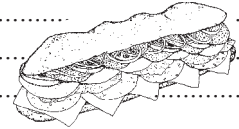


## Cold Sandwiches

These 7 inch Cold Subs are served with Lettuce,  
Tomato, Mayo, Onions, Oil & Vinegar

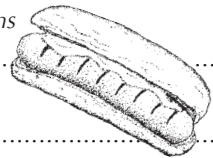
1. Ham, Salami & Provolone .....6.00
  2. Ham and Cheese .....5.00
  3. Capicola and Cheese .....5.00
  4. Salami, Capicola and Provolone.....6.00
  5. Turkey Breast .....6.00
  6. Turkey and Cheese .....6.50
  7. Roast Beef .....6.50
  8. Roast Beef and Cheese .....7.00
  9. Tuna .....6.00
  10. Tuna and Cheese .....6.50
  11. Chicken Cutlet.....7.00
  12. Ham, Salami, Pepperoni and Provolone .....6.50
  13. Trattoria Special .....7.50
- Chicken Cutlet, Russian Dressing, Bacon and Mozzarella



## Hot Sandwiches

Add fries to 7" Hot Subs for an additional \$2.50

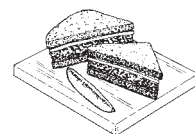
1. Chicken Parmigiana .....7.00
2. Veal Parmigiana.....8.00
3. Meatball .....5.00
4. Meatball Parmigiana.....6.00
5. Steak.....5.00
6. Cheese Steak .....5.50
7. Cheese Steak Works .....6.50
8. Italian Cheese Steak .....6.50
9. Double Italian Hot Dog .....6.00
10. Eggplant Parmigiana .....6.00
11. Sausage .....5.00
12. Sausage and Peppers .....6.50
13. Shrimp Parmigiana .....8.50



## Lunch Specialties

Available Daily

- Soup ..... Pint 4.25
- Pasta Fagioli, Escarole and Bean
- Soup and Salad.....7.00
- Choice of Soup and Small House Salad
- Chicken Cheese Steak.....7.00
- with Provolone, Mushrooms, Peppers and Onions
- Turkey BLT Wrap.....6.00
- Small Penne Vodka Sauce .....6.50
- Grilled Chicken and Pesto ..... 7.50
- on Homemade Bread with Fresh Mozzarella, Greens and Tomato
- Prosciutto, Fresh Mozzarella and  
Roasted Pepper Sandwich.....8.00
- Rancher Wrap .....7.00
- Grilled Chicken, Ranch, Cheddar, Bacon, Lettuce, Tomato
- Grilled Veggies and Fresh Mozzarella Wrap.....7.00
- Grilled Chicken, Spinach, Feta and Tomato Wrap.....7.50
- Chicken Caesar Wrap .....7.00
- Tuna Wrap with Swiss, Lettuce and Tomato.....6.00
- Turkey Special Sandwich .....7.00
- with Pesto Mayonnaise, Bacon, Tomato and Melted Swiss
- Grilled Chicken, Ham and Swiss Sandwich.....8.00
- Grilled Portabella.....6.50
- on Homemade Bread with Fresh Mozzarella and Roasted Peppers
- Raging Chicken Sandwich.....7.50
- Grilled Chicken, Spicy Ranch, Bacon, Lettuce and Tomato
- Sausage and Broccoli Rabe Sandwich.....7.00
- Fried Flounder Sandwich .....8.50
- with Tartar Sauce, Lettuce and Tomato
- Roselli Sandwich on Homemade Bread .....8.00
- Grilled Chicken, Broccoli Rabe, Fresh Mozzarella and Roasted Peppers
- Grilled Eggplant on Homemade Bread.....7.00
- with Goat Cheese, Spinach and Roasted Peppers



## Chef Specials Appetizers

- Artichokes Francaise served with asparagus in a lemon,  
white wine sauce .....9.00
- Mixed Green salad with Calamari, Shrimp & Crabmeat,  
tossed in Miso Lime vinaigrette ..... 14.00
- Spinach salad with Almonds, Apples & crumbled Bleu  
Cheese in honey balsamic ..... 9.00
- Wilson Special ..... 13.00
- Sauteed Calamari and Shrimp in garlic and oil with Hot Peppers

## Entrees

- Chicken Trattoria ..... 18.00
- Penne in fresh Plum tomato basil sauce with  
Grilled Chicken and Fresh Mozzarella
- Cheese Stuffed Rigatoni in Vodka Sauce .....15.00
- Scallops Francaise over sauteed Spinach..... 19.00
- Angel Hair Crabmeat and Plum Tomatoes in a light garlic  
butter sauce ..... 19.00
- Flounder Florentine (filets Francaise over sauteed spinach  
with melted mozzarella) ..... 19.00
- Cheese Tortellini in Pesto sauce with sliced  
Grilled Chicken..... 18.00
- Black and White Sesame crusted Sea Bass with Calamari  
Ginger soy sauce .....26.00
- Chicken Madeira ..... 19.00
- Chicken breasts in brown wine sauce with Mushrooms,  
Asparagus and melted Mozzarella
- Horseradish encrusted Grouper topped with homemade  
Tomato Jalapeno Salsa .....20.00
- Whole Wheat Penne w/Asparagus & Artichokes in white  
wine, lemon, garlic sauce..... 16.00
- Lobster Ravioli in Scampi Sauce with Jumbo Shrimp .....22.00

*Ask About Our Daily Specialties  
All Food is Made to Order  
Your Patience is Appreciated  
Ask About Today's Dessert Specials!*



Welcome to



233 East Main Street  
Manasquan, NJ 08736

Call for Pick-up or Delivery  
732-292-1900

EastMainStTrattoria.com



## Appetizers

Mozzarella Sticks .....	6.00
Buffalo Wings .....	8.00
Fried Calamari .....	10.00
Bruschetta .....	6.00
Baby Garlic Shrimp.....	11.00
Sauteed Clams .....	9.00
Mussels (hot or sweet) .....	9.00
Side of Meatballs or Sausage.....	5.00
Sauteed Spinach .....	6.00
Garlic Bread .....	3.00
with Cheese .....	4.00
Pasta Fagioli.....cup 3.25 bowl 4.25	
Escarole and Bean.....cup 3.25 bowl 4.25	

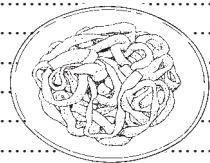


## Salads

Mixed Greens Tomato and Mozzarella Salad.....	9.00
with Onions, Olives, Roasted Red Peppers and Side of Balsamic Vinaigrette	
Caesar Salad.....	6.00
Greek Salad.....	8.00
Antipasto .....	Small 7.00 • Large 10.50
House Tossed Salad .....	Small 3.50 • Large 6.00
with Lettuce, Tomato, Cucumber, Olives and Onions	
<b>Add Grilled Chicken to any Salad \$4.00 extra</b>	
<b>Add Grilled Baby Shrimp to any Salad \$6.00 extra</b>	
<b>Choose from the Following Dressings</b>	
French, Russian, Bleu Cheese, Creamy Italian, Caesar, Vinaigrette, Balsamic, Honey Mustard or Ranch	

## Pasta

<b>Pastas are served with Small House Salad and Bread</b>	
<b>Choose from the Following Pastas:</b>	
Spaghetti, Penne, Rigatoni, Angel Hair or Linguine	
Pasta Marinara .....	9.50
Pasta with Homemade Meat Sauce .....	12.00
Pasta with Meatballs .....	12.00
Pasta with Garlic and Oil .....	10.00
Pasta Primavera .....	13.00
Cavatelli and Broccoli .....	12.00
Fettuccine Alfredo .....	13.00
Penne Vodka Sauce .....	12.00
Penne with Tomato and Basil .....	13.00
Meat Lasagna .....	13.00
Baked Manicotti .....	12.00
Baked Stuffed Shells .....	12.00
Baked Ravioli with Cheese .....	12.00
with Spinach .....	13.00
Linguine with White or Red Clam Sauce .....	14.00
Baked Ziti .....	12.00

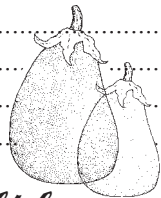


## ~Entrees~

All Entrees served with Small House Salad,  
Side Pasta with Marinara and Bread

### Eggplant

Penne with Eggplant, Tomato and Basil.....	13.00
Eggplant Parmigiana.....	13.00
Eggplant Rollatini.....	14.00
with Ham .....	14.50
with Spinach .....	14.50



### Chicken

Chicken Francaise.....	16.00
Chicken Marsala .....	16.00
Chicken Parmigiana .....	15.00
Rigatoni Vodka Sauce with Grilled Chicken .....	16.00
Chicken Murphy (hot or sweet).....	16.00
Chicken .....	16.00
with Portabella Mushrooms over Penne	
Chicken Savoy (boneless breast) .....	16.00

### Veal

Veal Francaise .....	17.00
Veal Marsala .....	17.00
Veal Parmigiana .....	17.00
Veal Piccata .....	17.00
Veal Saltimbocca .....	19.00
Veal Portofino over Angel Hair .....	18.00
Spinach, Portabella, Capers and Pine Nuts	

### Fish and Seafood

Shrimp Parmigiana .....	18.00
Shrimp Scampi over Linguine .....	18.00
Shrimp Francaise .....	18.00
Grilled Salmon.....	19.00
with Steamed Vegetables topped with Garlic Sauce and baby Shrimp	
Broiled Flounder with Steamed Vegetables.....	17.00
Shrimp and Scallops Fra Diavolo .....	19.50
New Zealand Mussels over Pasta .....	15.00
(Hot or Sweet)	



## Pizza

Available in Individual, Medium or Large

	Ind.	Med.	Large
1. Original.....	8.00	10.00	12.00
2. Fresh Tomato and Sausage.....	9.00	13.00	15.00
3. Spinach, Ricotta and Roasted Red Peppers.....	10.00	14.00	16.00
4. Eggplant Rollatini .....	9.00	13.00	15.00
5. White .....	9.00	13.00	15.00
6. Five Cheese .....	10.00	14.00	16.00
Monterey Jack, Cheddar, Ricotta, Provolone & Mozzarella			
7. Kitchen Sink .....	11.00	15.00	17.00
8. White Spinach .....	10.00	14.00	16.00
9. Tomato, Basil & Fresh Garlic.....	9.00	13.00	15.00
10. Tex Mex .....	9.00	12.00	14.00
11. Primavera .....	10.00	14.00	16.00
Mozzarella, Garlic, Tomato, Broccoli and Cauliflower			
12. Eggplant, Tomato, Basil and Fresh Garlic.....	10.00	14.00	16.00
13. Chicken Parmigiana .....	11.00	15.00	17.00
Chicken Cutlet, Mozzarella, Ricotta Cheese & Marinara Sauce			
14. Buffalo Wing .....	11.00	15.00	17.00
Chicken Cutlet, Mozzarella, Hot Sauce & Bleu Cheese			
15. Farmers Pizza .....	11.00	15.00	17.00
Grilled Chicken, Mushrooms, Roasted Red Peppers & Honey Mustard			
16. Margherita Pizza (no sauce) .....	11.00	15.00	17.00
Fresh Mozzatella, Tomatoes, Basil and Garlic			

### OPTIONAL INGREDIENTS

<b>Small 1.00 • Medium 1.50 • Large 2.00</b>
Pepperoni, Sausage, Meatballs, Bacon, Mushrooms, Sweet or Hot Peppers, Onions, Spinach, Broccoli, Eggplant, Garlic, Olives, Anchovies, Ricotta, Cauliflower, Extra Cheese Ham, Pineapple, Chicken ... or Create Your Own!

### Dessert Available

#### Beverages

Coke, Diet Coke, Sprite or Fruit Punch	\$1.25
Child's Size Soda	\$1.00
Snapple	\$1.75
Bottled Water	\$1.25
Coffee (Decaf or Regular)	\$1.25
Tea	\$1.25



## Stuffed Pizza

A Deep-Dish Style Pizza Filled with Mozzarella Cheese and  
Fillings of Your Choice Topped with Another Layer of Dough  
Medium serves Two • Large serves Four

	Med	Large
1. Original Mozzarella, Ricotta, Herbs and Spices	10.00	15.00
2. Pepperoni and Onions .....	12.00	17.00
3. Vegetarian Mushrooms, Peppers and Onions..	12.00	17.00
4. Spinach and Mushrooms.....	12.00	17.00
5. Meatball and Onion .....	12.00	17.00
6. Sausage, Peppers and Onion .....	12.00	17.00

## Calzones

Served with a Bowl of Marinara for Dipping

1. Original (Mozzarella, Ricotta & Spices).....	8.00
2. Sausage, Peppers and Onions .....	10.00
3. Tex Mex.....	10.00
Tomato, Monterey Jack, Cheddar, Sweet and Hot Peppers	
4. Veggie .....	10.00
Broccoli, Eggplant, Mushrooms and Artichokes	
<b>OR CREATE YOUR OWN COMBINATION!</b>	



SLICES	
Plain ...	2.00
Single Topping ...	2.25
Special ...	3.00



## Children's Menu

For Our Customers 12 Years Old and Younger

Chicken Fingers and French Fries.....	\$7.00
Spaghetti and Marinara or Butter .....	\$4.00
Spaghetti with Two Meatballs .....	\$6.00
Cheese Ravioli (3) with Marinara .....	\$6.00

