

Carne e Pesce

All entrées below are served with seasonal vegetable and starch

Pollo Portobello e Gorgonzola 19.50

Free-range breast of chicken grilled and served with portobello mushrooms, roasted bell pepper, garlic, a touch of gorgonzola cheese and white wine

Pollo Saltimbocca 19.50

Free-range breast of chicken topped with ham, mozzarella, served in white wine and sage sauce

Ossobuco di Maiale 21.50

Natural pork ossobuco stewed with mixed blended vegetables and white wine

Vitello Piccata 25.00

Natural veal scaloppine sautéed with lemon, capers and white wine

Vitello Funghi e Marsala 25.00

Natural veal scaloppine sautéed with mushrooms and sweet Marsala wine

Bistecca alla Griglia 29.50

Natural rib-eye steak grilled and served with roasted garlic, rosemary and aged balsamic vinegar

Agnello Scottadito 29.50

Natural lamb chops grilled and served in a marinated Italian herb sauce

Calamari alla Francesco 22.50

Calamari steak sautéed with lemon, pickles, caper berries and white wine

Salmone Livornese 23.50

Fresh salmon sautéed with capers, garlic, black olives, tomatoes and white wine

Gamberoni alla Diavola 29.50

Wild caught prawns sautéed with garlic, white wine, capers and spicy tomato sauce

Zuppa di Pesce 25.00

Fresh assorted seafood served in a tomato, white wine and garlic broth

Menu per Bambini (Children) 8.00 per plate

Choice of Pasta and Sauce:

Ziti, Fettuccine or Spaghetti

Tomato or Meat Sauce or Butter and Cheese

We only serve all natural meat and 0 trans fat frying oil

We do not split Pizza, Fish, Meat or Dessert

Terra Mia—“My Land”

While “Terra Mia” for Teodoro means the Bay Area, Francesco and Daniele were born and raised in the south of Italy. They come from traditional Italian families whose daily essence involves lunchtime “pranzo”—home cooked by mothers and grandmothers. Every day, the entire family sits down together to feast on fresh pastas, sauces, meats, cheeses and wine. Most of the ingredients are grown on their land and gardens, or gathered from the local butcher, cheese store, bread shop and fresh produce stands. This is the time for conversation, laughter, arguments and spending quality time with each other.

Here at Terra Mia, we carefully prepare our dishes using only the freshest ingredients. Our food is made from scratch, like the trattorias and ristoranti in Southern Italy. We make all efforts to purchase organically and locally, to preserve the flavor and quality of our food. We strongly support the Slow Food movement organization, which began in Italy in 1986. The nature of this group is to protect cultural identities linked to food and traditions. Also, for consumers to “slow” down and learn to enjoy meals while spending quality time with family and loved ones.

Buon appetito!

Terra Mia Italian Restaurant

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We are not responsible for lost or stolen articles.

18% gratuity may be added to groups of six or more.

Maximum of four separate checks per table.

Please advise your server of any food allergies.

Visa/MasterCard/American Express, No Personal Checks

Antipasti e Insalate

Zuppa del Giorno Cup 5.00 Bowl 8.50

Homemade soup of the day

Insalata della Casa Half 5.00 Full 8.00

Mixed organic green salad (Italian dressing)

Caesar Salad Half 5.50 Full 9.00

Romaine salad heart with homemade Caesar dressing

(extra virgin olive oil)

Garlic Bread 6.00

Homemade bread, garlic, parmigiano, parsley

Insalata Caprese 13.50

Sliced tomato, fresh mozzarella, extra virgin olive oil and fresh basil

Insalata di Mare 14.00

Mixed organic green salad topped with fresh marinated seafood

Bruschetta 8.00

Fresh tomatoes, black olives, garlic and basil served on toasted

homemade bread

Calamari Fritti 13.50

Deep fried calamari served with marinara sauce

Caponata Siciliana 10.50

Stewed eggplant, capers, pine nuts and tomatoes served

with toasted crostini bread

Polenta e Funghi 10.50

Polenta topped with portobello mushrooms, smoked

mozzarella cheese and tomato sauce

Prosciutto di Parma con Frutta 14.00

Thinly sliced Italian imported prosciutto with seasonal fruit

Salmone Affumicato 14.00

Smoked salmon, green peppercorns, lemon, fresh dill

Cozze e Vongole Terra Mia 15.00

Fresh mussels and clams baked with white wine and

roasted bell pepper

Antipasto Misto or Saporito (for two people) 20.00

Assortment of Italian appetizers, traditional vegetable or

salumi and cheese

Pizza

Prosciutto e Funghi 17.00

Thin slices of prosciutto crudo and mushrooms

Margherita 13.00

Tomato sauce, mozzarella and fresh basil

Calabrese 15.00

Tomato sauce, mozzarella, sausage and mushrooms

Pepperoni 14.00

Tomato sauce, mozzarella and pepperoni

Terra Mia 15.50

Portobello mushrooms, smoked mozzarella, eggplant, roasted

garlic and tomato sauce

Pasta

Spaghetti Aglio, Olio e Peperoncino 13.00

(served lukewarm)

Sautéed with garlic, red hot chili pepper, black olives, extra

virgin olive oil and sun-dried tomatoes

Spaghetti con Muscoli 17.50

Sautéed with fresh clams and mussels in either white or red sauce

Fettuccine Alfredo 15.50

Served in a cream sauce

Fettuccine alla Bolognese 17.00

Served with homemade meat sauce

Fettuccine Primavera 15.50

Sautéed with fresh seasonal vegetables, onions and extra

virgin olive oil

Rollino Giovanni (allow 15 minutes) 16.50

Sheet pasta rolled with eggplant, smoked mozzarella cheese

and ham, served in a tomato cream sauce

Linguine Genovese (served lukewarm) 15.00

Sautéed with fresh homemade pesto sauce (fresh basil,

cheese, garlic, potato and pine nuts)

Linguine Tutto Mare 19.50

Sautéed fresh assorted seafood in a light tomato sauce

Ziti al Salmone 16.50

Sautéed with fresh salmon and served in a tomato

vodka cream sauce

Ravioli Anna 16.50

Homemade pasta stuffed with fresh ricotta cheese and

spinach, served in a sun dried tomato cream sauce

Lasagna Bolognese (allow 15 minutes) 18.00

Homemade meat lasagna

Gnocchi Gorgonzola 16.50

Homemade potato dumplings served in imported gorgonzola

cheese sauce

Tortellini alla Crema 17.50

Homemade pasta stuffed with meat, served in a cream sauce

with ham and mushrooms

Ziti alla Calabrese 17.00

Sautéed with pork sausage and mushrooms in a tomato

and red wine sauce

Gluten-free option: Penne or Spaghetti 2.50

Whole wheat option: Penne or Spaghetti 2.00

Add Chicken 5.00 / Salmon 6.00 / Prawn 3.00 each

*The essence of culinary art is time...
We ask your kind indulgence*