

# La Cucina Sul Mare

La Cucina Sul Mare is the culmination of many years of hard work, passion, and experience by its owners Mark and Cynthia Cilfone, Mark and Cynthia first met in Jupiter, Florida working at the renowned Italian restaurant La Caravella. Mark as a chef, and Cynthia as a bartender. The two started working in restaurants from very young ages and ever since had dreamed of owning their own restaurant. When Mark and Cynthia met they discussed this shared dream and hoped to one day make it a reality.

Mark and Cynthia eventually moved to Falmouth, Massachusetts to be closer to family and had three children Winslow, Carmen, and Sofia. After working in various restaurant jobs in the area for years the couple finally found the perfect spot for their dream. Currently Winslow and Carmen, both graduates from Stonehill College, help to run the restaurant and work as waiters and bartenders. Their youngest, Sofia is still in high school but hosts on the weekends and during the summer.

La Cucina is situated at 237 Main Street, nestled in the heart of the Falmouth Village. La Cucina Sul Mare, which meant the kitchen by the sea, first opened its doors on May 6, 2002, and has been running strong ever since. We are a family run restaurant with a dedication to delicious food, excellent service, and an intimate atmosphere. Our family would like to thank you for enjoying our restaurant and truly making it a dream come true.

So, from our family to yours, Mangia!

Winslow Cilfone  
Summer 2018



Ask about catering and private parties

237 Main Street  
Falmouth, Massachusetts  
508-548-5600

20% Gratuity will be added to parties of 6 or more.  
MasterCard and Visa accepted. We do not accept personal checks.

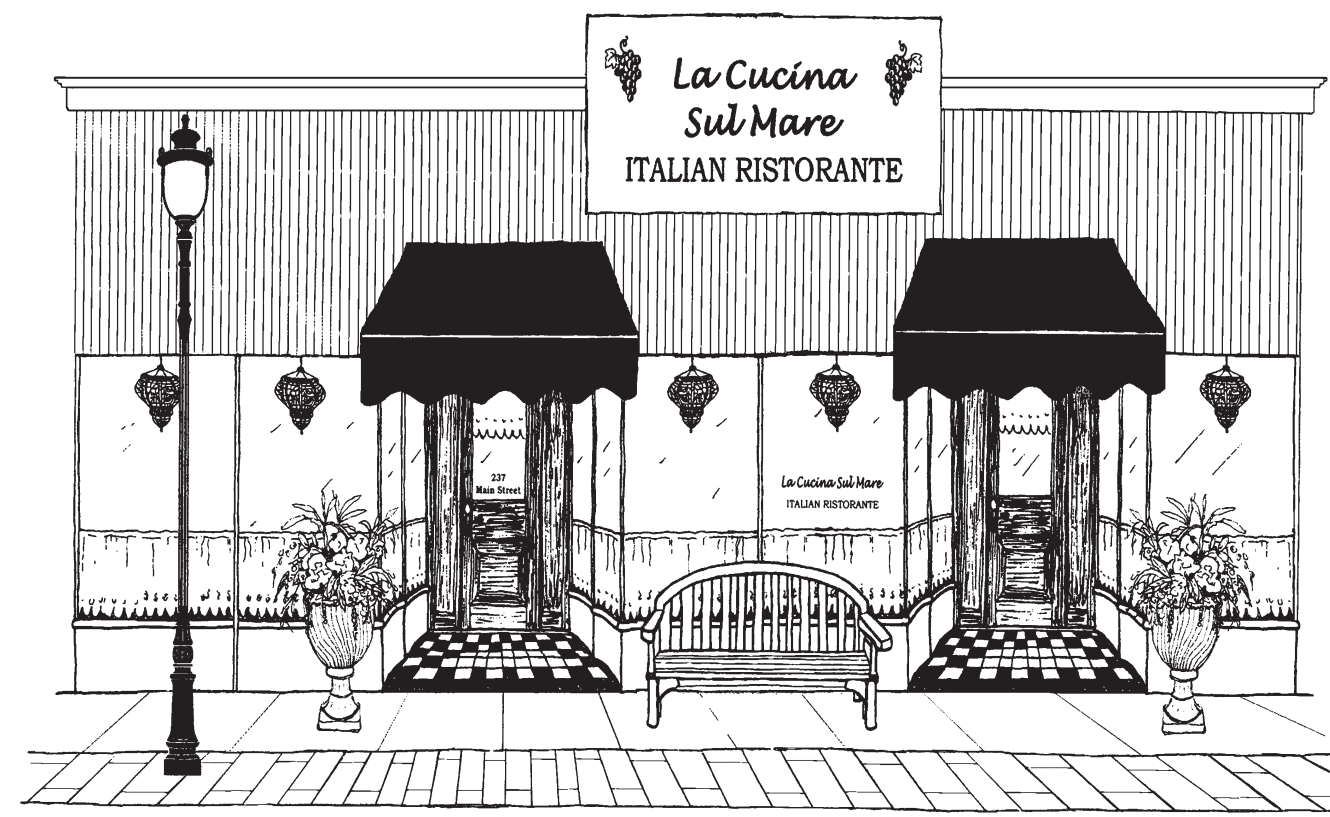
Gift Certificates Available

\*Meals tax 7%

# La Cucina Sul Mare

## ITALIAN RISTORANTE

### LUNCH MENU



237 Main Street  
Falmouth, Massachusetts

508-548-5600

## Zuppa del Giorno

Lobster Bisque	12
Minestrone	7   10
<i>Side of Homemade Roasted Garlic Puree</i> <i>With roasted garlic oil. A delicious addition to our complimentary bread service</i>	7

## Salads

Grilled Chicken Caesar	15
Half Caesar	9
<b>Pasta Salad</b> <i>Fusilli pasta tossed with artichoke hearts, roasted red and yellow tomato, Kalamata olives, red onion, roasted red peppers, olive oil and balsamic vinegar, served over greens</i>	11
<b>Caprese Salad</b> <i>Fresh mozzarella and vine-ripe tomatoes served over a bed of mixed greens, drizzled with olive oil and a balsamic reduction.</i>	12

## Sandwiches

*Served with French fries, pasta salad, chips or sweet potato fries*

Eggplant Parmesan	15
Meatball Parmesan	15
Fresh Fish Sandwich	16
BLT	11
Chicken Parmesan	15
<b>Grilled Chicken</b> <i>8 oz. fresh chicken breast, grilled and topped with fresh basil pesto, marinated Roma tomatoes and mozzarella cheese</i>	15
Tuna Salad Sandwich	11
<b>Italian Sausage</b> <i>Sweet Italian sausage grilled and topped with roasted red peppers and mozzarella cheese</i>	15
Sausage & Rapini	15
<i>Add 1 to any of the Above Sandwiches to Make a Panini</i>	
Sirloin Burger Club	17
Sirloin Burger <i>8 oz. sirloin burger char-grilled and served with lettuce and tomato (add bacon \$1.00, cheese \$.50)</i>	16

*\*\* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.\*\**

## Pasta

Rigatoni alla Vodka	16
Ravioli with Cheese alla Pomodoro	16
Linguine alla Vongole	20
Linguine & Meatball	16
Fettuccine Bolognese	16
Chicken Alfredo	17
Meat or Vegetable Lasagna	17
Linguini Pomodoro	14
Eggplant Parmigiana	16

## Pollo

<b>Chicken Marsala</b> <i>Lightly pounded and floured breast of chicken, sautéed with shallots and mushrooms, finished in a classic Marsala wine sauce served with angel hair pasta</i>	17
<b>Chicken Limone</b> <i>Lightly pounded and floured breast of chicken, dipped in an egg wash, sautéed with shallots, finished in a light white wine and lemon butter sauce with capers and served with angel hair pasta</i>	17
<b>Chicken Piccata</b> <i>Lightly pounded and floured breast of chicken, sautéed with shallots, finished in a light white wine and lemon butter sauce with capers and served with angel hair pasta</i>	17
<b>Chicken Parmesan</b> <i>Lightly pounded breast of chicken, breaded and served with fresh pomodoro sauce and linguine</i>	17

## Pesce

<b>Scrod Limone</b> <i>Served with angel hair pasta</i>	19
<b>Shrimp &amp; Scallop Piccata</b> <i>Served with angel hair pasta</i>	21
<b>Shrimp &amp; Mussels Fradivolo</b>	21
<b>Shrimp alla Vodka</b> <i>Served with parmesan tomato sauce, finished with a touch of cream and vodka</i>	21

## Pizza

<b>Meat Lovers Pizza</b> <i>Topped with hand rolled house made meatball, sweet Italian sausage, Genoa salami, parmigiana and mozzarella cheese</i>	16
<b>Pesto Pizza</b> <i>Topped with fresh pomodoro sauce, homemade basil pesto, marinated plum tomatoes, grated parmigiana and mozzarella cheese, finished with a drizzle of balsamic reduction</i>	15

*\*\* Before placing your order, please inform your server if a person in your party has a food allergy.\*\**