

Sofia's

Fine Italian Cuisine

Lunch Menu

272 Morris Avenue • Springfield, New Jersey
973.218.6468

Appetizers

<i>Cajun Calamari with Spicy Balsamic Sauce</i>	6.95
<i>Fried Calamari with Sweet or Hot Sauce</i>	6.95
<i>Mozzarella and Roasted Red Peppers</i>	5.95
<i>Baked Clams Oreganato</i>	5.95
<i>Crab Cake</i>	6.95
<i>Zuppa di Clams</i>	6.95
<i>Mussels Sambucca</i>	6.95
<i>Sofia's Cold Seafood Salad</i>	7.95
<i>Stuffed Eggplant with Ricotta Cheese</i>	5.95
<i>Hotsy Totsy Shrimp</i> *A house specialty*.....	7.95

Soups

<i>Pasta e Fagioli</i>	4.95
ITALIAN WHITE CANNELLINI BEANS AND PASTA IN A RICH TOMATO AND BASIL BROTH	
<i>Escarole and Beans</i>	4.95
ESCAROLE AND ITALIAN WHITE CANNELLINI BEANS WITH PASTA IN A RICH TOMATO AND BASIL BROTH	

Pasta

<i>Penne alla Vodka Sauce</i>	8.95
FRESH TOMATOES AND A TOUCH OF CREAM	
<i>Penne ala Vodka Sauce with Salmon</i>	9.95
SAUTEED SALMON, FRESH TOMATOES AND A TOUCH OF CREAM	
<i>Cavatelli and Ricotta Cheese</i>	8.95
TOPPED WITH MARINARA SAUCE	
<i>Cavatelli and Broccoli</i>	8.95
TOSSED IN A LIGHT GARLIC AND OIL	
<i>Rigatoni Pomodoro</i>	7.95
TOMATO AND BASIL SAUCE	
<i>Lasagna Classica</i>	9.95
RICOTTA AND MOZZARELLA CHEESES, TOMATO BASIL SAUCE	
<i>Angel Hair with Shrimp & Broccoli Rabe</i>	12.95
SUN-DRIED TOMATOES WITH WHITE WINE, OLIVE OIL AND GARLIC	
<i>Linguine Vongole Rosso or Bianco</i>	9.95
LITTLE NECK CLAMS SAUTEED IN MARINARA OR IN WHITE WINE GARLIC SAUCE	
<i>Linguine aglio Olio</i>	7.95
GARLIC, OIL AND SUNDRIED TOMATOES	
<i>Cheese Ravioli</i>	7.95
TOMATO BASIL SAUCE	
<i>Spinach Ravioli</i>	9.95
IN A LIGHT PINK SAUCE	
<i>Farfalle with Shrimp</i>	11.95
SUNDRIED TOMATOES IN A LIGHT PINK SAUCE	
<i>Rigatoni with Roasted Eggplant</i>	8.95
ARUGULA AND FRESH MOZZARELLA	
<i>Rigatoni with Ground Hot & Sweet Sausage</i>	9.95
<i>Rigatoni Bolognese</i>	9.95
BEEF, VEAL AND PORK WITH CARROTS, CELERY, ONIONS, PLUM TOMATOES, A TOUCH OF CREAM	
<i>Spaghetti with Homemade Meatballs</i>	10.95
<i>Linguine with Broccoli Rabe & Sausage</i>	9.95
<i>Lobster Ravioli</i>	12.95

Whole Wheat and Gluten-Free Pasta Available

Entrees

We proudly serve all Poultry & Eggs from Goffle Road Poultry Farm; *Free Range, Hormone & Preservative Free

Chicken Parmigiana 9.95
BREADED CHICKEN BREAST, MARINARA SAUCE TOPPED WITH MOZZARELLA CHEESE

Chicken Francese 9.95
EGG BATTER DIPPED CHICKEN BREAST, LEMON, BUTTER, WHITE WINE SAUCE

Chicken Marsala 9.95
SAUTEED WITH MUSHROOMS IN A MARSALA WINE SAUCE

Chicken Piccata 9.95
CHICKEN BREAST, LEMON, WHITE WINE, BUTTER & CAPER SAUCE

Chicken Milanese topped with Arugula Salad 9.95
LIGHTLY BREADED CHICKEN BREAST OVER LEAVES OF ARUGULA

Chicken Giambotta 10.95
SAUTEED WITH POTATOES, PEPPERS, MUSHROOMS AND ONIONS

Chicken Margarita 10.95
TOPPED WITH EGGPLANT, TOMATO, MOZZARELLA IN A TOMATO SAUCE



Eggplant Parmigiana 8.95
MARINARA SAUCE AND MOZZARELLA CHEESE

Veal Francese 12.95
EGG BATTER DIPPED VEAL MEDALLIONS IN A LEMON, BUTTER, WHITE WINE SAUCE

Veal Marsala 12.95
VEAL MEDALLIONS SAUTEED WITH MUSHROOMS IN A MARSALA WINE SAUCE

Veal Piccata 12.95
VEAL MEDALLIONS, LEMON, WHITE WINE, BUTTER & CAPER SAUCE

Veal Cutlet Parmigiana 12.95
BREADED VEAL MEDALLIONS IN A MARINARA SAUCE TOPPED WITH MOZZARELLA

Veal Margarita 12.95
TOPPED WITH EGGPLANT, TOMATO, MOZZARELLA IN A TOMATO SAUCE

Pork Chops with Vinegar Peppers 12.95

Pork Chops Giambotta 12.95
SAUTEED WITH POTATOES, PEPPERS, MUSHROOMS AND ONIONS

Steak Giambotta 15.95
BLACK ANGUS 24oz. SAUTEED WITH POTATOES, PEPPERS, MUSHROOMS AND ONIONS / BROWN SAUCE



Shrimp Scampi 11.95
SAUTEED WITH GARLIC, OLIVE OIL & WHITE WINE

Shrimp Oreganato 11.95
LIGHTLY BREADED SHRIMP WITH LEMON IN A WHITE WINE SAUCE

Shrimp Fra Diavolo 11.95
SPICY MARINARA SAUCE

Shrimp Parmigiana 11.95
LIGHTLY BREADED SHRIMP IN A MARINARA SAUCE TOPPED WITH MOZZARELLA

Salmon Putanesca Sauce 12.95
SAUTEED WITH TOMATOES, CAPERS, GAETA OLIVES AND ANCHOVIES & GARLIC

Salmon Oreganato 12.95
LIGHTLY BREADED SALMON WITH LEMON IN A WHITE WINE SAUCE

Zuppa di Pesce 14.95
LINGUINE WITH CLAMS, SHRIMP, CALAMARI AND MUSSELS IN A LIGHT TOMATO SAUCE

Stuffed Sole with Crabmeat 11.95
BAKED LEMON SOLE STUFFED WITH OUR HOMEMADE CRABMEAT STUFFING, LEMON WHITE WINE SAUCE

Sandwiches

<i>Sausage, Meatball, Chicken, Eggplant Parmesan</i>	9.95
<i>Veal or Shrimp Parmesan or Francese</i>	10.95
<i>Chicken Cutlet, Grilled or Breaded</i>	10.95
LETTUCE, TOMATO, ONION, MAYO OR VINAIGRETTE	
<i>Sliced Steak, sautéed Onions, melted Mozzarella</i>	10.95
<i>Peppers & Egg</i>	6.95
<i>Sausage, Peppers & Onions</i>	7.95
<i>Chicken Milanese, sautéed Spinach, Sundried Tomatoes</i>	9.95

Salads

<i>House Salad</i>	4.95
<i>Caesar Salad</i>	5.95
<i>Arugula Salad</i>	5.95
<i>Sofia's Salad</i>	6.95
<i>Greco Romano Salad</i>	6.95
<i>Tri Colore Salad</i>	5.95

Side Dishes

<i>Sauteed Escarole</i>	5.95
<i>Sauteed Broccoli Rabe</i>	5.95
<i>Sauteed Long Hot Peppers and Fried Potatoes with Garlic</i>	5.95
<i>Sauteed Broccoli Rabe & Roasted Sausage</i>	5.95
<i>Sauteed or Steamed Broccoli with Garlic & Olive Oil</i>	4.95
<i>Pasta with Marinara, or Vodka Sauce</i>	4.95
<i>Homemade Meatballs or Sausage Marinara</i>	5.95
<i>Sliced Seasoned Homemade Italian Fries</i>	3.95

Desserts

<i>Cannoli</i>	5.95	<i>Tiramisu</i>	6.95	<i>Tartufo</i>	6.95	
<i>Italian Cheesecake</i>						6.95

Beverages

<i>Acqua Panna Natural Spring Water</i>	5.95	<i>Pellegrino Sparkling Water</i>	6.95				
<i>Coke, Diet Coke, Sprite, Seltzer</i>				2.00			
<i>Coffee or Tea, Regular or Decaf</i>	2.00	<i>Cappuccino</i>	4.00	<i>Espresso</i>	3.00/Double....	4.00	
<i>Fountain Drinks</i>							2.00