



PRANZO, 12 March 2010

L O C A L F A R M S O N T O D A Y ' S M E N U S

Shetler	milk, cream	Bardenhagen	Gingergolds,	Land of Goshen	eggs, Italian sausage
Werp	arugula, herbs		Honeycrisps		goat cheese
Majszak	maple syrup	Rice	ground beef	Miedema Co-op	red cabbage
Sleeping Bear	honey	Groeb Farms	molasses	Bakers Acres	chicken
		Duerksen Farms	turkey		

We are proud to serve sustainably raised meat and poultry in addition to our other responsibly sourced ingredients.

S P E C I A L I T À

Tavola del Giorno, 12

Duck liver pate, marinated cheese, pine nut butter, honey balsamic dressed iceberg, cherry mostarda, red onion agrodolce, creamy roasted garlic

Insalata del Giorno, 13

Pan-seared petrale sole, Gingergold apples, toasted almonds, grated Parmesan cheese, romaine, iceberg, champagne vinaigrette

Z U P P E

Lobster Cream, 6
Beef Noodle, 6

I N S A L A T E

Arugula, 10

Gala apples, toasted pignoli, house made fresh mozzarella cheese, extra virgin olive oil, honey balsamic reduction

Romaine, 9

Seedless cucumbers, red onion, kalamata olives, warm focaccia croutons, herb vinaigrette

Add:

Char-grilled Chicken Breast, 4
Char-grilled Gulf Shrimp, 6

P I Z Z E

White, 10

Parmesan, ricotta & mozzarella cheeses, roasted garlic, extra virgin olive oil, parsley

Red, 11

Italian sausage, pepperoni, marinara sauce, mozzarella cheese

Roasted Pork Shoulder, 11

Sweet potatoes, red onion, basil pesto, mozzarella & light Parmesan cheese

P A S T E

Cavatappi, 12

Char-grilled chicken breast, baby spinach, roasted garlic & Parmesan cream sauce

Whole Wheat Fettuccine, 12

Broccoli, sweet bell peppers, shiitake mushrooms, roasted tomato sauce, extra virgin olive oil

Linguine, 12

Meatballs of ground beef, pork & veal, classic marinara, torn basil

THESE ITEMS ARE AVAILABLE UNTIL 3PM AND COME WITH ONE OF THE CONTORNI LISTED BELOW.

F R I T T A T E

*Three eggs scrambled & cooked open-faced.
We welcome the substitution of egg whites if you prefer.*

White Potatoes, 8

Chives, Parmesan cheese

Spinach, 8

Basil, mozzarella cheese

House Made Sausage, 9

Rosemary, Fontina Val d Aosta cheese

T R A M E Z Z I N I

Sandwiches

Roasted Zucchini, 8

Sweet bell peppers, tomato, wilted iceberg, Fontina Val d Aosta cheese, herb vinaigrette, open face on whole wheat bread

House Roasted Turkey Breast, 9

Red onion, arugula, sundried tomato pesto, light Parmesan cheese, open face on whole wheat bread

Roast Beef Tenderloin, 13

Shaved thin, roasted garlic cloves, caramelized onions, Gorgonzola cheese, mushroom guarnazione , open face on focaccia bread

Rosemary Ham Panino, 9

Roasted apples, spinach, house made mustard, Bel Paese cheese

Contorni

Choice of one with Frittata & Tramezzino or \$2 a la carte
Quinoa with yellow squash
Purple sticky rice with carrots
Marinated cucumbers with lemon garlic oil

*May be cooked to order.

Consuming raw or under cooked eggs, poultry, meat or shellfish may increase your risk of food borne illness.

Gratuity of eighteen percent may be added to parties of eight or greater.

The person on your cellular phone will not likely mind if you converse in the hallway. Your fellow diners will appreciate it.

Traverse City, Michigan ? T: 231/929.8989 ? F: 231/929.8740 ? StellaTC.com