



BOULDER, COLORADO

... EST. 1993 ...

LUNCH

# TAPAS CALIENTES

- \* **GUISANTES PICANTES** blackened sugar snap peas | lemon | remoulade 6.95
- EMPANADAS** braised chicken | manchego | goat cheese | spinach | harissa 6.50
- FALAFEL** chickpea | cumin | parsley | yogurt-tahini 4.25
- \* **GAMBAS A LA PLANCHA** griddled shrimp | garlic | olive oil | lemon | salsa verde 8.50
- SPANAKOPITA** phyllo baked spinach & feta | lemon | tzatziki 5.25
- \* **CHAMPIÑONES SALTEADOS** sautéed mushrooms | garlic | sherry | parsley | lemon 5.95
- POLENTA CON CORDERO** braised Colorado lamb | creamy polenta | pomegranate | Grana Padano 7.50
- ALBÓNDIGAS DE CERDO** pork & ricotta meatballs | San Marzano tomato sauce 4.95
- PINCHO MORUNO DE CORDERO** ♦ spiced lamb skewer | feta dip | warm soft pita 6.95
- SPIEDINO DI POLLO** curry chicken skewer | feta dip | warm soft pita 5.95
- RATATOUILLE** wood oven roasted tomatoes | peppers | zucchini | eggplant | onions | basil | Grana Padano 6.25
- PATATAS BRAVAS** crisp potatoes | harissa | green onions 6.95
- \* **DÁTILES CON TOCINO** bacon wrapped Medjool dates | garlic | lemon butter 5.95 [*contain pits*]
- AJO ASADO** roasted garlic | chèvre | tomato jam | aged balsamic | sea salt crostini 6.25
- \* **BISTECCA VERDE** ♦ grilled hanger steak | salsa verde | manchego 8.25
- PASTILLA** phyllo wrapped chicken | pine nuts | cilantro | raisins | Ras el Hanout | cinnamon 6.25
- CALAMARI FRITTI** ♦ crisp calamari | garlic | marinara 6.25
- SAGANAKI** pan fried bread cheese | salsa verde | crostini 6.95
- \* **MOULES BUZARRA** mussels | spicy San Marzano tomato broth | leeks | white wine | parsley 8.95
- \* **MOULES AU PARMESAN** mussels | parmesan crème | shallots | green onions | lemon 8.95
- \* **OLIVES AL HORNO** kalamata, picholine, Castelvetrano olives | roasted garlic | rosemary 5.95 [*contain pits*]

JOIN US FOR HAPPY HOUR EVERYDAY 3 - 6:30PM  
PLEASE INQUIRE ABOUT OUR NEW LATE HAPPY HOUR

\* indicates gluten free items

# TAPAS FRIAS

- TIROKAFTERI** feta dip | Greek yogurt | feta | dill | garlic | warm soft pita 6.25
- BOQUERONES** marinated white anchovies | roasted peppers | lemon | sea salt | crostini 5.95
- \* **ALMENDRAS** toasted California almonds | sea salt 5.25
- \* **RUCOLA** baby arugula | olive oil | lemon | Grana Padano 3.95
- TABBOULEH** bulgur wheat | tomatoes | cucumbers | red peppers | scallions | lemon | parsley | mint 4.25
- HUMMUS BI TAHINI** chickpea hummus | toasted pine nuts | warm soft pita 5.95
- \* **BURRATA CAPRESE** burrata | vine ripened tomatoes | basil | sea salt | olive oil | aged balsamic 7.95
- \* **BETTERAVES RÓTIÉS** roasted beets | toasted pistachios | baby arugula | chèvre | chamomile honey 7.95
- TRUITE FUMÉE** smoked Idaho trout | crisp Kennebec potatoes | citrus-herb aioli | arugula | lemon oil 8.25
- TUNA TARTARE** ♦ Yellowfin tuna | oranges | jalapeños | picholine olives | toasted almonds  
lime-soy vinaigrette | sea salt crostini 9.95
- FORMAGGI** herb chèvre | manchego | gorgonzola | spiced walnuts | orange jam | toasted focaccia 9.95
- CHARCUTERIE** Prosciutto di Parma | Coppa ham | Soppressata picante  
black pepper mustard | toasted focaccia 9.95

## ENSALADAS Y SOPA

*Available with chicken 5.00 | Atlantic salmon ♦ 7.00 | hanger steak ♦ 7.50*

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| * <b>MORROCAN CHICKEN &amp; LENTIL SOUP</b> 4.25   5.95  | <b>CAESAR</b> 9.25  |
| braised chicken   lentils   tomato   cilantro   ginger   | romaine   croutons   Grana Padano<br>[add white anchovies .95]  |
| * <b>MISTA</b> 7.25  | * <b>ITALIAN CHOPPED</b> 12.95  |
| field greens   romaine   fennel   carrots   tomatoes<br>radishes   Parmigiano Reggiano   citronette                        | grilled chicken   garbanzo beans   kale   romaine<br>cucumbers   tomatoes   zucchini   avocado<br>feta   mint   basil   rice wine vinaigrette |
| * <b>SPINACI</b> 9.95  | <b>MED SAMPLER</b> 13.95  |
| baby spinach   smoked bacon   spiced walnuts<br>dried cranberries   gorgonzola   apples<br>red onions   orange vinaigrette | falafel   hummus   baba ghanouj   tabbouleh<br>Greca salad   crisp paprika flatbread  |
| * <b>GRECA</b> 11.95   | <b>ESPAÑA</b> 15.95   |
| romaine   cucumbers   tomatoes   red onions<br>bell peppers   pepperoncini   olives   feta<br>herb vinaigrette             | Moroccan chili rubbed chicken   field greens<br>strawberries   pine nuts   cucumbers   tomatoes<br>red onions   chèvre   lime-soy vinaigrette |

# PIZZAS

<b>MARGHERITA</b>	9.25	<b>PRECI</b>	10.95
San Marzano tomato sauce   basil   mozzarella		pepperoni   San Marzano tomato sauce basil   mozzarella	
<b>PANTHEON</b>	11.95	<b>LA VÉGÉTARIENNE</b>	10.95
garlic crème   coppa ham   tomatoes spinach   parmesan		ratatouille   herb ricotta   fontina   basil [ add grilled chicken 1.50 ]	
<b>SALSICCIA</b>	10.95	<b>SPEZIATA</b>	11.95
Italian sausage   mushrooms San Marzano tomato sauce   oregano mozzarella		grilled chicken   roasted garlic purée   avocado wood roasted jalapeños   cilantro   fontina	

*Add Prosciutto di Parma 2.50 | Add Coppa ham 2.50*

# PASTAS

*Available with Capello's gluten free fettucine 2.50*

<b>ORZO DI GAMBERETTI</b>	15.95	<b>BOLOGNESE</b>	15.95
pan roasted gulf shrimp   orzo   artichoke hearts tomatoes   spinach   pesto   feta		rigatoni   classic Italian meat sauce Grana Padano   nutmeg   cream	
<b>RAVIOLI ALLA RAIMONDO</b>	14.95	<b>SEAFOOD PUTTANESCA</b>	17.95
inspired by Chef Raimondo Laudisio chicken   spinach   shiitake mushrooms ricotta   tomato-vodka cream		fresh linguine   Manila clams   Gulf shrimp   tomatoes olives   capers   white wine   anchovy   lemon toasted bread crumbs	
<b>POLLO ALLA PARMIGIANA</b>	16.95		
chicken   Italian bread crumbs   marinara fresh mozzarella   spaghetti			

# SANDWICHES

*choice of soup | Kennebec fries | Caesar or mista salad*

<b>PANINO DI PESTO</b>	11.95	<b>ARROSTO DI MANZO</b>	13.95
Genoa salami   fresh mozzarella roasted red peppers   basil pesto pressed on house made bread		shaved roast beef   corn meal fried onions banana peppers   smoked provolone   Viennese roll	
<b>POLLO PIPPERADA</b>	12.95	<b>GYROS</b>	12.95
herb griddled chicken   sweet pepper remoulade spinach   tomatoes   smoked provolone toasted house made ciabatta		lamb shwarma   tzatziki   romaine cucumber salad   grilled pita bread [ also available with grilled chicken or falafel ]	

**WE PROUDLY SERVE ARTISAN BREADS, BAKED DAILY IN OUR IN-HOUSE BAKERY.**

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# PLATOS PRINCIPALES

**EGGPLANT PARMIGIANO** 11.95

oven baked eggplant | fresh mozzarella | parmigiano | San Marzano tomato sauce | Focaccia bread crumbs

\* **PICCATA DI POLLO** 15.95

sautéed chicken breast | capers | lemon | thyme | Basmati rice | seasonal vegetables

\* **TONNO PEPPERONATA** 16.95

herb seared yellowfin tuna | summer squash | kalamata olives | peperonata | seared greens  
marinated feta | citrus butter

**POLLO ALLA CACCIATORA** 16.95

half roasted chicken | mushrooms | bell peppers | mixed olives | creamy polenta  
seared kale | sherry-tomato ragout

**KEBAB** ◇ curry-tarragon chicken 15.95    spice rubbed lamb 16.95

seared greens | bell peppers | onions | caper-olive relish | feta dip | warm soft pita

**SALMONE OREGANATA** ◇ 16.95

pan roasted salmon | Manila clams | parmesan-oregano breadcrumbs  
fingerling potatoes | baby spinach | garlic-saffron broth

\* **SALTIMBOCA** 16.95

pork scaloppini | Prosciutto di Parma | provolone | tomatoes | sage

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*A classic Spanish rice dish originating from Valencia, Spain.  
Simmered with fresh thyme, lemon & white wine on a bed of  
saffron rice. Perfect for sharing with a friend.*

**Please allow 15 minutes for preparation.**

## PAELLA

\* **VALENCIANA** 16.95

Spanish chorizo | chicken  
PEI mussels | Manila clams  
Gulf shrimp | peas  
roasted red peppers | saffron

\* **MARISCOS** ◇ 18.95

PEI mussels | Manila clams  
Gulf shrimp | calamari  
roasted red peppers  
peas | saffron

\* **VERDURAS** 14.95

broccoli | roasted red peppers  
zucchini | peas | mushrooms  
artichoke hearts | herb chèvre  
saffron

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## SULLA GRIGLIA

### “FROM THE GRILL”

**Vegetable  
Kebabs**

11.95

**Chicken  
Breast**

15.95

**Atlantic  
Salmon** ◇

16.95

**Hanger  
Steak** ◇

16.95

**Sesame  
Tuna** ◇

17.95

**Filet  
Mignon** ◇

26.95

**VERDURE**

broccoli | lemon  
ratatouille | balsamic  
sugar snap peas | shallots

**SALSA**

harissa    salsa verde  
red wine reduction  
beurre blanc au citron

◇ These items may be served raw or undercooked, or contain raw or undercooked ingredients.  
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of foodborne illness.