

# itar

BISTRO • MARKET

Italo Argentine Cuisine  
Wine Bar, Bakery & Market

lunch dinner menu  
407.757.0553  
mon-sat 9-9  
tues-sat 9-10

## appetizers

### Cheese Platter

Selection of Argentine & Italian imported cheeses. \$15

### Cheese & Cold Cut Meats Platter

Delectable platter of imported cheeses & cold cuts. \$16

### Empanadas Platter

3 empanadas. \$8

### Olives

Imported marinated black and green olives with slices of grilled bread. \$6

### Provoleta Parrillera

Grilled Argentine provolone cheese topped with oregano and extra-virgin olive oil. Served with sliced bread. \$10

### Marido y Mujer

Traditional sausage and Argentine blood sausage. \$9

### itar Bistro Bruschetta

Grilled artisan bread, garlic, basil, fresh tomatoes and extra-virgin oil. \$8

### Smoked Salmon Carpaccio

Smoked salmon with extra-virgin olive oil, capers, onions and lemon. \$14

### Beef Carpaccio

Thin slices of tenderloin, arugula, parmesan cheese, mushroom and dijon mayo. \$16

### Sautéed Mussels

With Pinot Grigio wine and garnished with roasted garlic, extra-virgin oil, lemon & fresh parsley. \$12

### Grilled Wild Shrimp

Grilled wild shrimp and lemon slices, dusted with sea salt and drizzled with extra-virgin olive oil. \$18

### Prosciutto Burrata

Burrata cheese w/ thinly sliced prosciutto di Parma. \$18

### Soup of The Day

Warm and tantalizing soup made daily and simmered with ample flavor. \$7

## salads

### House Salad

Fresh tomatoes, red onions, fresh beets, carrots, crisp mixed greens and balsamic vinaigrette dressing. \$8

### Lujan Salad

Hand tossed with Mandarin oranges, arugula, almond crumbled goat cheeses and finished with a balsamic vinaigrette dressing. \$12

### itar Tomato & Burrata Salad

Fresh burrata mozzarella cheeses, tomatoes, basil, extra-virgin olive oil and balsamic vinaigrette. \$15  
- add prosciutto di Parma +\$3

### Caesar Salad

Romaine lettuce topped with shred Parmigiano cheese and seasoned homemade croutons. \$9  
- w/chicken \$14

### Mar del Plata Salad

Smoked wild salmon with ripe cherry tomatoes, crisp mixed greens, Gorgonzola cheese and a creamy dill dressing. \$15

## kids

— Available only for those 12 and under —

### Mini Top Sirloin

Grilled Top Sirloin with a light seasoning and served with crispy French fries or mashed potatoes. \$9

### Mini Grilled Chicken

Grilled chicken breast seasoned with herbs and spices, served with crispy French fries or mashed potatoes. \$8

### Pasta al Burro

House pasta with a savory butter sauce and sprinkled with Parmesan cheese. \$6

### Pasta Napolitana

A flavorful tomato sauce with herbs and spices served atop our house pasta and garnished with Parmesan cheese. \$7

### Pasta Bolognese

Our house pasta topped with freshly made tomato sauce, Bolognese meat sauce and grated Parmesan cheese. \$8

## pasta

### Blue Crab Ravioli

Ravioli filled with lush Blue crab in a creamy saffron butter sauce. \$22

### Spinach & Ricotta Ravioli

Finely chopped spinach and creamy ricotta filled ravioli finished with a Pomodoro sauce. \$16

### Linguine Frutti di Mare

Tender selections of calamari, shrimp, and mussels sautéed in a white wine sauce. \$19

### Spaghetti alle Vongole

Clams, garlic, extra-virgin olive oil and fresh parsley paired in a white wine sauce. \$17

### Pappardelle alla Bolognese

Pappardelle pasta topped with zesty Pomodoro and seasoned meat sauce. \$18

### Gnocchi alla Sorrentina

Delicate potato gnocchi served with San Marzano tomatoes, mozzarella cheese and fresh basil. \$15

### Gnocchi alla Bolognese

Delicate potato gnocchi served with Pomodoro and seasoned meat sauce. \$18

### Gnocchi Three Cheese blend

Delicate potato gnocchi served in a creamy mascarpone, parmigiano reggiano and asiago cheese sauce. \$17

### Pasticcio

Baked layered pasta, béchamel, homemade Bolognese sauce, mozzarella and Parmesan cheese. \$15

### Eggplant Pasticcio

Baked layered sliced eggplant, béchamel, Bolognese sauce, mozzarella and Parmesan cheese. \$14

### Pappardelle & Porcini Mushrooms

Pappardelle pasta with a white creamy sauce, roasted garlic, fresh parsley and porcini mushrooms. \$15

## sandwiches & burgers

Our traditionally prepared sandwiches and burgers are crafted with layers of quality ingredients on fresh bread for a tantalizing taste. Enjoy with French fries or house salad..

### Argentine Churrasco Sandwich

A light blend of herbs and spices sprinkled atop our tender, grilled skirt steak and Chimichurri Sauce. \$12

### Argentine Choripan Sandwich

Grilled traditional Argentine sausage made with beef, pork and a light spicy flavor and Chimichurri Sauce. \$9

### Argentine Grilled Natural Chicken Sandwich

Grilled natural chicken breast sandwich, with a blend of light sprinkling of herbs, spices, sea salt and Chimichurri Sauce. \$11

### Caprese Ciabatta

A classic, Italian combination of fresh mozzarella cheese, fresh tomatoes, basil, balsamic vinegar and extra-virgin olive oil. \$11

### Prosciutto di Parma Ciabatta

Thinly sliced, dry-cured prosciutto layered with fresh mozzarella cheese and a light drizzle of extra-virgin olive oil. \$13

### Deli Italiano Baguette

A hearty selection of provolone and smoked mozzarella cheese, salami, prosciutto cotto ham, mortadella and sun-dried tomatoes. \$12

### Grilled Veggies Baguette

A variety of grilled vegetables with extra-virgin olive oil, tomatoes, and fresh mozzarella cheese. \$10

### Turkey Club Baguette

Oven-roasted turkey breast, provolone, Applewood smoked bacon, tomatoes, mixed greens, red onions, and a spread of mayonnaise. \$11

### Gorgonzola Mushroom Burger

An 8oz of Angus beef seasoned with our signature rub and topped with porcini mushrooms, onions and Gorgonzola cheese. \$12

### itar Burger - Chicken or Beef

Rubbed with our homemade seasoning blend and topped with crisp mixed greens, tomatoes and red onions. \$10  
- add a fried egg +\$1.50  
- add applewood smoked bacon +\$1.50  
- add smoked mozzarella or gorgonzola +\$1.50

### Tuna Baguette

Whole chunks of solid, natural tuna, sliced tomatoes, red onions, mixed greens and a delicate blend of extra-virgin olive oil. \$12

## milanesa

Crispy, fried cutlets of beef or chicken with a light seasoning of sea salt, parsley and garlic, battered with a coating of breadcrumbs. Enjoy with a side of mashed potatoes, French fries or house salad.

### Milanesa

Beef \$18 - Chicken \$16  
- add a fried egg or bacon +\$1.50

### Milanesa Napolitana

Finished with a homemade Pomodoro sauce and a layer of melted mozzarella cheese.  
Beef \$19 - All Natural Chicken \$18  
- add prosciutto cotto ham +\$2.00

## from the grill

Premium hand-cut red meats, pork and poultry. Enjoy with a side of mashed potatoes or side salad.  
- Add a fried egg to any of your steaks. +\$1.50 -

### Lomo de Bife con Hueso

A fresh-cut 16oz bone-in ribeye with beautiful marbling and traditionally seasoned. 16oz \$33

### Lomito a Parilla

A lean, 8oz center-cut of tenderloin steak. Traditionally seasoned and grilled. \$29

### Lomito Malbec

8oz center-cut tenderloin steak finished with a Malbec wine and porcini mushrooms reduction sauce. \$30

### Lomito a la Gorgonzola

Our 8oz center-cut beef tenderloin is prepared with a topping of a creamy Gorgonzola sauce, traditionally seasoned and grilled. \$30

### Bife de Chorizo

Grilled and traditionally seasoned 12oz New York strip with a flavorful and buttery texture. \$27

### Asado de Tira

Grilled 12oz flanken-style beef short rib is thinly sliced and traditionally seasoned. \$19

### Punta de Cuadril

Our grilled 10oz sirloin steak (Picanha), is lightly seasoned and tender with a robust flavor. \$18

### Churrasco

Grilled 10oz cut of skirt steak with a light blend of herbs and spices. \$19

### Vacío

Grilled 10oz flat steak rubbed with light seasonings of fine herbs, spices and sea salt. \$19

### Rack of Lamb

Succulent lamb chops, lightly seasoned and grilled to perfection. \$27

### Chorizo

Grilled traditional Argentine sausage made with tender beef, pork and a light spicy flavor. \$11

### Natural Chicken Breast

A light sprinkling of herbs, spices and sea salt bring out the flavor in our grilled chicken breast. \$14

### Grilled Chicken & Lemon Sauce

Grilled chicken in lemon and caper sauce. \$17

### Grilled Catch of The Day

Freshly caught fish of the day with a light seasoning of sea salt and grilled with extra-virgin olive oil and garnished with a slice of lemon. \$19

### Grilled Mahi & Lemon Sauce

Grilled Mahi filet in a lemon and caper butter sauce. \$22

## argentine mixed grill for 2

Premium hand-cut red meats, poultry, sausage and seafood combination platters that are full of flavor and made to sizzle, seasoned with traditional Argentine spices, herbs and sea salt, and perfectly grilled for maximum flavor! Enjoy with side of choice.

### Beef, Lamb & Sausage

Cuts of tender flat steak, lamb chops, and thin slices of succulent, flanken-style beef short rib. Paired with traditional and Argentine blood sausages. \$49

### Beef & Sausage

Flanken-style beef short rib and thin flat steak are flavorfully seasoned and served with traditional and Argentine blood sausages. \$38

### Beef, Chicken & Sausage

Flanken-style beef short rib and tender chicken breast served with traditional & Argentine blood sausages. \$37

### Grilled Seafood

A delightful blend of grilled lobster tail, sea scallops, wild shrimp, Mahi filet and calamari finished with extra-virgin olive oil. \$58.00

## sides

### Truffle Fries

With our house made seasoning and fresh herb. \$7

### Au Gratin Potatoes

Sliced potatoes baked with a creamy sauce of garlic, butter and Parmesan cheese. \$7

### Mashed Potatoes

A creamy mixture of butter, salt and parsley. \$5

### Sautéed Asparagus

Tender spears of asparagus sautéed with a blend of garlic and lemon. \$7

### Sautéed Spinach

A sauté of garlic and lemon with fresh spinach leaves and a dash of seasoning. \$7

### Pancetta and Brussels Sprouts

Sautéed Brussels sprouts tossed with olive oil and tossed with chopped pancetta. \$7

### Grilled Seasonal Vegetables

Lightly seasoned and freshly grilled seasonal vegetables. \$6

### Sautéed Broccoli

Sautéed broccoli baked with garlic and olive oil. \$6

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## juice bar

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Healthy juices freshly  
made with your order.

Pineapple \$4	Strawberry \$4
Passion Fruit \$4	Mango \$4
Blackberry \$4	Orange \$4
Guanabana \$4	Lemon \$4

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## beverages

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Aqua Panna mineral water 1lt \$5  
Aqua Panna mineral water .5lt \$3  
San Pellegrino sparkling water 1lt \$5  
San Pellegrino sparkling water .5lt \$3  
San Pellegrino Aranciata Orange \$3  
San Pellegrino Aranciata Rossa \$3  
San Pellegrino Limonata/Limo \$3  
San Pellegrino Pompelmo \$3  
San Benedetto Iced Green Tea \$3  
San Benedetto Peach Iced Tea \$3  
San Benedetto Lemon Iced Tea \$3  
Orangina Sparkling Citrus beverage \$3.50  
Yoga Apricot Nectar \$3  
Yoga Pear Nectar \$3  
Iced Tea \$2.50  
Coca-Cola Diet \$2  
Coca-Cola Bottle (Imported) \$3  
Fanta Orange Bottle (Imported) \$3  
Fanta Grape Bottle (Imported) \$3  
Sprite Bottle (Imported) \$3

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## espresso bar

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Espresso \$3	Café Mocha \$4.50
Espresso Macchiato \$3.50	Café Americano \$3
Espresso con Panna \$3.50	Hot Chocolate \$4
Cappuccino \$4.50	Ice Café \$2.50
Café Latte \$4.50	Frappuccino \$4
Caramel Macchiato \$4.50	Milk \$2.50

Infusions \$2.50  
Mate Cocido \$2.50

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## beer

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### Imported

Birra Moretti \$5  
Chimay Cinq Cents White \$18  
Chimay Red \$16  
George Killian's Irish Red \$5  
Guinness Extra Stout \$5  
Heineken \$5  
La Rossa Birra Moretti \$5  
Newcastle Brown Ale \$5  
Pacifico \$5  
Peroni \$5  
Radeberger Pilsner \$5  
Warsteiner \$5  
Warsteiner Premium Dunkel \$5

### Domestic

Anchor California Lager \$5  
Blue Moon Belgian White \$5  
Coors Light \$4  
Lagunitas Ipa \$5  
Miller Genuine Draft \$4  
Miller Lite \$4  
New Belgium 1554 Enlightened Black Ale \$5  
New Belgium Fat Tire \$5  
Samuel Adams Boston Lager \$5  
Yuengling Light Lager \$4