"Ca cena senza vino $i$ come un giorno senza
sole"
a meal without wine is like a day without sunshine

## Antipasti

## Calamari Fritti

calamari lightly flour dusted \& fried, jalapeño peppers, lemon 18

## Salsiccia Grigliata

fresh 8oz sausage rope stuffed w/ provolone cheese, grilled w/ lemon \& EVOO, served over sautéed garlic broccoli rabe 20

## Carpaccio di Manzo

thinly sliced Copper Creek beef tenderloin, garnished w/
capers, onion, arugula, \& shaved Parmigiano Reggiano cheese 20

## Funghi Ripieni

wood fired cremini mushrooms stuffed w/ spinach and cheese w/ a hint of sambuca \& finished with breadcrumbs 14

## Polpo Annerito

blackened Spanish octopus over arugula, red onion, cherry tomato, \& goat cheese w/ EVOO and balsamic glaze 21

## Piatto di Antipasti

burrata cheese, prosciutto de parma, kalamata olives,
marinated artichokes \& mushrooms, roasted red peppers w/ garlic, \& crostini's 17

## Cioppino

shrimp, mussels, clams \& calamari in a chili seafood broth \& crostini 32

## House Special Crab \& Prosciutto

MP

## Sello's

Italian Oven \& Bar
cibo vino vita

## Tizza of Forne

Our wood fired oven creates a charred crust on our 30 cm individual hand stretched pizzas

## Margherita

hand crushed tomatoes, imported buffalo mozzarella, basil, EVOO 16

## Americana

plum tomato sauce, garlic confit, fresh mozzarella, pepperoni 18

## Dolce e Salato

ricotta, mozzarella, \& pecorino cheeses topped w/ pancetta \& garlic confit finished w/ honey \& parsley 19

## Aldo

plum tomato sauce w/ spicy soppressata, Italian sausage, meatball, \& fresh mozzarella 21

## Diavola

plum tomato sauce w/ mozzarella, soppressata, jalapeños, \& red onion 19

## Quincy

buffalo mozzarella \& mushrooms topped w/ prosciutto crudo, arugula \& white truffle honey 21

## Verdure

plum tomato sauce, roasted red peppers, mushrooms, red onion \& sautéed spinach 18

## Tuppa E Insalate

## Zuppa Del Giorno

Chef Michael's specialty 10

## nsalata di Cesare

romaine lettuce, our homemade dressing, homemade croutons, \& shaved Parmigiano Reggiano 15

## Rucola e Parmigiano

arugula, pine nuts, shaved Parmigiano Reggiano, EVOO
drizzle of balsamic vinegar \& fresh squeezed lemon 14

## Insalata Della Casa

romaine lettuce, red onion, cucumber, cherry tomato, gorgonzola, crispy prosciutto, tossed in a shallot vinaigrette 16

## Insalata di Barbabietole

golden, candy-striped, \& red beets, apples, maple walnuts, goat cheese, arugula, \& red onion w/ a blueberry-raspberry balsamic vinaigrette 17

## Salmone Affumicato

smoked salmon, arugula, goat cheese, red onion, capers, \& EVOO 19

Add ons: "Coleman Natural" grilled chicken 10 grilled jumbo shrimp 14 grilled Faroe Island salmon 16 lobster tail 25
side salads available $w /$ order of entrée only Insalata di Cesare 8 Rucola e Parmigiano 8
at Sellos, we use the highest quality \& freshest ingredients available - always locally sourced when possible

## Pasta

## Papardelle alla Bolognese

homemade wide ribbon pasta tossed $w /$ a hearty ragu of tomato, vegetable, beef, pork, \& veal 25

## Involtini di Melanzane

thinly sliced grilled eggplant, rolled \& stuffed w/ angel hair pasta w/ marinara sauce, Parmigiano Reggiano, \& mozzarella 24

## Lasagna

housemade layers of our pasta sheets, baked w/ bolognese sauce, mortadella, béchamel sauce, \& a blend of Italian cheeses 26

## Fiocchi Vodka

parmigiana \& mozzarella stuffed pasta pouches coated in a creamy vodka sauce, \& garnished w/ fresh shaved prosciutto 27

## Tortelloni Toscano

beef \& veal filled tortellini, tossed in a creamy sauce of sundried tomatoes, mushroom, spinach, onion, \& garlic w/ a hint of truffle oil 28

## Rigatoni alla Bistecca

Copper Creek beef filet tip \& tail, w/ mushrooms, onion, peas, \& garlic in a creamy demi sauce tossed w/ mezzi rigatoni 36

## Fra Diavlo

6 oz cold water lobster tail, calamari, \& shrimp served over linguine pasta in a spicy red broth 42

## Capellini Vegetali

sundried tomato, marinated artichoke, mushroom, garlic, and basil in a creamy vegetable sauce w/ angel hair pasta 26
Add Burrata \$5 - Sub Gluten Free Pasta \$3

## Contorni

## Patatine Fritte al Parmigiano

 parmesan french fries w/ a drizzle of white truffle oil 9
## Mezzi Rigatoni Pomadoro

mezzi rigatoni in our marinara sauce 9

## Polpette

trio of 2 oz meatballs in our marinara sauce 10

## Arancini

three crispy balls of risotto stuffed w/ a touch of bolognese \& fresh mozzarella 12

## Burrata Fritta

4oz burrata infused with basil pesto, over sautéed spinach w/ marinara \& finished with balsamic glaze. 12

## Spinaci

fresh spinach w/ garlic \& cannellini beans 9

## Funghi Trifolati

sautéed mushrooms w/ onions, garlic, \& rosemary 9

## Piselli

peas w/ pancetta, garlic, \& onion 9

## - Extra Bread Charge \$3

- Parties of 6 or more are subjected to automatic gratuity
- 3\% credit card processing fee

For all of the latest info go to our website sellosoc.com or follow us on Facebook \& Instagram @sellosoven

## Carne E Pesce

## Filetto di Manzo

8oz Copper Creek beef filet, topped w/ truffle butter, over a butternut squash risotto and grilled asparagus 60

## Ossobuco alla Milanese

slowly cooked lamb shank, served over saffron risotto \&
finished with a herby gremolada 44

## Vitello Saltimbocca

veal scallopini topped w/ crispy prosciutto \& smoked mozzarella, finished w/ sage veal demi w/ sautéed peas w/ pancetta \& onion 38

## Salmone Tuscano

grilled Faroe Island salmon, smothered in a creamy Tuscan sauce of spinach, sundried tomatoes, garlic, \& onion w/ mezzi rigatoni pasta \& grilled asparagus 32

## Costata alla Parmigiana

16 oz bone in pork chop hand pounded \& breaded topped w/ marinara \& mozzarella served w/ mezzi rigatoni pomodoro 32

## Pollo al Balsamico

rosemary balsamic marinated chicken, finished with buffalo mozzarella, over basil pesto risotto \& glazed heirloom carrots 32
substitution requests may not be honored during peak times

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\text { plate charge for sharing an entrée is } \$ 5
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Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illnesses

