

Mediterranean Menu

Carbone's Ristorante in conjunction with Dr. Guy Carbone and Dietitian/Nutritionist Lucia Lobraico have developed these creative options to accommodate our guests desiring authentic, healthy alternatives without compromising great tasting food, which has been synonymous with Carbone's Ristorante for over 73 years.

APPETIZERS

LENTIL SOUP

House made pure vegetable broth, green lentils, carrots, celery and onions. Wheat free, dairy free, egg free, soy free, fish and shellfish free.
350 calories

FRESH TOMATO AND MOZZARELLA

Fresh basil, cracked black pepper, kosher salt, eggplant caponata. Soy free, wheat free.
480 calories

6.

CLAMS ON THE 1/2 SHELL

Little neck clams with minced shallots, hot pickled peppers, citrus and cilantro. Dairy free, egg free, soy free.
129 calories

12.

10.

SICILIAN SHRIMP COCKTAIL

Capers, tarragon vinegar, Bermuda onions and baby arugula. Wheat free, dairy free, egg free, soy free.
220 calories

14.

ENTRÉES

MUSHROOM RISOTTO POMODORO

Arborio rice, roasted mushrooms, onions, basil and plum tomatoes. Wheat free, dairy free, egg free, fish and shellfish free.
425 calories
Pecorino Romano cheese upon request. Add 20 calories

21.

SEARED DIVER SCALLOPS with SALSA VERDE

Fresh tomatoes, haricot vert, extra virgin olive oil and fresh lemon. Wheat free, dairy free, egg free, soy free.
300 calories

28.

WHOLE WHEAT PASTA PANATULA

Roasted garlic, peppers, spinach, toasted pine nuts, virgin olive oil. Egg free, soy free, fish and shellfish free.
465 calories
Reggiano Parmesan cheese upon request. Add 20 calories

21.

PAN ROASTED WILD CAUGHT COD

Basil pesto, broccoli rabe, extra virgin olive oil, Fleur De Sel grey sea salt. Wheat free, soy free, egg free.
280 calories

28.

GRILLED BABY LAMB CHOPS

Rosemary, lemon extra virgin olive oil, eggplant caponata and fresh vegetables. Wheat free, dairy free, egg free, soy free.
400 calories

30.

GRILLED VEAL SCALOPPINI

Sliced tomatoes, baby arugula, cilantro pesto, fresh lemon. Wheat free, dairy free, egg free, fish and shell fish free.
265 calories

28.

Thoroughly cooked meat, poultry, shellfish & eggs reduce the risk of food borne illness.
We reserve the right to add 18% gratuity to parties of 6 or more.