHEESE - HONEY BAKED HAM, PROVOLONE, LETTUCE AND TOMATO                         | 5.25 |

## Pasta

ADD A SIDE SALAD FOR 1.95

### RIGATONCINI BOLOGNESE 7.25

RICH MEAT SAUCE IN THE STYLE OF EMILIA-ROMAGNA

### PENNE VODKA 6.95

LIGHT CREAM SAUCE WITH A TOUCH OF POMODORO AND PROSCIUTTO DI PARMA

### LINGUINI VONGOLE (RED OR WHITE) 7.95

FRESH CLAMS WITH WHITE WINE OR POMODORO SAUCE

### LASAGNA 8.25

LAYERED WITH BOLOGNESE, BECHEMEL AND PARMIGIANO

### PENNE SALMONE 7.95

LIGHT CREAM SAUCE WITH A TOUCH OF POMODORO AND SMOKED SALMON

### GNOCCHI ARRABBIATA 7.25

"ANGRY" SAUCE WITH RED CHILI FLAKES, GARLIC AND POMODORO

### LEMON PAPPARDELLE AND PESTO 7.95

FRESH LEMON BASIL PASTA WITH PESTO GENOVESE

### SPAGHETTI AND MEATBALLS 6.95

### FETTUCCINE ALFREDO 7.95

A ROMAN CLASSIC

### ANGEL HAIR ALLA BRUSCHETTA 6.95

## Pollo Entrees

ALL SERVED OVER SPAGHETTI WITH A SIDE SALAD

### CHICKEN PARMIGIANA 7.95

BREADED CHICKEN BREAST WITH POMODORO AND MOZZARELLA CHEESE

### CHICKEN FRANCESE 7.95

BATTERED CHICKEN BREAST WITH LEMON AND WHITE WINE SAUCE

### POLLO SOLO 7.95

BONELESS CHICKEN BREAST, PARMIGIANA CREAM WITH PEAS, PROSCIUTTO AND MUSHROOMS

### POLLO PRIMAVERA 7.95

BONELESS CHICKEN BREAST, SEASONAL FRESH VEGETABLES, WITH CHOICE OF POMODORO OR GARLIC AND OIL

# Pizza

6" PIZZA - 4.50      10" PIZZA - 6.95      16" PIZZA - 11.00

## ADDITIONAL TOPPINGS

6" .75      10" .95      16" 1.75

|              |               |                 |              |           |
|--------------|---------------|-----------------|--------------|-----------|
| MEATBALLS    | ONIONS        | FRESH BASIL     | SAUSAGE      | TOMATOES  |
| EXTRA CHEESE | PEPPERONI     | BLACK OLIVES    | FRESH GARLIC | MUSHROOMS |
| CLAMS        | FRESH SPINACH | ROASTED PEPPERS | EGGPLANT     | CAPERS    |

## SPECIALTY TOPPINGS

6" .95      10" 1.45      16" 2.45

SHRIMP    PORTOBELLO    PROSCIUTTO    WHITE ANCHOVIES    SMOKED SALMON    GOAT CHEESE

# Signature Pizza 10"

## MARGHERITA 7.75

POMODORO, FRESH MOZZARELLA, FRESH BASIL

## PROSCIUTTO E FUNGHI 8.95

MOZZARELLA, PROSCIUTTO DI PARMA, MUSHROOMS

## BIANCA 8.50

RICOTTA, MOZZARELLA, MUSHROOMS (NO SAUCE)

## AL SALMONE 8.95

MOZZARELLA, SMOKED SALMON AND CAPERS

## QUATTRO STAGIONI 9.25

MOZZARELLA, SHRIMP, MUSHROOMS, PROSCIUTTO DI PARMA

## AFRODISIACA 8.95

SHRIMP, MOZZARELLA, FRESH BASIL

## CAPRICCIOSA 8.95

A LITTLE OF EVERYTHING...

## VEGETARIANA 8.25

MUSHROOMS, EGGPLANT, PEPPERS, OLIVES, SPINACH, TOMATOES, MOZZARELLA

## RICOTTA E SPINACI 8.50

MOZZARELLA, RICOTTA, FRESH SPINACH (NO SAUCE)

# Calzone E Stromboli

CHEESE CALZONE 6.95      SPINACH CALZONE 7.25

HAM CALZONE 7.25      VEGGIE CALZONE 7.75

STROMBOLI 7.95

ADDITIONAL TOPPINGS .75 EACH