

# Tabas

Tel (516) 226-1290

pasta • paninis • salads • entrees

### Appetizers

- **\$15** Sausage Dumplings with stir fry broccoli rabe
- \$16 Fried Calamari
  served with roasted garlic marinara
- \$15 Baked Clams Oreganato
  littleneck clams with seasoned bread crumbs
- **\$12** Grilled Portabello Mushrooms
  with warm balsamic vinaigrette over baby greens
- **\$12** Fried Zucchini served with roasted garlic marinara
- **\$15 Espresso Wings**espresso barbequed glazed wings with blue cheese dressing
- **\$13** 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

\$15 Avocado

fresh avocado, fresh mozzarella, roasted red peppers, red onions, lettuce, tomato, balsamic vinaigrette

\$14 Greek

sliced cucumbers, green peppers, black olives, feta cheese, red onions, lettuce, tomato, Greek dressing

\$15 Grilled Chicken Caesar

grilld chicken, romaine lettuce, croutons, paremsan 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 ★15

### \$14 Calabria

fresh mozzarella, basil, parma prosciutto, sliced tomato

### \$14 Naples

grilled portabello mushrooms, zucchini, roasted peppers, onions, goat cheese and balsamic

### \$14 Falerna

grilled chicken, prosciutto, roasted peppers, fresh mozzarella, pesto

### \$14 San Giovanni

fried eggplant, parma prosciutto, fresh mozzarella, roasted red pepper pesto

### \$14 Florence

grilled sweet sausage, yellow and red peppers and roasted red pepper pesto

### Salads

### \$16 Marra's Chopped Grilled

chopped baby greens, grilled chicken, roasted peppers, artichoke hearts, fresh mozzarella, olive oil, balsamic vinegar

### \$12 Caesar Salad

chopped romaine, garlic croutons, aged parmesan cheese

### \$12 Traditional Tossed Salad

mix of baby greens, tomato, cucumber, olives and onions

### \$13 Greek Salad

tomatoes, onions, cucumbers, olives, peppers & feta cheese

### \$18 Sesame Crusted Ahi Tuna

over baby greens with mandarin oranges and asian dressing

### Entrees

- **\$30** New York Strip served with mashed potatoes and vegetables
- **\$15 Hamburger** served with lettuce, tomato, red onion and french fries
- \$28 Broiled Salmon
  in a lemon & white wine sauce with your choice of roasted potatoes & vegetables or pasta with marinara
- **\$26** Filet of Sole Franchese
  sautéed in lemon & white wine with your choice of roasted potatoes & vegetables or pasta with marinara

### Chicken Veal

- \$25 \$27 Chicken or Veal Franchese
  egg battered and sautéed in a lemon and white wine sauce
- \$25 \$27 Chicken or Veal Marsala sautéed with mushrooms and marsala wine
- \$25 \$27 Chicken or Veal Parmesan
  breaded cutlet with marinara sauce and baked with mozzarella
- \$25 \$27 Chicken or Veal Milanese
  breaded cutlet topped with tomato, onion, basil and mozzarella
- \$25 \$27 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)

- **\$18 Penne Ala Vodka** pink cream sauce
- \$18 Fettuccine Alfredo
  creamy parmesan cheese
- \$18 Linguini Carbonara
  bacon, onions, cream sauce
- **\$22** Pappardelle Bolognese ribbon noodles with meat sauce and ricotta, baked with mozzarella
- **\$20** Linguini Clam Sauce red or white
- \$22 Capellini D'Angelo grilled shrimp, fresh sweet tomato, roasted garlic basil
- **\$29** Linguini Pescatore with shrimp, calamari, clams in a roasted garlic marinara sauce
- \$18 Baked Cheese Ravioli
  baked with tomato sauce and melted mozzarella
- **\$20** Sundried Tomato Penne with broccoli, sundried tomatoes, grilled chicken, garlic and oil
- **\$20** Tortellini Claudia peas, prosciutto, cream sauce
- **\$16** Spaghetti & Meatballs roasted garlic marinara served with three meatballs

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### Drinks

Pellegrino Individual bottle \$3.00 \$8.00 Large 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

	Glass	Carafe
Red	\$11	\$40
White	\$11	\$40

### Desserts

Please ask you server for our current selections
All Desserts \$7

## Marras

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