

## Soup Specials

Pint \$4.75 or Quart \$9

**ZUPPA di POLLO e VEGETALI**  
Chicken Vegetable

**LENTICCHIE**  
Lentil

**PASTA con FAGIOLI**  
(optional GF with no pasta)

**SPLIT PEA**

**ZUCCA**  
Butternut Squash

**MINISTRONE**  
(optional GF with no pasta)

**TORTELLINI in BRODO**  
cheese tortellini, spinach, tomatoes & scallions in broth

\$7.50 pint \$13.50 quart  
**SEAFOOD SOUP LOBSTER BISQUE**

## Bruschette

\$6 Choice of Three \$10 Choice of Six

**CLASSICA**   
Fresh tomato, garlic, fresh basil

**GAMBERI**   
Roasted jumbo shrimp, tomato, hot peppers

**MOZZARELLA - BASILICO**   
Roasted red peppers, mozzarella & basil pesto

**POMODORINI**   
Roasted cherry tomatoes & fresh mozzarella

**PARMA**  
Prosciutto di Parma, Parmigiano Reggiano, baby arugula, & spicy oil

**CAPRINO con NOCI**   
Goat cheese, raisins & walnuts

**PORTOBELLO**  
Roasted portobello & walnut with goat cheese

**The New 32 RICOTTA**   
Sautéed mushrooms and kale with fresh ricotta

**The New 32 ZUCCHINI**   
Grilled zucchini, smashed avocado and hot pepper

**The New 32 BACON**  
Artichoke puree, bacon & parmigiano

**The New 32 PEPERONCINO**   
Avocado, red onion, tomato with hot pepper

**The New 32 PERA**   
Roasted squash, fresh ricotta & pears

**The New 32 POLPETTE**  
Mini meat ball with fresh tomato sauce & mozzarella

## Panini Per I Bambini

(Kids Only)

**MATTIA 5.00**  
Mozzarella, tomato, basil on rustic hero

**ERIKA 6.00**  
Chicken cutlet, mozzarella on rustic hero

**FORMAGGINO 4.00**  
Double mozzarella melted between flattened round bread

**GIUSEPPE JR. 6.00**  
Hamburger, mozzarella, ketchup and tomato on round bread

**POLLO con PATATINE 7.00**  
Chicken strips with a side of Tuscan fries

**PENNE 7.00**  
**RAVIOLINI 7.50**  
Penne with choice of marinara, garlic and oil or butter sauce add \$1.50 for Ala vodka or Bolgnese sauce

**PATATINE FRITTE 5.00**  
Side of Tuscan fries

## Antipasti

**FRIED ZUCCHINI \$8.50**  
Lightly breaded and served with a marinara dipping sauce

**MOZZARELLA CAPRESE \$9.00**  
Fresh mozzarella, tomato and fresh basil topped with balsamic glaze

**MOZZARELLA CARROZA \$8.00**  
Homemade mozzarella breaded & pan fried, served with marinara sauce

**SALUMERIA \$14.50**  
Assorted Italian cured meats, mixed cheese and roasted peppers

**CALAMARI FRITTI \$9.50**  
Crispy golden fried calamari served with a fresh tomato sauce

**MINI ARANCINI**  
Famous cheese rice balls served with a tomato dipping sauce  
3 for \$5 5 for \$7 10 for 13<sup>50</sup> or 17<sup>75</sup> ea

**STUFFED AVOCADO \$14**  
Stuffed with shrimp, cherry tomato over a bed of arugula with balsamic glaze

**EGGPLANT BRUCHETTE \$14**  
Two grilled or fried eggplant topped with tomato, onion, basil, & avocado

**GRILLED CALAMARI \$11**  
Over mixed greens, cherry tomatoes with lemon wedges

**HALLOUMI alla GRIGLIA \$12.00**  
grilled halloumi with fresh lemon and avocado

## Secondi

\*Served with vegetable of the day

**POLLO MOZZARELLA\* \$18.00**  
Chicken breast topped with fresh tomato, broccoli rabe and fresh mozzarella in a lemon and white wine sauce

**POLLO FUNGHI\* \$17.00**  
Chicken breast with mixed mushrooms, onions and marsala wine

**POLLO POMODORINI\* \$17.00**  
Breast of chicken with white wine and cherry tomatoes

**POLLO al VINO BIANCO\* \$17.00**  
Breast of chicken with white wine, lemon, fresh parsley

**POLLO alla SORRENTINO\* \$18.00**  
Breast of chicken with eggplant, prosciutto and fresh mozzarella in a marsala sauce

**PETTO di POLLO alla "La Bottega Syosset"\* \$18.00**  
Breast of chicken with spinach, roasted peppers and mozzarella in a brown sauce

**SEAFOOD PAELLA \$26.00**  
Clams, mussels, shrimp, scallops, chicken and rice

**POLLO alla GRIGLIA con CIME di RABE\* \$18.00**  
Grilled chicken, broccoli rabe and roasted peppers, with melted fresh mozzarella, in a light wine sauce

**BRUSCHETTE di POLLO \$17.00**  
Grilled chicken breast lightly marinated in balsamic, over greens in a lite citrus dressing, topped with tomato & mozzarella bruschette

**SALMONE con NOCI\* \$21.50**  
Pan seared salmon encrusted in pecans and walnuts in an almond cream sauce

**SALMONE con CREMA di SENAPE\* \$20.50**  
Pan seared salmon in a creamy dijon mustard sauce

**SALMONE con VINO BIANCO\* \$20.50**  
Grilled salmon with sundried tomato in a lemon white wine sauce

## Vegetali

<b>Broccoli</b>	\$7.50	<b>String Beans</b>	\$7.50
<b>Cauliflower</b>	\$7.50	Sautéed <b>Spinach</b>	\$7.50
<b>Potatoes, Peppers &amp; Onions</b>	\$7.50	Sautéed <b>Broccoli Rabe</b>	\$8.50
<b>Mushrooms</b>	\$7.50	<b>Escarole &amp; Beans</b>	\$8.50

## Pasta

Gluten free and whole wheat pasta also available \$1.50 extra

**LINGUINE con GAMBERI \$17.50**  
Linguine with jumbo shrimp, white wine, garlic, cherry tomato & a touch of marinara

**SYOSSET alla VODKA \$17.50**  
Penne with fresh mozzarella, spinach & chicken cutlet

**PENNE INTEGRALI con POLLO \$17.50**  
Whole Wheat penne, grilled chicken, spinach, cannellini beans with garlic & oil

**RAVIOLI con GAMBERI \$18.50**  
Cheese ravioli & sautéed shrimp in a tomato sauce with a touch of cream

**RIGATONI BOLOGNESE \$16.50**

**TORTELLINI TRICOLORE \$18.00**  
Tricolor cheese tortellini with chicken cutlet in a creamy alfredo sauce

**ZUCCHINE PRIMAVERA \$20.50**  
Zucchini Style Spaghetti with mixed vegetables topped with shrimp in a garlic & oil brodo

**ZUCCHINE BOLOGNESE \$18.50**  
Zucchini style spaghetti mixed with our delicious bolognese meat sauce

**SEAFOOD PASTA \$23.00**  
Linguini with clams, mussels, shrimp, calamari in a light pomodoro sauce

## Limited Time Only Seasonal Special



**LOBSTER ROLL \$18**  
Lobster, avocado, chives, sprouts, light mayo and a touch of crushed red pepper, served with Tuscan fries and a pickle

**CHICKEN BURGER \$14**  
Avocado, mixed greens, tomato, provolone, & pesto on round rustic. Comes with Tuscan fries

**SALMON BURGER \$15**  
Herb mayo, avocado, arugula, tomato on round rustic. Comes with side portion stagione salad.

**SAUSAGE BURGER \$14**  
Smoked mozzarella, sautéed peppers & onions on round rustic. Comes with Tuscan fries



## Burgers

**HAMBURGER CLASSICA \$10.25**  
Ground angus beef, mozzarella, red onion, tomato, baby arugula, spicy salsa aioli, on round rustic

**HAMBURGER MODERNA \$10.75**  
Ground angus beef, mozzarella, sautéed onion, sautéed mushroom, crispy bacon, tomato, mixed greens, spicy artichoke sauce on round rustic

## Dolci

**TIRAMISU \$6.50**  
Marscapone, espresso, lady fingers, and chocolate ganache

**NY CHEESECAKE \$6.50**  
Traditional NY cheesecake baked to perfection

**NUTELLA PANINO \$5.50**  
Flattened round rustic, filled with extra nutella & powdered sugar

**APPLE TART A treat for 2 \$8.00**  
Sliced sweet & tangy apples, baked with spices, in a flaky crust, topped with a dash of cinnamon, a light sugar glaze and a scoop of gelato

**CHOCOLATE MOUSSE CAKE \$6.50**  
Layers of chocolate cake and creamy chocolate mousse filling

## Drinks

Assortment of Soda • Water (sparkling or flat) • Ice Tea  
**Dine-In Only**  
Imported & Domestic Wine & Beer

EST. 2003



**Syosset**

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**TAKE OUT & DELIVERY MENU**

*The New*  
**32**

*32 New Delicious Panini & Salads & Bruschette*

A year long culinary journey to bring to you the very best of healthy choices and incomparable flavors



*Please advise us when ordering Gluten Free or Vegetarian*



# SALADS

**32 FRUTTA SECCA** 10.50  
Mixed dried fruit, mixed greens, goat cheese, walnuts & honey dijon dressing

**32 La Bottega MINT SALAD** 11.00  
Grilled chicken breast, romaine hearts, walnuts, raisins, fresh mint, & quinoa+ with mango dressing

**32 INSALATA di POMODORO** 10.00  
Grilled chicken, Iceberg lettuce, fresh tomatoes, red onions, black olives, basil & fresh mozzarella, with balsamic dressing

**32 INSALATA di CARCIOFI** 11.50  
Artichoke hearts, baby arugula, grilled chicken, quinoa+, fresh tomatoes, hot peppers, red onions, & fresh mozzarella with balsamic dressing

**32 INSALATA di QUINOA+** 12.50  
Quinoa+, grilled chicken, romaine hearts, fresh tomatoes, avocado, black olives, almonds, & cucumber with mango dressing

**32 INSALATA di CAVOLO** 11.50  
Chopped organic baby kale, grilled chicken, red beets, fresh mango, avocado & pecans with honey dijon dressing

**32 INSALATA di MANGO** 12.00  
Chopped organic baby kale, fresh mango, grilled chicken, quinoa+, cherry tomatoes, almonds & shredded mozzarella with mango dressing

**32 INSALATA di CALAMARI** 11.00  
Grilled calamari, mixed greens, olives, capers, sundried tomatoes & scallions with lime dressing

**32 INSALATA di MANGO e GAMBERI** 12.50  
Roasted shrimp, fresh mango, Iceberg lettuce, cherry tomatoes & fresh mozzarella with raspberry vinaigrette

**32 INSALATA di TONNO** 12.00  
Italian tuna in olive oil, baby arugula, roasted corn, cherry tomatoes, roasted peppers, fried capers & shredded mozzarella with lime dressing

**STAGIONE** 7.00  
Mixed greens, tomatoes, carrots & cucumbers with balsamic dressing

**BIETOLE** 9.00  
Mixed greens, roasted red beets, goat cheese, toasted walnuts, roasted corn & tomatoes with honey dijon dressing

**TRICOLORE** 9.00  
Radicchio, baby arugula, endive, Gaeta olives & shaved Parmigiano with balsamic dressing

**INSALATA Di PERE** 9.00  
Mixed greens, red pears, gorgonzola & toasted pecans with lime dressing

**INSALATA con FUNGHI** 9.25  
Mixed greens, portobello mushrooms, roasted peppers, toasted sunflower seeds & mozzarella with balsamic dressing

**CAESAR** 8.00  
Romaine hearts, ciabatta croutons, shaved Parmigiano & Caesar dressing add:  
Grilled Chicken \$11.00  
Cutlet \$11.50 Turkey \$12.00  
Shrimp \$12.75 Steak \$14.00  
Salmon \$14.00

**Steak BISTECCA e ZOLA** 12.25  
Roasted angus steak, mixed greens, cherry tomatoes, Gaeta olives, marinated red onions & gorgonzola with balsamic dressing

**Grilled Chicken AVOCADO SALAD** 10.25  
Grilled chicken, iceberg lettuce, shredded mozzarella, avocado, toasted almonds & cherry tomatoes with balsamic dressing

**RUCOLA CAPRINO e POLLO** 11.25  
Grilled chicken, baby arugula, goat cheese, sundried tomatoes & toasted walnuts with balsamic dressing

**RUCOLA e FARRO** 10.25  
Grilled chicken, baby arugula, barley, cherry tomatoes, gorgonzola, roasted hot peppers & hearts of palm with honey dijon dressing

**INSALATINA di POLLO** 9.75  
Grilled chicken, mixed greens, Gaeta olives, red onions, carrots & toasted almonds with balsamic dressing

**POLLO e GUACAMOLE** 12.00  
Grilled chicken, iceberg lettuce, guacamole, roasted hot peppers, shredded mozzarella & cherry tomatoes with lime dressing

**Chicken Cutlet PARMA SALAD** 10.00  
Chicken cutlet, romaine hearts, tomatoes, Gaeta olives, red onions, roasted peppers & shaved Parmigiano with balsamic dressing

**SAL SALAD** 9.75  
Chicken cutlet, mixed greens, red onions & tomatoes with roasted garlic vinaigrette

**DI ROSA SALAD** 10.00  
Chicken cutlet, mixed greens, tomatoes & goat cheese with balsamic dressing

**SUSAN SALAD** 10.25  
Chicken cutlet, mixed greens, red onions, roasted hot peppers, roasted corn, gorgonzola & tomatoes with balsamic dressing

**Grilled Shrimp ROMANA con GAMBERONI** 12.50  
Grilled shrimp, romaine hearts, fresh mozzarella, raisins, toasted walnuts & tomatoes with balsamic dressing

**GAMBERONI e GUACAMOLE** 12.75  
Grilled shrimp, iceberg lettuce, guacamole, toasted almonds, cherry tomatoes & roasted hot peppers with lime dressing

**Salmon SALMONE e GUACAMOLE** 12.50  
Roasted salmon, mixed greens, guacamole, hearts of palm & toasted sunflower seeds with honey dijon dressing

**SALMONE e PERE** 13.25  
Roasted salmon, baby spinach, endive, red pears, toasted pecans, roasted beets & cherry tomatoes with raspberry vinaigrette

**Roasted Turkey RUCETTA con ZOLA e TACCHINO** 11.50  
Roasted turkey, baby arugula, endive, toasted pecans & gorgonzola with roasted garlic vinaigrette

**SPINACI e TACCHINO** 11.50  
Roasted turkey, baby spinach, goat cheese, sautéed mushrooms, roasted corn & crispy bacon with raspberry vinaigrette

**TACCHINO e AVOCADO** 10.50  
Roasted turkey, mixed greens, shredded mozzarella, tomatoes, avocado, sautéed mushrooms & roasted hot peppers with balsamic dressing

+ Gluten Free Quinoa

# PANINI

**Chicken Ispica** 9.50  
Grilled chicken breast with sautéed onions & fontina cheese on focaccia

**32 Pollo e Pomodoro** 9.50  
Chicken cutlet with tomato sauce & mozzarella on ciabatta

**32 Pollo e Spinaci** 9.00  
Chicken tenders sautéed with spinach, fontina, white wine, & garlic on round rustic

**32 Latina** 9.50  
Grilled chicken, mozzarella, roasted peppers & baby arugula on focaccia

**Trieste** 10.00  
Grilled chicken, black olive paste, grilled zucchini, mozzarella on ciabatta

**Anthony** 9.50  
Grilled chicken, mozzarella, baby arugula, balsamic on krispina

**Pollo** 10.25  
Grilled chicken, broccoli rabe, smoked mozzarella on ciabatta

**NYCOM** 9.50  
Grilled chicken, Parma ham, mozzarella, baby arugula on krispina

**Udine** 9.75  
Grilled chicken, roasted red onion, mozzarella, tomato on ciabatta

**Cuneo** 9.75  
Grilled chicken, mozzarella, grilled zucchini, roasted pepper on ciabatta

**Savona** 9.75  
Grilled chicken, mozzarella, roasted garlic aioli, tomato on ciabatta

**Hogans** 10.50  
Grilled chicken, marinated artichoke, sundried tomato, mozzarella, basil pesto on ciabatta

**Nuoro** 9.00  
Grilled chicken, roasted hot pepper, basil pesto, mozzarella, chopped iceberg, tomato on ciabatta

**Perugia** 9.25  
Grilled chicken, guacamole, chopped iceberg, mozzarella on rustic hero

**Prato** 10.00  
Chicken cutlet, fontina, roasted red onion, roasted pepper, spicy artichoke sauce on ciabatta

**Pietro** 9.75  
Chicken cutlet, mixed greens, roasted pepper, mozzarella, herb mayo on ciabatta

**Peperoni** 9.50  
Chicken cutlet, mozzarella, roasted pepper, red onion on ciabatta

**Cotoletta** 9.50  
Chicken cutlet, mozzarella, tomato, red onion, herb mayo on ciabatta

**Piccante** 9.50  
Chicken cutlet, mozzarella, mixed greens, spicy salsa aioli on ciabatta

**Ancona** 9.75  
Chicken cutlet, mixed greens, mozzarella, roasted hot pepper, tomato on ciabatta

## Vegetarian

**32 Vittoria** 8.50  
Artichoke hearts, sundried tomatoes, roasted peppers, & baby arugula on focaccia

**32 Vegetariano** 9.00  
Grilled mixed vegetables with fresh tomatoes, & mozzarella on rustic hero

**32 Cagliari** 8.50  
Fresh mozzarella, sundried tomatoes, black olives, & red onions on focaccia

**32 Trapani** 8.50  
Portobello mushroom, mozzarella, roasted peppers, & sautéed onions on focaccia

**32 La Bottega Eggplant** 8.50  
Oven roasted eggplant with sautéed onions & black olives on focaccia

**32 La Bottega Goat Cheese** 9.00  
Goat cheese, sundried tomatoes, black olives, grilled zucchini, & red onion on focaccia

**32 La Bottega Halloumi** 10.50  
Grilled Halloumi cheese, roasted eggplant spread, fresh tomato, baby arugula, & fresh lemon juice on focaccia

**32 Halloumi e Avocado** 10.50  
Grilled Halloumi cheese, avocado, sundried tomatoes, & lemon juice on focaccia

**Sienna** 6.50  
Mozzarella, tomato, basil, extra virgin olive oil, balsamic on krispina

**Portobello** 8.00  
Roasted portobello, tomato, mozzarella on whole wheat

**Terra** 9.00  
Roasted portobello, broccoli rabe, roasted pepper, grilled zucchini, Asiago cheese on whole wheat

**Potenza** 8.25  
Fried eggplant, mozzarella, tomato, basil on krispina

**Foggia** 8.25  
Fried eggplant, smoked mozzarella, black olive paste, sundried tomato on krispina

**Sicilia** 8.25  
Fried eggplant, mozzarella, roasted peppers on krispina

**Quattro Formaggi** 8.50  
Four cheese panino, brie, fontina, mozzarella, asiago cheese, grilled zucchini, spicy roasted pepper sauce on round rustic

**Gubbio** 8.25  
Roasted Portobello, goat cheese, basil pesto, roasted pepper on whole wheat

## Cured Meats

**32 Lodi** 10.50  
Prosciutto, artichoke hearts, smoked mozzarella, & red onion on focaccia

**32 Lecce** 9.50  
Parma ham, mozzarella, tomatoes, & spicy aioli on focaccia

**32 Calabria** 10.00  
Sopressata, brie cheese, & fresh tomatoes on focaccia

**Matt** 9.75  
Parma ham, mozzarella, tomato, herb mayo, mixed greens, roasted pepper, balsamic on ciabatta

**Crudo** 10.00  
Prosciutto crudo, mozzarella, baby arugula on ciabatta

**Prosciutto** 10.25  
Prosciutto crudo, mozzarella, tomato on ciabatta

**Pippo** 11.75  
Prosciutto crudo, mozzarella, sundried tomato, spicy salsa aioli, red onion, Gaeta olives, roasted hot peppers on ciabatta

**Como** 11.00  
Imported smoked prosciutto (speck), fontina, baby arugula on ciabatta

**Bolzano** 11.00  
Imported smoked prosciutto (speck), mozzarella, baby arugula, spicy roasted pepper sauce on krispina

**Caltanissetta** 10.25  
Sopressata, fontina, baby arugula, roasted hot pepper, tomato, on ciabatta

## Seafood

**32 Tonno** 10.50  
Italian tuna in olive oil with fresh tomato, baby arugula, & spicy aioli on krispina

**32 Panarea** 10.50  
Italian tuna in olive oil with black olives, roasted peppers, & artichoke hearts on krispina

**Napoli** 11.50  
Grilled shrimp, salsa aioli, baby arugula on round rustic

**Asti** 12.50  
Grilled shrimp, broccoli rabe, mozzarella, roasted hot pepper on ciabatta

**Spoletto** 12.00  
Grilled shrimp, baby arugula, guacamole on rustic hero

**Agrigento** 11.25  
Grilled shrimp, marinated artichoke, tomato, roasted garlic aioli on round rustic

## Roasted Turkey

**Sanremo** 10.75  
Roasted turkey, mozzarella, roasted hot pepper, guacamole on ciabatta

**Frosinone** 9.50  
Roasted turkey, crispy bacon, smoked mozzarella, sautéed onion, herb mayo on krispina

**Salerno** 11.25  
Roasted turkey, chopped iceberg, tomato, fontina, guacamole on rustic hero

**Crotone** 9.75  
Roasted turkey, roasted red onion, sautéed mushrooms, fontina on rustic hero

## Steak

**Bistecca** 11.50  
Roasted angus steak, sautéed onion, smoked mozzarella on ciabatta

**Bistecca e Mozzarella** 11.50  
Roasted angus steak, mozzarella, roasted pepper on ciabatta

**Bistecca e Funghi** 11.50  
Roasted angus steak, fontina, sautéed mushrooms on ciabatta

**Alexandro** 12.00  
Roasted angus steak, avocado, roasted hot pepper, romaine, tomato, red onion on ciabatta

## Pork

**Ascoli** 10.50  
Slowly roasted porchetta, mozzarella, broccoli rabe, roasted hot pepper on round rustic

**Gela** 10.50  
Slowly roasted porchetta, provolone, roasted pepper, baby arugula on round rustic

**Trentino** 10.50  
Slowly roasted porchetta, sautéed mushroom, smoked mozzarella on round rustic

**Bari** 10.50  
Sweet sausage, broccoli rabe, black olive paste on round rustic

**Sardegna** 10.50  
Sweet sausage, mozzarella, roasted hot pepper on round rustic

**Panini Basket**  
Your choice of panini cut in quarters  
**10 PANINI \$90**  
**5 PANINI \$50**