

# 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 various restaurant jobs in the area for years the couple finally found the perfect spot for their dream. Currently Winslow and Carmen, both graduates of Stonehill College, help to run the restaurant and work as waiters and bartenders. Their youngest, Sofia is in her senior year at the College of Charleston and hosts and waits tables during the summer.

La Cucina is situated at 237 Main Street, nestled in the heart of the Falmouth village. La Cucina Sul Mare, which means 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  
Spring 2024



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



## DINNER MENU

237 Main Street  
Falmouth, Massachusetts

508-548-5600



## Zuppa

Minestrone	Cup 7   Bowl 10
Lobster Bisque	12

## Antipasti

Side of Homemade Roasted Garlic Purée ~ With roasted garlic oil. A delicious addition to our complimentary bread service	7
Oysters Rockefeller	5 each
Oysters on the Half Shell ~ Served chilled with our mignonette & cocktail sauces	3.50 each
Shrimp Cocktail ~ Four large shrimp	17
Pan Tossed Calamari ~ Lightly floured pan-fried calamari with garlic, cherry peppers, capers in a fresh pomodoro sauce	18
Mussels ~ Steamed in garlic, fresh herbs and white wine	17
Bruschetta ~ Sliced bread, grilled then rubbed with a fresh basil pesto, topped with marinated sliced plum tomatoes, fresh mozzarella, drizzled with a balsamic reduction	15
Cappelle dei Funghi Ripiene ~ Mushroom caps stuffed with a sweet Italian sausage stuffing	17

## Insalata

Caesar Salad ~ Chopped Romaine lettuce with anchovies and our homemade Caesar dressing	12   17
Caprese Salad ~ Fresh vine-ripe tomato, mozzarella cheese and basil, drizzled with olive oil	14
Special Salad ~ Tossed with a roasted shallot vinaigrette, topped with a warm dried cranberry & macadamia nut dressing, finished with goat cheese & edible flowers	19
House Salad ~ Crisp fresh Romaine, mesclun greens, grape tomatoes, cucumbers, red onion and julienne carrots Our dressings are made fresh in our kitchen. Tomato Basil, Creamy Garlic, or Maple Vinaigrette	11

## Pasta

Pomodoro Fresco ~ Angel hair pasta served with fresh tomato sauce	20
Linguine & Molto Grande Meatball ~ Linguine pasta in a red sauce, served with a large hand rolled meatball	23
Linguine alla Vongole ~ Choice of red or white sauce	28
Sweet Italian Sausage & Rapini ~ Sautéed in an aglio e olio sauce, served with rigatoni pasta	26
Lasagna ~ Old world style meat lasagna with ricotta cheese, Italian cold cuts sliced meatball, sweet sausage layered between fresh pasta sheets	28
Vegetable Lasagna ~ Fresh zucchini, summer squash, asparagus, breaded eggplant, vine ripened tomatoes, spinach, ricotta, mozzarella and parmigiano Reggiano	28
Fettuccine Bolognese ~ A traditional Bolognese sauce, made with ground veal, beef, pork and sweet Italian sausage	25
Ravioli with Cheese alla Pomodoro ~ Three-cheese filling in a pomodoro sauce	24
Melanzana alla Parmigiana ~ Breaded eggplant with a pomodoro sauce and served with linguine	25
Gnocchi ~ Potato pasta served with Bolognese sauce	26
*Rigatoni alla Vodka ~ Parmesan tomato sauce, finished with a touch of cream and vodka	25
*Fettuccine Alfredo ~ Traditional alfredo cheese sauce	22
*Tortellini with Cheese ~ Served in a creamy pesto sauce or pomodoro sauce	25

\* With Shrimp add 10 | With Grilled Chicken add 5 | With Sausage add 5

## Pesce

Grilled Salmon ~ Served with a refreshing house-made cream dill mayonnaise	31
Almond Encrusted Salmon ~ Floured, egg washed, coated with almonds and served with a lemon white wine caper sauce over sautéed spinach and garnished with a grilled shrimp	32
Sweet Potato Encrusted Scrod ~ Pan seared, finished with a cranberry sage beurre blanc and roasted asparagus	33
Shrimp & Scallop Piccata ~ Sea scallops and shrimp sautéed with shallots and butter, finished in a caper white wine sauce and served with angel hair pasta	33
Lobster & Asparagus Ravioli with Sautéed Sea Scallops ~ Served in a light tomato sherry mascarpone cream sauce	36
Halibut Limone ~ Floured, egg washed & sautéed with shallots, in a light lemon butter white wine sauce with capers served with angel hair pasta & roasted asparagus	39
Grilled Swordfish Piccata ~ Served over a bed of sautéed spinach & garnished with grilled shrimp & finished with a lemon, white wine sauce with shallots and capers	35
Seafood Saute ~ Lobster, Shrimp and Scallops with a mascarpone sherry cream sauce with snow peas, asparagus and linguini	Market Price
Seafood Minestrone ~ Our homemade minestrone served with shrimp, scallops, littleneck clams, mussels and the fish of the day	33 (Add pasta for 3)

## Pollo / Vitello

Parmigiana ~ Lightly pounded breast of chicken or veal, breaded and served with fresh pomodoro sauce and linguine	26/29
Saltimbocca ~ Lightly pounded and sautéed breast of chicken or veal topped with thinly sliced prosciutto, provolone, fresh sage, finished with a veal demi-glaze sauce and served with angel hair pasta	28/32
Marsala ~ Lightly pounded breast of chicken or veal, floured, sautéed with shallots and mushrooms, finished in a classic marsala wine sauce and served with angel hair pasta	26/30
Piccata ~ Lightly pounded and floured breast of chicken or veal, with shallots and capers, finished in a light white wine and lemon butter sauce and served with angel hair pasta	26/30
Limone ~ Lightly pounded breast of chicken or veal, floured, 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	27/31
Chicken Napoleon ~ Two layers of chicken, breaded eggplant, fresh tomato slices, buffalo mozzarella & provolone cheese finished with a pomodoro demi madeira wine sauce with capers, served with angel hair pasta	33

## Carne

Braised Lamb Shank ~ 14 oz. lamb shank with a rosemary merlot reduction sauce over risotto milanese	35
Braised Short Rib Cacciatore ~ 16 oz. beef short rib with onions, peppers and mushrooms over risotto milanese	35
Pan Seared Tenderloin ~ 8 oz. hand-cut tender filet mignon served with a portobello mushroom Madeira wine sauce, and mashed potatoes	Market Price
Grilled 16oz Rib eye Steak ~ Grilled the way you like it, topped with a gorgonzola compound butter, served with sweet potato fries	Market Price
Grilled 14 oz. NY Strip Steak ~ Served with a portobello mushroom Madeira wine sauce, French fries and roasted asparagus	Market Price

\*\* 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.\*\*

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