

**SINAPI'S
ARBOR RIDGE
FAMILY
RESTAURANT
Dinner Menu
and Lunch specialties**

APPETIZERS

Spinach & Artichoke Dip	4.95	Fried Onion Rings	4.25
Creamy Spinach & Artichokes Baked w/Fontina Cheese Served w/Tortilla Chips		Basket of French Fries	2.95
Bowl of Chili	4.95	Served w/Gravy 3.50	
w/Melted Cheddar Cheese & Tortilla Chips		Served w/Melted Cheese	4.50
Fried Mozzarella Sticks (5)	6.95	Jumbo Shrimp Cocktail (5)	9.95
Jalapeno Poppers	6.95	Fried Baby Shrimps	7.95
Nachos	6.95	w/French Fries & Cocktail Sauce	
Crispy Nacho Chips Topped w/Cheddar Cheese, Diced Tomatoes, Onions, Jalapenos, Sliced Black Olives w/Guacamole & Sour Cream		Steamed Cherrystone Clams	9.95
Super Nachos	8.95	(12) Steamed Clams Served in a Garlic Broth	
Our Nachos Topped w/Texas chili		Fried Clam Strips	6.95
Buffalo Chicken Wings	6.95	Served w/French Fries & Cocktail Sauce	
Buffalo Chicken Tenders	8.95	Baked Stuffed Clams	6.95
Served w/French Fries & Blue Cheese		(3) Large Clam Shells w/Clam Stuffing	
Chicken Tenders	7.95	Fried Fresh Calamari	8.95
Served w/French Fries & Honey Mustard		Served w/Marinara or Fradiavolo Sauce	
Big Combo Sampler	11.95	Potato Skins	5.95
A Combo of Onion Rings, BBQ Baby Back Ribs, Chicken Tenders & Fried Mozzarella Sticks		Topped w/Melted Cheddar Cheese & Crispy Bacon Bits w/Sour Cream	
Fried Chicken Wings	6.95	Baked Stuffed Mushrooms	8.95
		Mushroom Caps Stuffed with a Crabmeat Stuffing	
		Spanakopita	5.95
		Greek Spinach Pie w/Greek Olives & Feta	

HEALTHY SALADS

	SMALL	LARGE		SMALL	LARGE
House Garden Salad	3.95	5.95	Fresh Spinach Salad	5.95	7.95
Assorted Fresh Greens w/Tomato, Cucumber & Red Onions			Spinach, Sun-Dried Tomato, Cucumber, Egg & Bacon Bits		
Mediterranean Salad	6.95	8.95	Chef Salad	6.25	7.95
Romaine Lettuce, Suprasada, Mozzarella, Olives, Peppers, Tomatoes, Cucumber, Artichoke & Blue Cheese Crumbs			Garden Salad, Turkey, Roast Beef, Ham & American Cheese, Egg Rolled and Sliced. Topped On Our Garden Salad.		
Caesar Salad	4.95	6.95	Chicken Caesar Salad	6.95	8.95
Romaine Lettuce, Croutons, Sliced Tomato & Ptarmigan			Our Caesar Salad w/Sliced Freshly Seasoned Grilled Chicken.		
Jack Apple Salad	7.95	9.95	Greek Salad	6.75	8.75
Garden Salad, Grilled Chicken, Walnuts, Sliced Apple & Honey Mustard Dressing			Garden Salad w/Feta, Greek Olives, Grape Leaves, Pita Bread & House Dressing { Ask for With or Without Anchovies}		
Tuna Salad	4.95	6.95	Health Salad	4.95	6.95
Scoop of Tuna on a Bed of Garden Salad			Fruit Salad, Jell-O, Peaches, Cottage Cheese & Melba Toast		

CHOICE OF DRESSINGS: Blue Cheese, Caesar, Creamy Italian, French, Honey Mustard, Italian, Ranch & Russian

Add a Healthy Piece of Fresh Grilled Chicken Cutlet to Any Salad for \$2.75 - Add Pita Bread for \$.75

Soups

Prepared

Fresh Daily For Your Enjoyment, all soups available Late Fall Winter & Spring. Please Check for Availability any other Time

	CUP	BOWL		CUP	BOWL
French Onion Soup	3.25	4.00	Pasta Fagioli	3.00	3.75
Matzo Ball Soup	3.00	4.00	Home Style Chicken Soup	2.75	3.75
Pasta Lentil	2.75	3.75	New England Clam chowder		
Minestrone	2.75	3.75			

Sandwiches & Burgers

All Served with Pickle & Coleslaw - Bacon...\$1.25extra

Make it a Deluxe: French Fries, Onion Rings, Lettuce & Tomato.\$2.75extra

Grilled American Cheese	3.75	Angus Beef Burger	4.25
Grilled Swiss Cheese Sandwich	3.95	Angus Cheeseburger	4.75
Ham & Swiss Sandwich	5.50	Angus Cheddar Cheese Burger	5.00
Turkey & Swiss Sandwich	5.50	Angus Swiss Cheese Burger	5.00
Fried Filet of Sole Sandwich	6.95	Garden Burger	5.75
Tuna Fish Sandwich	6.25	Canadian Bison Burger	5.75
Romanian Pastrami Sandwich	5.95	Angus Texan Burger (Bacon, Cheddar & BBQ Sauce)	6.50
Roast Vermont Turkey Breast Sandwich	6.50	Angus Twin Burger Deluxe	8.95
Bacon, Lettuce & Tomato	4.50	Angus Twin Cheese Burger Deluxe	9.95

All Above Served on Choice of
White, Wheat, Rye or Multi Grain Bread

Made with 100% CERTIFIED ANGUS BEEF

Please Tell Us How You Like It Cooked

JOE'S FOCACCIA

Home-Style Focaccia Bread w/Prosciutto, Spinach,
Portobello Mushrooms, Tomato & Mozzarella ... 6.50

Deluxe

Served w/French Fries, Onion Rings & Tomato ... 8.95

CHICKEN FOCACCIA

Home-Style Focaccia Bread w/Grilled Chicken, Sauteed w/
Mushrooms, Peppers, Onions & Mozzarella ... 6.50

Deluxe

Served w/French Fries, Onion Rings & Tomato ... 8.95

Specialty Heroes

Make it a Deluxe: Coleslaw, Pickles, French Fries, Onion Rings, Lettuce & Tomato...\$2.50extra

Happy Cowboy Hero	6.25	The Southern (Served on a Roll)	6.50
Sliced Top Sirloin Grilled w/Onion & BBQ Sauce, Monterey Jack & Cheddar Cheese		Grilled Chicken Breast Seasoned w/Cajun Spices & Cheddar Cheese	
The Americana (Served on a Roll)	6.00	Philly Cheese Steak Hero	6.25
Grilled Chicken Breast w/Grilled Onions & Peppers		Made with Onions, Peppers, American Cheese & BBQ Sauce	
Roast Beef Balboa Hero	6.50	Arbor Steak hero Sliced Steak, Mushrooms, Onions, Red Peppers, & Melted Mozzarella.	7.50
Roast Beef on Open Toasted Garlic Roll w/Gravy & Swiss			

big deli sandwiches

CORN BEEF	6.25	ROAST SIRLOIN OF BEEF	6.50
ROAST VERMONT TURKEY	6.95	ROMANIAN PASTRAMI	6.25

with Tomato .60 extra *On a Bagel, English Muffin or Multli Grain .50 extra On a Pita Bread .75 extra Add Bacon 1.00 extra add American Cheese .85

Open Faced Turkey Reuben 8.95

Served on Rye Bread w/Sliced Turkey, Lettuce, Tomato, Russian Dressing & Melted Cheddar Cheese. Served w/Coleslaw, Pickle & French Frie:

Triple decker Sandwiches

SLICED TURKEY: <i>with Lettuce & Tomato</i>	6.50	CHICKEN SALAD:	5.50
BAKED VIRGINIA HAM: <i>with Swiss Cheese, Lettuce & Tomato</i>	5.75	<i>with Bacon Lettuce & Tomato</i>	
TUNA FISH: <i>with Sliced Egg, Lettuce & Tomato</i>	5.75	ROAST BEEF: <i>with Bacon Lettuce & Tomato</i>	6.50

Add side of French Fries \$2.50 extra. Make It on Multi Grain For .50 extra

arbor wraps

All Wraps Served w/French Fries - Pita Bread...\$.75extra

Olympic Wrap	9.95	Park Avenue Wrap	8.95
Sliced Steak, Mushrooms, Onions, Red Peppers, & Melted Mozzarella Wrapped in a Tortilla.		Sliced Portobello Mushrooms, Prosciutto, Fresh Spinach, Roasted Red Peppers, & Melted Mozzarella Wrapped in a Tortilla.	
Royal Caesar Wrap	8.95	Italian Wrap	8.95
Grilled Chicken w/Romaine Lettuce, Tomatoes, Roasted Red Peppers & Onions Served w/Caesar Dressing.		Grilled Eggplant w/Olive Oil, Fresh Mozzarella, Roasted Red Peppers, Garlic & Fresh Basil.	
Celebrity Wrap		Fried Chicken Cutlet w/Bacon, Lettuce, Tomato & Mayo.....	8.95

Roasts & barbeque

Served w/Choice of Soup or Salad, Vegetable of the Day, Potato & Bread

Lemon Roasted Half Chicken	12.95	Barbequed Baby Back Ribs	16.95
1/2 Chicken Roasted w/Herbs, Served over Home-Style Stuffing		Full Rack of Ribs (10)	
Old-Fashioned Meatloaf	12.95	Ribs' n Chicken	15.95
Home-Style Recipe Served w/Mushroom Sauce		1/2 Rack (5) of Ribs & Chicken Breast	
Hot Open Roast Beef	12.95	Oven-Roasted Turkey Breast	14.95
Thin Slices of Choice Sirloin of Beef Over White Bread w/Brown Gravy		Roasted Daily, Served Sliced Over Home-Style Stuffing with Turkey Gravy & Cranberry Sauce	
Hot Open-Faced Turkey	13.95		
Sliced Oven-Roasted Turkey Breast, Served Over White Bread with Turkey Gravy & Cranberry Sauce			

from our broiler & Oven

Served w/Choice of Soup or Salad, Vegetable of the Day, Potato, Bread & Butter

King-Size Char-Broiled Shell Steak	19.95	Prime Rib	16.95
16 ozs. of Boneless Shell Steak Sauteed w/Fresh Mushrooms		12oz. Roasted Choice Prime Rib Served w/Au Jus	
Queen-Size Char-Broiled Shell Steak	16.95	Filet Mignon	21.95
12ozs. of Boneless Shell Steak Sauteed w/Fresh Mushrooms		8ozs. of Choice Fresh Beef Tenderloin Served w/Choice of Béarnaise, Gorgonzola or Mushroom & Onions	
Char-Broiled Romanian Steak	17.95	NY Sirloin Butt	13.95
14ozs. of Fresh Romanian Steak Sauteed w/Fresh Mushrooms		Aged 8oz. Sirloin, Served w/Peppercorn Cream Sauce	
Char-Broiled Pork Chops	14.95	Lemon Roasted Half Chicken	11.95
2 Chops Served w/Apple Sauce & Cooked to 135°		1/2 Chicken Roasted w/Herbs, Served over Home-Style Stuffing	
Pork Chops Greco	16.95		
2 Chops w/Oregano Sauce & Sauteed with Spinach, Garlic & Oil			

We Only Use Certified Choice Beef

All of Our Meats Are Cooked Medium Rare Unless Specified

Fresh seafood entrees

Served w/Soup or Salad, Vegetable of the Day, Potato, Bread & Butter

Broiled Filet of Sole Florentine	15.95	Broiled Boston Scrod Filet	14.95
Broiled Filet of Sole Baked in Lemon, Butter, White Wine Sauce and Stuffed with Spinach		Fresh Scrod Filet, w/a Lemon Butter White Wine Sauce	
Baked Stuffed Clams	13.95	Norwegian Salmon Filet	16.95
(6) Chowder Clams Stuffed w/a Home-Made Crabmeat Stuffing		Fresh Norwegian Salmon w/ a Lemon Butter White Wine Sauce	
Sole Almandine	14.95	Seafood Marinara or Fradiavolo	17.95
Fresh Filet of Sole Baked with Lemon, Butter, White Wine Sauce. Finished off with a topping of Toasted Almonds		Shrimp, Scallops, Mussels, Clams & Calamari Sauteed in Olive Oil, Garlic, White Wine with Spicy or Homestyle Marinara Sauce	
Jumbo Shrimp Scampi	17.95	Broiled Deep Sea Scallops	16.95
Oven Broiled Fresh Jumbo Shrimp w/Butter & Garlic.		Large Scallops Broiled & Finished off with a topping of Lemon, Butter & White Wine Sauce.	

Available side dishes

Potato Salad	2.75	Baked Potato w/Broccoli & Cheddar	4.50
Baked Potato served w/sour cream	2.75	Side Order Of French Fries	3.00
Side of Steamed Vegetable	3.95	Dish of Feta Cheese	3.75

Italian Menu

Pasta

Served w/Soup or Salad, Bread & Butter

Spaghetti, Linguine or Penne Marinara	8.95	Tortellini Carbonara (w/Bacon & Onion)	10.95
Spaghetti & Meatballs (2)	10.95	Fusilli Tre-Colore (Broccoli Rabe, Beans, Garlic)	11.95
Baked Cheese Ravioli	10.95	Penne Alla Vodka	11.95
Fettuccine Alfredo	11.95	Baked Penne Siciliana (Eggplant & Cheese)	12.95
Fettuccine Primavera (Marinara or Alfredo)	12.95	Linguine Clam Sauce (Red or White)	13.95
Your Favorite Pasta Bolognese (Meat sauce)	10.95	Shrimp Scampi Over Linguine	13.95
Penne w/Broccoli, Garlic & Oil	10.95	Baked Manicotti	10.95
Baked Ziti	8.95	Stuffed Shells	10.95
Baked Ziti il Forno con Ricotta	9.95	Baked, Meat Lovers Lasagna	10.95
Pasta Fina	12.95	Pasta Bella	15.95
Chicken Breast Sauteed with Diced Tomato, Basil, Mozzarella, Garlic & Oil. Served over Choice of Pasta		Shrimp & Chicken Sauteed with Diced Tomato, Basil, Mozzarella, Garlic & Oil. Served over Choice of Pasta.	

Italian Hero's

Meatball Parmigian	5.50	Chicken Parmigiana	6.00
Eggplant Parmigiana	5.50	Veal Parmigiana	6.95
Sausage & Peppers	5.50	Pepper & Eggs	4.95 w/ sausage 5.75

chicken entrees

Classic Chicken Parmigiana	12.95	Chicken Marsala	14.95
Freshly Breaded & Fried Chicken Cutlet. Baked w/Mozzarella & Tomato Sauce. Served with Side of Pasta		Fresh Chicken Scaloppini Sauteed in a Marsala Wine, Butter Sauce and Mushrooms. Served over Choice of Pasta.	
Chicken Scaloppini Francese	15.95	Chicken Cacciatore	14.95
Fresh Chicken Scaloppini, Battered with Egg & Sauteed with Lemon, Butter & White Wine. Served over Pasta.		Fresh Chicken Scaloppini Sauteed in Marinara with Peppers, Mushrooms & Onions. Served over Choice of Pasta.	

Veal Entrees

Veal Parmigiana	13.95	Veal Marsala	15.95
Freshly Breaded & Fried Veal Cutlet. Baked with Mozzarella & Tomato Sauce. Served with Choice of Pasta		Fresh Filleted Chicken Cutlet Sauteed in a Marsala Wine & Butter Sauce w/Mushrooms Served over Choice of Pasta	
Veal Scaloppini Francese	15.95	Veal Saltimbocca	16.95
Fresh Veal Scaloppini, Battered with Egg & Sauteed with Lemon, Butter & White Wine. Served over Choice Pasta.		Fresh Veal Scaloppini layered with Prosciutto, Spinach & topped with Mozzarella. Sauteed in a Sherry Wine Sauce	

eggplant entrees

Eggplant Marinara	12.95	Eggplant Rollatini	13.95
Freshly Breaded & Fried Eggplant Topped with Marinara Sauce. Served with Choice of Pasta		Fresh Eggplant Rolled & Stuffed w/Ricotta, Mozzarella & Parmigiana Cheese Served in Marinara Sauce and Choice of Pasta.	
Eggplant Parmigiana	12.95	Eggplant Sorrentino	13.95
Freshly Breaded & Fried Eggplant. Baked with Mozzarella & Tomato Sauce. Served with Choice of Pasta		Fresh Eggplant Layered w/Prosciutto, Ricotta, Mozzarella & Parmigiana Served in Marinara Sauce with Choice of Pasta.	

All Entrees Are Served with Pasta, Bread, Butter & Choice of Soup or Salad,

Dinner Salad	3.25	Side of 2 Meatballs	2.75
Garlic Bread	2.50	side of 2 Sausages	2.75
Garlic Bread Parmigiana	3.25	Side of Broccoli Rabe	4.95

Sinapi's Arbor Ridge Lunch Specialties

Available Monday - Friday 11am - 3pm

Pasta specialties

When Ordering. Please Specify If You Would Like Lunch Specialties Served with Bread & Butter

Build Your Own Pasta	4.95	Pasta Bella	7.95
Choice of Penne, Linguine or Spaghetti w/Marinara Sauce. Each Meatball or Sausage Add \$1.00. Add Mozzarella Cheese for \$1.00		Chopped Shrimp & Chicken Sauteed with Tomatoes, Basil, Fresh Mozzarella, Garlic & Oil Served Over Penne Pasta.	
Cheese Ravioli	6.95	Fusilli Tre-Colore	7.95
(5) Large Ravioli Filled with Cheese and Served in Marinara Sauce		Tri-Colore Fusilli Sauteed with Broccoli, Carrots, Garlic & Oil.	
Shrimp & Broccoli	6.95	Cappelini, Arbor	6.95
Fresh Shrimp & Broccoli Chopped & Sauteed in Garlic & Oil and Served Over Pasta		Sauteed Chopped Ham & Peas in a Creamy White Alfredo Sauce Served over Cappelini Pasta	
Baked Penne Al Forno	6.95	Penne Siciliana	
Sauteed w/Tomato Sauce & Ricotta Cheese Topped w/ Mozzarella.		Our Penne Al Forno Sauteed with Chopped Eggplant	
Penne Alla Vodka	6.95	Add Soup of the Day for \$1.25 Extra or Side Salad for \$2.25 Add Both Soup of the Day & Side Salad for Only \$3.25Extra	
Sautéed Vodka Sauce With Onions, Pancetta, Prosciutto & Cream.			

Entree specialties

When Ordering. Please Specify If You Would Like Lunch Specialties Served with Bread & Butter

Eggplant Parmigiana	6.95	Chicken Francese	6.95
Freshly Breaded & Fried Eggplant Baked w/Mozzarella & Tomato Sauce. Served with Side of Pasta		Fresh Egg Battered Chicken Scaloppini Sauteed in a Lemon Butter White Wine. Sauce Served Over Pasta	
Chicken Parmigiana	6.95	Add Soup of the Day for \$1.25 Extra or Side Salad for \$2.25 Add Both Soup of the Day & Side Salad for Only \$3.25Extra	
Freshly Breaded & Fried Chicken Breasts Baked w/Mozzarella & Tomato Sauce. Served with Side of Pasta			

SEAFOOD DELIGHTS

Served with a Choice of Soup or Salad & a Choice of Potato or Vegetable.

Shrimp Scampi	8.95	Sole Almandine	8.95
Our Fresh Shrimp Sautéed in a Lemon, Butter, White Wine & Garlic Sauce Served Over Pasta of Your Choice		Fresh Filet of Sole sauteed in a Lemon Butter, White Wine Sauce Topped with Toasted Almonds.	
Broiled Salmon Filet	8.95	Seafood Delight	10.95
Our Fresh From The Sea Norwegian Salmon Broiled to Perfection and Served in a Lemon, Butter, White Wine Sauce.		A Platter of Our Fresh Little Neck Clams Stuffed with a Home-style Clam Stuffing Combined with 2 Stuffed Shrimp.	
Clams Casino	8.95	Seafood Combination	10.95
Fresh Topped Neck Clams Stuffed with Season Bread Crumbs Topped with Bacon., Green & Red Peppers.		A Combination of Mussels, Calamari, Scallops & Shrimp Sauteed in a Fradiavolo or Marinara Sauce Served Over Pasta	

BEVERAGES

	Small	Medium	Large		Bottle	12oz.	Draft	24oz.	Draft
All Soda			1.75	Domestic	4.00	3.50		4.50	
All Juices	1.75	2.00	2.50	Imports	4.50	4.00		5.00	
Chocolate Milk	1.50	1.75	2.00		Bottle	Glass			
Hot Coffee or Tea			1.35	Reds	15.95	4.00			
Hot Chocolate			1.35	Whites	15.95	4.00			
Bottled Water	2.00	Sparkle	2.50	Blush	15.95	4.00			