



Lunch Menu



MARAS

Tel (516) 226-1290

pasta • paninis • salads • entrees



Appetizers

- \$13 **Sausage Dumplings**
with stir fry broccoli rabe
- \$13 **Fried Calamari**
served with roasted garlic marinara
- \$12 **Baked Clams Oreganato**
littleneck clams with seasoned bread crumbs
- \$10 **Grilled Portabello Mushrooms**
with warm balsamic vinaigrette over baby greens
- \$10 **Fried Zucchini**
served with roasted garlic marinara
- \$13 **Espresso Wings**
espresso barbequed glazed wings with blue cheese dressing
- \$11 **Fried Mozzarella Sticks**
served with roasted garlic marinara

Soups

- \$8 **Pasta Fagioli**
red and white cannellini beans, prosciutto, tubettine
- \$8 **Minestrone** fresh garden vegetables
- \$8 **Chicken Noodle** chicken chunks, noodles and vegetables

Wraps

- \$14 **Avocado**
fresh avocado, fresh mozzarella, roasted red peppers, red onions, lettuce, tomato, balsamic vinaigrette
- \$12 **Greek**
sliced cucumbers, green peppers, black olives, feta cheese, red onions, lettuce, tomato, Greek dressing
- \$12 **Grilled Chicken Caesar**
grilled chicken, romaine lettuce, croutons, parmesan cheese, Caesar dressing

Kids

- \$9 **Macaroni & Cheese**
- \$9 **Grilled Cheese Sandwich**
- \$9 **Chicken Fingers with Fries**
- \$9 **Pasta with butter**
(Served with your choice of soda or juice box)

Paninis Italian Sandwiches

Venice
Grilled shrimp, Raddichio,
Roasted Peppers, Pesto Mayo
\$13

- \$12 **Calabria**
fresh mozzarella, basil, parma prosciutto, sliced tomato
- \$12 **Naples**
grilled portabello mushrooms, zucchini, roasted peppers, onions, goat cheese and balsamic
- \$12 **Falerna**
grilled chicken, prosciutto, roasted peppers, fresh mozzarella, pesto
- \$12 **San Giovanni**
fried eggplant, parma prosciutto, fresh mozzarella, roasted red pepper pesto
- \$12 **Florence**
grilled sweet sausage, yellow and red peppers and roasted red pepper pesto

Salads

- \$13 **Marra's Chopped Grilled**
chopped baby greens, grilled chicken, roasted peppers, artichoke hearts, fresh mozzarella, olive oil, balsamic vinegar
- \$10 **Caesar Salad**
chopped romaine, garlic croutons, aged parmesan cheese
- \$10 **Traditional Tossed Salad**
mix of baby greens, tomato, cucumber, olives and onions
- \$11 **Greek Salad**
tomatoes, onions, cucumbers, olives, peppers & feta cheese
- \$16 **Sesame Crusted Ahi Tuna**
over baby greens with mandarin oranges and asian dressing

Entrees

- \$30 New York Strip**
served with mashed potatoes and vegetables
- \$14 Hamburger**
served with lettuce, tomato, red onion and french fries
- \$26 Broiled Salmon**
in a lemon & white wine sauce with your choice of roasted potatoes & vegetables or pasta with marinara
- \$24 Filet of Sole Franchise**
sautéed in lemon & white wine with your choice of roasted potatoes & vegetables or pasta with marinara

Chicken Veal

- \$22 \$25 Chicken or Veal Franchise**
egg battered and sautéed in a lemon and white wine sauce
- \$22 \$25 Chicken or Veal Marsala**
sautéed with mushrooms and marsala wine
- \$22 \$25 Chicken or Veal Parmesan**
breaded cutlet with marinara sauce and baked with mozzarella
- \$22 \$25 Chicken or Veal Milanese**
breaded cutlet topped with tomato, onion, basil and mozzarella
- \$22 \$25 Chicken or Veal Sorrentino**
topped with eggplant, prosciutto and mozzarella in a marsala wine sauce

Pastas

(chicken can be added to any dish for an additional charge)

- \$16 Penne Ala Vodka**
pink cream sauce
- \$16 Fettuccine Alfredo**
creamy parmesan cheese
- \$16 Linguini Carbonara**
bacon, onions, cream sauce
- \$20 Pappardelle Bolognese**
ribbon noodles with meat sauce and ricotta, baked with mozzarella
- \$18 Linguini Clam Sauce**
red or white
- \$20 Capellini D'Angelo**
grilled shrimp, fresh sweet tomato, roasted garlic basil
- \$27 Linguini Pescatore**
with shrimp, calamari, clams in a roasted garlic marinara sauce
- \$16 Baked Cheese Ravioli**
baked with tomato sauce and melted mozzarella
- \$18 Sundried Tomato Penne**
with broccoli, sundried tomatoes, grilled chicken, garlic and oil
- \$18 Tortellini Claudia**
peas, prosciutto, cream sauce
- \$13 Spaghetti & Meatballs**
roasted garlic marinara served with three meatballs

\$4.00 per person service charge for sharing

An 18% Fraternity will be added to parties of 6 or more. Minimum credit or debit card charge \$25

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Drinks

Pellegrino

Individual bottle \$3.00
Large \$8.00

Poland Spring Water

Individual bottle \$2.00

Imported Beer

\$7.00

Domestic Beer

\$5.00

Soda

\$2.75

Kids Juice Box

\$1.25

Coffee

\$3.00

Espresso

\$4.00

Cappucino

\$5.00

Wines

Red

Glass

\$11

Carafe

\$40

White

\$11

\$40

Desserts

Please ask you server for our current selections

All Desserts \$7

Marra's

Take out and Catering available
Contact Marra's for on and off site catering
(516) 226-1290