

# Anema E Core ~ "from the heart and soul"

EXECUTIVE CHEF: SAMUEL S. PALMISANO

MANAGER: KYLA DREW

PASTRY CHEF: JEN RYAN

## PICCOLO PIATTO

1 ~ \$4 / 2 ~ \$7 / 3 ~ \$10 / 4 ~ \$13

- 🍷 **Olive al Griglia** ~ house-marinated grilled olives
- 🍷 **Melanzane** ~ house-marinated eggplant
- 🍷 **Giardinara** ~ house-pickled garden vegetables
- 🍷 **Funghi al Griglia** ~ house-marinated grilled mushrooms
- 🍷 **Ceci con Aglio e Olio** ~ pureed chickpeas, garlic, & oil
- 🍷 **Grissini** ~ hand rolled crisp breadsticks with sea salt & fennel
- 🍷 **Zucchine Sott'Olio** ~ house-marinated zucchini

## PRIMI

(add white anchovies to any salad \$1.00)

- Zuppa Maritata** ~ tiny meatballs, chicken broth, escarole, roast garlic, & orzo pasta \$6
- Zuppa Del Giorno** ~ our daily soup inspirations \$6
- 🍷 **Insalata Caprese** ~ vine tomatoes, fresh mozzarella, basil, arugula, red onions, with balsamic & oil \$9
- 🍷 **Insalata Verde** ~ organic mixed greens tossed with a red wine vinaigrette \$5
- Insalata Cesare** ~ whole leaf romaine, Caesar dressing, Parmesan cheese, lemon, & croutons \$8
- Insalata di Spinaci** ~ spinach, pancetta, tomatoes, onions, croutons, peppers, pignoli, & poached egg \$9

## ANTIPASTI

- Calamari Fritti** ~ crispy fried Calamari & lemon caper aioli \$10
- Carpaccio di Manzo** ~ shaved rare beef, arugula, capers, EVOO, grissini, & Parmesan cheese \$13
- Funghi Farciti** ~ Portobello mushroom, spinach, Asiago, Caramelized onions, Duck bacon, poached egg, & balsamic \$10
- Lumache ai Pomodoro Seccati al Sole** ~ snails, garlic-sundried tomato butter gratineed served with crostini \$10
- Cozze con Pomodorini** ~ PEI mussels, garlic, white wine, pomodorini, & basil, served with crostini \$10
- Asparagi al Griglia** ~ grilled asparagus, crostini, arugula, pancetta, & a soft poached egg with balsamic reduction \$11
- Pate di Anatra** ~ Tuscan style Duck Pate, cornichons, quince paste, whole grain mustard, crostini, & aged Provelone \$13
- 🍷 **Olive Farcite** ~ breaded & fried provolone filled green olives \$7
- 🍷 **Frittella di Ceci** ~ fried chickpea cakes, served with arugula & onion salad with a roast pepper aioli \$9

## PASTA

- 🍷 **Spaghetti con Pomodorini** ~ Italian tomatoes, garlic, basil, & EVOO \$11
- 🍷 **Spaghetti alla Puttanesca** ~ pomodorini, capers, olives, oregano, chili pepper, garlic, basil, anchovies & EVOO \$13
- Spaghetti alla Romana** ~ pancetta, garlic, caramelized onions, black pepper, EVOO, & Parmesan cheese \$14
- Paglia e Fieno** ~ spinach & egg fettuccini, peas, Prosciutto, pignoli, mushrooms, garlic, & cream \$15
- Linguine alle Vongole** ~ clams, wine, garlic, and your choice of EVOO or Marinara sauce \$16
- Linguine alle Pescatore** ~ mussels, clams, shrimp, scallops, calamari, white wine, & pomodorini \$18
- Orecchiette con Salsiccia** ~ rapini, hot sausage, grape tomatoes, garlic, spinach, and ricotta \$15
- 🍷 **Gnocchi di Patata con Cavallo** ~ potato gnocchi, cabbage, raisins, pignoli, garlic, tomatoes & EVOO \$14
- 🍷 **Risotto del Pomodoro e Porro** ~ creamy risotto with diced tomatoes, leeks, & Parmesan finished with basil oil \$15
- Agnolotti al'Astice** ~ Lobster, pea, & cheese filled pasta sheets, sautéed with diced tomatoes, leeks, butter & broth \$19
- 🍷 **Tortelli con Funghi e Erbette** ~ pasta sheets filled with Porcini mushrooms & Chard, sautéed with brown butter & Swiss Chard, drizzled with chestnut honey \$17

🍄 denotes items that are Vegetarian

ALL OF OUR DISHES ARE PREPARED TO ORDER, PLEASE BE PATIENT & ENJOY YOUR DINING EXPERIENCE WITH US.  
PRIMI & ANTIPASTI AVERAGE 15 MINUTES; PASTA & SECONDI COURSES AVERAGE 30.

## SECONDI

Please check our specials sheet for additional Secondi dishes

**Petto di Pollo con Prosciutto ai Funghi** ~ Prosciutto wrapped roast chicken breast, mushroom Marsala sauce, ricotta gnudi, & arugula, with tomato confit \$21

**Alla Parmigiana** ~ breaded; Veal, Chicken, or Eggplant, with pomodorini, gratineed with Parmesan & mozzarella cheeses. Served with fresh vegetables & spaghetti marinara:

Vitello (Veal)	\$24
Pollo (Chicken)	\$21
🍄Melanzana (Eggplant)	\$19

## PIZZA

(All our pizzas are hand tossed 13")

<b>Pizza Quattro Stagioni</b> ~ tomatoes, basil; capers, shrimp; artichokes; Prosciutto, Parmesan & Asiago	\$13
🍄 <b>Pizza Margherita</b> ~ marinara, fresh mozzarella, vine tomatoes, Parmesan, basil, & oregano	\$12
🍄 <b>Pizza ai Funghi</b> ~ woodland mushroom sauce, scallions, Parmesan & Asiago	\$13
🍄 <b>Pizza alla Fiorentina</b> ~ cream, spinach, garlic, Parmesan, & Asiago	\$13
<b>Pizza con Prosciutto e Rucola</b> ~ arugula, caramelized onions, garlic, EVOO, Prosciutto, Parmesan & Asiago	\$14
<b>Pizza con Salsiccia e Rapini</b> ~ sweet fennel sausage, broccoli rapini, garlic, EVOO, Parmesan & Asiago	\$14
🍄 <b>Pizza con Patate e Tartufati</b> ~ Yukon gold potatoes, Pamesan, caramelized onions, Mascarpone, & truffles	\$16
<b>Pizza con Acciuga Bianca e Spinaci</b> ~ white anchovies, ricotta, Parmesan, tomatoes, & spinach	\$15

## CONTORNI

<b>Polpette</b> ~ my Dad's secret recipe meatballs, simmered in marinara	\$6
<b>Bracirole</b> ~ my Dad's recipe for braised beef rolled & filled with salami, provolone, onions, & egg	\$8
<b>Salsiccia</b> ~ in-house made hot or sweet sausage simmered in marinara	\$6
🍄 <b>Polenta ai Quattro Formaggio</b> ~ cream, cornmeal, Parmesan, mascarpone, Asiago, & provolone cheeses	\$6
🍄 <b>Asparagi Tartufati</b> ~ asparagus, truffle butter, & white truffle oil	\$6
🍄 <b>Rapini Broccoli</b> ~ Italian broccoli sautéed with garlic & chili pepper flakes	\$6
🍄 <b>Polenta Fritta</b> ~ crispy polenta fries tossed with rosemary & sea salt, with truffle mayo	\$7
🍄 <b>Crocchetta di Patate</b> ~ grated potatoes, Asiago, Parmesan, & provolone cheeses, breaded & fried	\$6

**18% gratuity MAY be added to parties of 6 or more.**  
**SPLIT PLATE CHARGE ~ \$5.00**

🍄 Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions, according to the Vermont Department of Health.