

# From The Boot

BLUE BELL  
LUNCH

## SMALL PLATES

|                            |      |                              |     |                             |      |
|----------------------------|------|------------------------------|-----|-----------------------------|------|
| <b>Fried Calamari</b>      | 15.5 | <b>Sausage</b>               | 8   | <b>Caprese</b>              | 10.5 |
| <b>Bruschetta</b>          | 16   | <b>Meatballs</b>             | 8   | <b>House Cut Fries</b>      | 6    |
| <b>Pasta Fagioli Soup</b>  | 9    | <b>Sauteed Broccoli</b>      | 7.5 | <b>Eggplant Rollatini</b>   | 13.5 |
| <b>Chicken Noodle Soup</b> | 9    | <b>Sauteed Broccoli Rabe</b> | 8.5 | <b>Fried Mozzarella</b>     | 13   |
| <b>Stuffed Mushrooms</b>   | 16   | <b>Sauteed Spinach</b>       | 7.5 | <b>Mussels Red or White</b> | 15   |

## OVEN ROASTED WINGS

Small (6) 13.5 ~ Large (12) 21.5

**Spicy Tomato**

**Garlic Parmesan**

**Hot Honey**

*All Served with Gorgonzola dipping Sauce*

## PAN PIZZA

|                                                                                                                 |         |
|-----------------------------------------------------------------------------------------------------------------|---------|
| <b>Tomato Pie</b> Red Sauce and Romano                                                                          | 8/15    |
| <b>Plain</b> Red Sauce, Mozzarella and Romano                                                                   | 9.5/19  |
| <b>Bianco</b> Mozzarella, Ricotta, Romano, Garlic                                                               | 10.5/20 |
| <b>Margherita</b> Red Sauce, Fresh Mozzarella, Basil, Romano, Cracked Black Pepper                              | 11.5/20 |
| <b>Pomodoro</b> Mozzarella, Prosciutto, Plum Tomato, Pesto, Basil                                               | 11.5/22 |
| <b>Special Pepperoni</b> Red Sauce, Fresh Mozzarella, Basil, Pepperoni, Garlic, Romano, Cracked Black Pepper    | 11.5/22 |
| <b>Carne</b> Red Sauce, Mozzarella, Pepperoni, Sausage, Ground Beef, Romano                                     | 13/24   |
| <b>Bruschetta</b> Mozzarella, Plum Tomato, Garlic, Basil, House Balsamic, Romano, Olive Oil, Balsamic Reduction | 10.5/22 |
| <b>Short Rib</b> Mozzarella, Red Sauce Gravy, Beef Short Ribs, Romano                                           | 13/23   |
| <b>Arugula</b> Mozzarella, Prosciutto, Arugula, Romano, Balsamic Reduction                                      | 10.5/22 |

## SANDWICHES

Served on a 12" Hoagie Roll

### Sauteed Steak

Beef Tenderloin, Mushroom, Red Onion, Provolone, Beef Jus 19

### Grilled Chicken

Romaine, Plum Tomato, Red Onion, Pesto Mayo 16.5

### Chicken Saltimbocca

Provolone, Prosciutto, Spinach, Marsala Wine 17

### Chicken Cutlet Italiano

Broccoli Rabe, Provolone 17

### Parmigiana

Meatball ~ Sausage ~ Chicken ~ Eggplant 16.5

## SALADS

### House

Romaine, Red Onion, Plum Tomato, Calamata Olive, Gorgonzola, House-made Vinaigrette 10/16

### Caesar\*

Romaine, House-made Croutons, Pecorino Romano, House-made Caesar 8/13

### Arugula\*

Arugula, Fresh Mozzarella, Pecorino Romano, Red Onion, Plum Tomato, Calamata Olive, House-made Caesar Vinaigrette 12/16

**ADD ~Grilled Shrimp** 10.5

~Chicken (Grilled/Cutlet) 7.5

~Salmon 10 ~Veal Cutlet 10.5

~Filet Tips 12.5

### Chicken Milanese

Romaine, Red Onion, Plum Tomato, Pecorino Romano, Chicken Cutlet, House-made Vinaigrette 18

### Verde

Romaine, Arugula, Avocado, Asparagus, Shaved Parmesan, Olive Oil, Lemon 16

## BOOT EXPRESS

Pick TWO or Combo for 16

### Choose 1

**Pizza** ~ Plain, Bianco or Margherita

**Half Sandwich** ~ Parmigiana

(Meatball, Sausage, Chicken or Eggplant)

~ Grilled Chicken ~ Chicken Saltimbocca

~ Sauteed Steak ~ Chicken Cutlet Italiano

### Choose 1

**Soup** ~ Pasta Fagioli

~ Chicken Noodle

**Salad** ~ House or Caesar\*

House Cut Fries

### Soup & Salad Combo

**Pick a Soup** ~ Pasta Fagioli or

Chicken Noodle

**Pick a Salad** ~ House or Caesar\*

## PASTA

*Gluten Free & Organic Pasta Options Available*

### Beef Ragu & Pappardelle

Shredded Beef, Tomato Gravy,  
Red Wine, Ricotta 19

### Fettucine Alfredo

Cream, Pecorino Romano,  
Egg Yolk 16

### Fettucine Nicola

Grilled Chicken, Sun Dried  
Tomato, Asparagus,  
Gorgonzola Cream 19

### Penne Primavera

Squash, Broccoli, Mushroom,  
White Wine, Garlic 16

### Fusilli, Broccoli Rabe & Sausage

Roasted Red Pepper,  
White Wine, Garlic 17

### Pappardelle & Crab

Tomato Gravy, Basil 23

### Rigatoni Vodka

Marinara, Cream 17

### Pasta Margherita

Plum Tomato, Basil, White  
Wine, Garlic 15

### Penne Rustica

Portobello, Grilled Chicken,  
Asparagus, Garlic Cream  
Sauce 18.5

### Ravioli Marinara

13.5

~ Baked with Mozzarella 16

### Rigatoni & Steak\*

Beef Tenderloin, Mushroom,  
Plum Tomato, Asparagus,  
Marsala Cream 22

### Spaghetti Carbonara\*

Pancetta, Asparagus, Garlic,  
Olive Oil, Basil, Pecorino  
Romano, Egg Yolk 20

### Rigatoni Bolognese

Meat Sauce, Cream,  
Parsley 18

### Rigatoni, Chicken & Broccoli

White Wine, Garlic 18

### Pasta Antonia

Portobello, Artichoke, Red  
Onion, Plum Tomato, Basil,  
White Wine, Garlic 18

### Gnocchi

~ Vodka ~ Pesto  
~ Marinara ~ Alfredo 18

### Lasagna

Meat Sauce, Ricotta,  
Mozzarella 24

### Baked Penne

Marinara, Ricotta, Pecorino  
Romano, Mozzarella 22  
~ Meat Sauce 24

### Penne Pesto & Steak\*

Beef Tenderloin, Sun Dried  
Tomato, Pesto Cream 20

### Eggplant Rollatini

served with Spaghetti 16

### Spaghetti Tomato

~ Meatball ~ Sausage  
~ Meat Sauce 16

### Penne Pollo Rosa

Grilled Chicken, Mushroom,  
Broccoli, Squash, Rosa Sauce 18

### Lobster Ravioli

Prosciutto, Red Onion,  
Basil, Rosa Sauce 22

### Salmon\*

Plum Tomato, Caper, Red Onion,  
Garlic, White Wine, Basil, Arugula,  
Balsamic Reduction, Fusilli 30.5

## CHICKEN & VEAL

Scaloppine Style & served with Roasted Potatoes

### Marsala

Mushrooms, Marsala  
Wine 17/25

### Scarpiella

Sausage, Roasted Red  
Pepper, Artichoke,  
Garlic, White Wine  
17/26

### Piccata

White Wine, Lemon,  
Capers 17/24

### Saltimbocca

Prosciutto, Spinach,  
Mozzarella, Marsala  
Wine 17/27

### Siciliano

Prosciutto, Eggplant,  
Provolone, Fresh Mozzarella,  
Marsala Wine 17/28

### Francese

White Wine, Lemon, Egg  
Washed 17/26

### Cacciatore

Mushrooms, Roasted Red  
Pepper, White Wine,  
Marinara, Red Wine  
Vinegar 17/26

### Parmigiana w/ Spaghetti

~ Chicken or Eggplant 17  
~ Veal 25

### Margherita

Broccoli, Mozzarella,  
Plum Tomato, Basil,  
Garlic, White Wine  
17/27

### Fiorentino

Spinach, Mushrooms,  
Garlic, White Wine  
17/25

*Add a Soup, side House or Caesar Salad +4*

## SEAFOOD

Served with Linguini

### Shrimp

~ Marinara ~ Fra'Diavolo  
~ Scampi ~ Rosa  
19

### Clam Sauce

~ Marinara  
~ White Wine Garlic  
17

### Calamari

~ Marinara  
~ White Wine Garlic  
17

*From The Boot*  
BLUE BELL  
LUNCH

www.fromthebootbluebell.com



*\*Notice: Consumers are advised that eating Raw or Undercooked food may increase the risk of getting food borne illnesses. Please inform us of any food allergies or sensitivities. Food prepared in this establishment may contain traces of wheat, fish, shellfish, eggs, soy, nuts or dairy products.*

*Not all food items are made on the premises, cross contamination may have occurred before arrival to this establishment.*

*✧ For Parties of 5 or more a 20% gratuity may be added.*