

# Popi's Lunch Menu

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## Soup & Salad

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### Caesar Salad

*Fresh cut romaine served with homemade croutons, parmesan cheese and tossed in our homemade Caesar dressing 8*  
*with Blackened or Grilled Chicken 13*  
*with Blackened or Grilled Shrimp 14*

### Mediterranean Salad

*Fresh-cut romaine topped with albacore white tuna, crabmeat, shrimp, tomatoes, roasted peppers and hard-boiled egg, served with our homemade Caesar dressing 15*

### Asian Salad

*Romaine with julienne peppers & carrots, sliced almonds, mandarin oranges & Asian noodles in a ginger sesame dressing 9*  
*With Chicken 14 With Shrimp 15*

### Quinoa Bowl

*Quinoa mixed with grilled vegetables and topped with grilled chicken 12*

### Garden Salad

*Fresh cut romaine served with lettuce, tomatoes, cucumbers, black olives and red onion with Popi's signature balsamic vinaigrette 7*  
*With Blackened or Grilled Chicken 12*  
*With Blackened or Grilled Shrimp 13*  
*With Italian Tuna in Olive Oil 13*

### Popi's Salad

*Fresh cut romaine served with sliced fresh mozzarella cheese, roasted red peppers, radicchio, olives and tomatoes with Popi's signature balsamic vinaigrette 11*

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## Appetizers

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### Fried Calamari

*With lemon and marinara sauce 10*

### Mussels

*Red or white sauce 10*

### Clams

*Red or white sauce 13*

### Homemade Chicken Fingers

*BBQ or honey mustard sauce 9*

### Bruschetta

*Sliced Italian bread lightly toasted with fresh tomatoes and red onions and extra virgin olive oil and spices 6*

### Mozzarella Sticks

*Served with a side of marinara sauce 6*

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## Sides

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**Sautéed Spinach 7**

**Broccoli Rabe 9**

**Steak Fries 4.5**

**Long Hots**

*Garlic & Oil or Marinara 7*

*\* No split checks*

*\*Please note that a gratuity charge will be added to parties of six or more.*

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

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# Sandwiches

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*Served with a side of fries.*

## Italian Sausage

*Hot or sweet, grilled or in marinara sauce 9  
With broccoli rabe 10.5*

## Chicken Parmesan

*Grilled or pan fried cutlet topped with melted mozzarella and marinara 10*

## Crab Cake

*Popi's famous crab cake with lettuce, tomato and a side of tartar sauce on a seeded bun 14*

## 8 oz. Angus Beef Burger

*Your choice of cheese, lettuce, tomato and red onion 12*

## Steak Sandwich

*Served with sautéed onions and your choice of cheese 9.5*

## Meatball

*Traditional, beef, veal and pork meatballs in marinara 10*

## Veggie Hoagie

*Sautéed spinach, eggplant, sun dried tomatoes, roasted peppers and red onions 11*

## Chicken Salad Wrap

*Shredded chicken with mayonnaise, walnuts and raisins 11*

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# Pasta

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**Penne 9 | Linguini 9 | Angel Hair 9 | Ravioli 11 | Homemade Gnocchi 12**

*Marinara | Oil & Garlic add 2 | Bolognese add 2 | Ala Vodka add 2 | Fra Diablo add 2*

**Linguini & Mussels 12 | Linguini & Clams 15 | Penne with Broccoli 10 | Linguini & Shrimp 13**

*Red or White | Red or White | Oil & Garlic | Marinara*

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# Entrées

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*Served with a side of pasta or side salad.*

## Chicken or Veal Parmesan

*Your choice of breaded chicken or veal cutlets topped with mozzarella cheese and marinara. Chicken 12 • Veal 15*

## Grilled Chicken Parmesan

*Char-grilled chicken topped with mozzarella cheese and marinara 12*

## Grilled or Blackened Chicken

*Topped with roasted peppers 12*

## Chicken Italiano

*Char-grilled chicken with prosciutto, mozzarella cheese and marinara sauce 13*

## Chicken or Veal Marsala

*Medallions sautéed in a marsala wine with fresh mushrooms Chicken 13 • Veal 16*

## Balsamic Blackened Chicken

*Spicy cutlets topped with diced tomatoes and vinaigrette dressing with a side of pasta 13*

## Eggplant Rolletini

*Rolled eggplant with ricotta and spinach topped with mozzarella cheese in a marinara sauce 12*

## Grilled or Blackened Shrimp

*Topped with roasted peppers 14*

## Shrimp and Chicken Combo

*Grilled or blackened with roasted peppers 14*

## Eggplant Parmesan

*Lightly breaded fried eggplant, mozzarella cheese and marinara 11*

## Chicken or Veal Picante

*Chicken or veal sautéed in butter, lemon and white wine sauce. Chicken 13 • Veal 16*

## Chicken or Veal Milanese

*Breaded chicken or veal topped with spinach and Reggiano Parmesan. Chicken 14 • Veal 17*