



## **Antipasti (Appetizers)**

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All pastas are traditionally homemade fresh daily in Sophia's own pasta kitchen. Cooked like in Italy; al dente.

### **Calamari Fritti**

Fresh calamari coated in our special seasonings, then fried golden. Served with marinara

### **Clams Oreganate**

Littleneck clams stuffed with breadcrumbs, garlic, Parmigiano Reggiano, oregano and fresh parsley.

### **Cozze in Vino Bianco**

Steamed mussels sautéed with fresh garlic, extra virgin olive oil, basil, lemon and white wine.

### **Broccoli Rabe Con Salsiccia Picante**

Sautéed fresh broccoli rabe, Italian Chiv-ALina sausage with cheese, extra virgin olive oil and garlic with homemade polenta.

### **Caprese**

Fresh mozzarella, plum tomatoes, Prosciutto Di Parma, farfalle bow tie pasta, topped with extra virgin olive oil, fresh basil, roasted pignoli nuts and finished with a balsamic reduction.

### **Calamari Alla Sophia**

Grilled calamari with a balsamic reduction over a bed of mixed greens.

### **Vongole E Cozze**

Sautéed littleneck clams and mussels with hot chili peppers, olive oil and garlic. In white or red sauce.

### **Cozze in Marinara Sauce**

Mussels steamed in marinara sauce with garlic and basil.

### **Tuna Carpaccio**

Sashimi quality fresh tuna, thin sliced and topped with fine shavings of Parmigiano- Reggiano, served on a bed of arugola with berry capers fresh lemon and truffle oil.

### **Bruschetta Classica**

Homemade brick oven baked bread topped with fresh chopped plum tomatoes, marinated in an olive oil with fresh garlic, chopped basil and Parmesan cheese.



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## **Insalate (Salad)**

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Add anchovies \$2.

### **House Salad**

Fresh crispy romaine lettuce, Kalamata olives, cherry tomatoes, shredded carrots and cucumbers served with balsamic vinaigrette.

### **Raspberry Blue Cheese Salad**

Fresh crispy romaine lettuce with chopped cranberries and walnuts with a raspberry vinaigrette dressing topped with crumbled blue cheese.

### **Insalata alla Caesar**

Fresh crispy romaine lettuce, homemade croutons and Parmigiano Reggiano cheese, tossed with our own homemade Caesar dressing.

### **Insalata alla Chicken Caesar**

Our classic Insalata alla Caesar topped with grilled chicken and our homemade Caesar dressing.

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## **Zuppe (Soup)**

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### **Pasta Fagioli**

Homemade pasta with cannellini beans and a touch of plum tomato.

### **Italian Wedding**

Tiny meatballs, escarole, carrots and pasta.



## **Piatti d'autore di Sophia (Sophia's Signature Dishes)**

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### **Bella Sophia**

Fresh Filet of Sole, topped with fresh chopped plum tomatoes, fresh garlic, sautéed onions, Kalamata olives and capers sautéed in white wine sauce, finished with a balsamic reduction, served with garlic mashed potatoes and vegetable or a side of pasta.

### **Zuppa DiPesce Alla Sophia**

Fresh main lobster tail, jumbo shrimp, clams, mussels, scungilli and calamari served over homemade linguine alla marinara.

### **Veal Chop Milanese**

14 oz. center cut milk fed veal chop thinly breaded and pounded, topped with fresh arugula, chopped plum tomatoes and olive oil, finished with a balsamic reduction, served with choice of pasta.

### **Veal Chop Parmigiana**

14 oz. center cut milk fed veal chop thinly breaded and pounded, topped with our famous marinara sauce and mozzarella cheese, served with a side of pasta.



## **Pasta Fatta in Casa (Homemade Pasta)**

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All entries served with fresh bread and house or Caesar salad.

### **Spaghetti Marinara**

Our famous marinara sauce made with fresh plum tomatoes, garlic and Parmesan cheese.

### **Spaghetti Aglio E Olio**

Extra virgin olive oil, fresh garlic and Italian parsley.

### **Spaghetti Tagliolini Napolitano**

Chunks of Roma tomatoes sautéed with oven roasted garlic cloves and our own basil pesto.

### **Pappardelle**

Veal, beef and pork bolognese, flat wide pasta tossed with authentic slow cooked Italian meat sauce.

### **Spaghetti a la Bolognese**

Our own traditional meat sauce made with beef, veal and pork.

### **Spaghetti Chili Carbonara**

Porcini mushrooms, garlic, butter olive oil, light cream, Parmesan cheese and chili flakes.

### **Spaghetti and Meatballs**

Sophia's famous marinara sauce with homemade meatballs.

### **Linguine Alla Vongole**

Linguine with fresh littleneck clams in the shell sautéed in a light tomato sauce or garlic, olive oil, crushed red pepper and Italian parsley.

### **Linguine Puttanesca**

Linguine pasta sautéed in a spicy tomato sauce, Green and Kalamata olives, capers, anchovies, garlic and fresh plum tomatoes.

### **Gnocchi Gorgonzola**

Potato pasta in a cream sauce with butter and gorgonzola cheese.



### **Eggplant Parmagiana**

Fresh baby eggplant breaded and layered with Ricotta cheese and topped with marinara sauce and melted mozzarella, served with a side of pasta.

### **Ravioli Pomodoro**

A family favorite, our perfect blend of cheeses tucked in tender ravioli with a traditional red sauce is something everyone will love. Available with spinach, and with meat for an extra charge.

### **Penne alla Vodka**

Marinara sauce with cream, a touch of vodka and fresh basil. Available with chicken/sausage, and jumbo shrimp for an extra charge.

### **Lasagna**

Tomato meat sauce, mozzarella and Ricotta cheese.

### **Risotto with Truffles and Champagne**

Arborio risotto simmered with imported Italian champagne and tossed with fresh imported black Norcha truffles.

### **Fettuccine Alfredo**

Fresh homemade pasta served with a sauce of butter, cream and Parmigiano Reggiano. Available with Chicken or Shrimp for an extra charge.

### **Cavatelli Pugliesi**

Sausage, broccoli rabe, garlic and olive oil.

### **Tagliatelle with Truffles**

Imported black Norcha truffles, butter, garlic and Parmesan cheese.

### **Ravioli Pescature**

Stuffed with fresh lobster, shrimp and crabmeat in a pink rose sauce.

### **Penne with Shrimp & Broccoli**

Olive oil, Parmesan cheese and garlic.

### **Tortellini Pomodoro**

Tiny hat shaped pasta filled with cheese and our famous Pomodoro sauce. Available with meat for an extra charge.



## **Pesce (Fish)**

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### **Sophia's Chilean Sea Bass**

Pan seared with sautéed baby eggplant and olives in a garlic white wine sauce, served over a bed of spinach and choice of garlic mashed potatoes and vegetable or side of pasta.

### **Shrimp Parmisaian**

Oven baked jumbo shrimp with fresh tomato sauce and mozzarella cheese, served with a side of pasta.

### **Lobster or Shrimp Fra Diabolo**

A classic dish, slightly spicy with fresh tomatoes, garlic and olive oil served over linguine. Your choice of lobster or shrimp.

### **Fresh Atlantic Salmon**

Sauteed with fresh garlic, capers, artichoke hearts in a lemon white wine sauce, served with garlic mashed potatoes and vegetable or side of pasta.

### **Shrimp Scampi**

Sautéed jumbo shrimp with white wine, garlic and butter, served over linguine.



## **Vitello (Veal)**

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Served with a side of pasta.

### **Vitello Marsala**

Pounded milk fed veal scaloppine sautéed with imported marsala wine and fresh mushrooms.

### **Vitello Francese**

Pounded milk fed veal scaloppine egg battered and sautéed with fresh lemon butter sauce and white wine.

### **Vitello Scarpariello**

14 oz. center cut milk fed veal chop, grilled and topped with red peppers, Italian sausage, mushrooms, plum tomatoes, capers, Kalamata olives, artichoke hearts, pepperoncini peppers and garlic with a touch of marinara sauce.

### **Veal Piccata**

Pounded milk fed veal scaloppine sautéed with white wine, fresh lemon, artichoke hearts and capers.

### **Vitello Saltimbocca**

Pounded milk fed veal scaloppine topped with Prosciutto DiPalma, sautéed in marsala wine and served over a bed of spinach.



## **Manzo (Beef)**

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Served with garlic mashed potatoes and vegetable or a side of pasta.

### **Filet Mignon Barolo 10 oz.**

USDA prime center cut filet grilled with fresh Shitake mushrooms, Prosciutto DiPalma, extra virgin olive oil, finished in a barolo wine sauce.

### **New York Strip Steak 14 oz.**

USDA prime center cut strip marinated with extra virgin olive oil, fresh garlic, and rosemary.

## **Pollo (Chicken)**

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Served with a side of pasta.

### **Chicken Parmigiana**

Fresh tomato sauce and mozzarella cheese.

### **Chicken Marsala**

Breast of chicken sautéed with Prosciutto and mushrooms finished in a imported marsala wine sauce.

### **Chicken Francese**

Breast of chicken sautéed in a lemon and white wine sauce.

### **Chicken Piccata**

Breast of chicken sautéed in a lemon butter sauce with capers.





## **Contorni (Side Dishes)**

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**House or Caesar Salad**

**Sausage Chiv-A-Lini**

Italian Sausage with cheese.

**Sauteed Spinach with Oil and Garlic**

**Sautéed Fresh Mushrooms**

**Homemade Pasta**

Choice of Spaghetti, Linguine, Angel Hair, Pappardelle, Penne.

**Meatballs (2)**

**Broccoli Rabe with Oil and Garlic**

**Grilled Asparagus with Parmisani Cheese-**

**Risotto Sautéed**

Garlic, onion & fresh mushrooms.



## **Menu per Bambini (Children's Menu)**

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Includes choice of soft drink.

### **Penne**

With choice of marinara, Alfredo or butter sauce.

### **Spaghetti and Meatball**

With marinara sauce.

### **Cheese Ravioli**

### **Chicken Tenders**

Served with french fries.

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## **Dolce (Dessert)**

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All desserts homemade fresh daily.

### **Cannoli**

Italian pastry shell filled with Ricotta cheese and chocolate chips, topped with powdered sugar.

### **Ricotta Chees e Cake**

A family recipe made from fresh imported Ricotta and a hint of orange citrus.

### **Banana Foster**

Tableside flambé for two.

### **Cherry Jubi lee**

Tableside flambé for two.

### **Old World Spu moni**

Cherry, chocolate and pistachio swirled ice cream drizzled with hot chocolate sauce and biscotti.

### **Tiramasu**

Savoiardi (lady fingers) dipped in espresso and a hint of Kahlua, layered with mascarpone, light whipped cream and dusted with cocoa powder.

### **Vanilla Ice Cream**

### **Sfogliatella (2)**

Italian puff pastry filled with Ricotta cheese and citrus.

### **Chocolate Cake**

Chocolate layer cake with rich chocolate cream covered with chocolate ganache and cocoa butter.

**MENU VERSION PRINTED FROM**

*SophiasItaliano.com*

Please contact the restaurant to ensure the accuracy of this menu.

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Hours: 4:00pm - 10:00pm Monday – Sunday