



Welcome to
Arugula
MODERN CUISINE

Executive Chef George Edward

Beginnings

\$12.95

Eggplant Tower

Eggplant with homemade ricotta, melted mozzarella and plum tomato basil sauce.

Scallops Rockefeller

Bay scallops baked to a golden brown with spinach and a Pernod cheese sauce.

Eggplant Caponata

Roasted eggplant with onions, peppers, fresh basil, garlic and lentils in garlic and extra virgin olive oil, served with toast points.

Calamari

Fresh golden calamari with our homemade tomato sauce served with lemon wedges and bang-bang dipping sauce.

Drunken Clams

Tender young clams in a garlic wine sauce with spicy fresh herbs and lager beer.

New Zealand Mussels

Mussels sautéed with chorizo & lightly spiced tarragon lemon wine sauce

Brazilian Chicken Wings

With garlic and butter.
Lightly spicy with distilled vinegar sauce.

Clams Casino

Fresh clams, topped with hickory smoked bacon and baked till crisp.

\$15.95

Burrata Black Truffles

Homemade mozzarella Burrata with diced garden tomatoes, fruit, and seasonings served with toast points, topped with dark chocolate.

Ahi Tuna Tartare

100% Sushi grade tuna with black pepper, fresh fruit and extra virgin olive oil topped with charred lentils.

Crab & Spinach Dip

Baked with cheese, served with toast points

Jumbo Shrimp

Jumbo Shrimp served with cocktail chutney and fresh lemon wedges with toast points

Crab Cake

Imperial crab cake served with garlic lemon crab cream sauce

Escargot

Fresh escargot on a natural shell served with a lemon white garlic and garlic bread

Soups

Eggplant
Spinach
& Couscos

French Onion
Soup

Soup
of the Day

Salads

\$17.95

Arugula Salad

Arugula, thin sliced prosciutto with fresh fruit, tomatoes, onions and chard lentils, shaved cheese and eggplant, topped with chocolate balsamic vinaigrette.

Topped with Salmon or Tuna \$22.95

Chicken Caesar

Sliced grilled chicken over crispy Romaine lettuce, tossed with croutons and our house Caesar dressing.

Coconut Waldorf Salad

Grilled chicken, shredded coconut, granola, celery, tomato, apples, walnuts and raisins, with a honey-lemon dressing.

Greek Salad

Fresh Romaine, tomatoes, onions, peppers, black olives, and feta cheese, served with a lemon wine vinaigrette.

Pasta

\$19.95

Two Peas in a Pod

Old fashioned sautéed onions with fresh young peas, diced tomato tossed with pasta and extra virgin olive oil.

Pasta Garlic Ala Olio

Linguini tossed with fresh garlic, extra virgin olive oil served with herbs and spices.

Lazy Lasagna

Fresh baked lasagna rigatoni with ground beef, ricotta, mozzarella, diced tomato & Italian herbs.

Italian Vodka

Plum tomato, pancetta, pecorino cheese, vodka cream sauce tossed with pasta.

Crispy Pasta

Golden crisp pasta with a light garlic sauce and melted provolone surrounded by Ricotta pot cheese.

Grandma Tortellini

Homemade jumbo cheese tortellini sautéed in garlic until crisp, tomato, basil, beans and extra virgin olive oil served with lemon wedges.

Arugula Polla Signature

\$22.95

Mama Maria

Sliced grilled chicken breast, imported prosciutto, spinach, garlic, roasted peppers, vidalia onions and mozzarella, sautéed with extra virgin olive oil and tossed with pasta.

Old Fashioned Chicken Parm

Lightly breaded chicken breast with fresh plum tomato sauce and melted cheese served over pasta.

Southwestern Bowl

Chicken with rice & beans served in a tortilla bowl topped with watermelon chutney, corn, and sunflower seeds, topped with cilantro avocado sauce, served with a side of salsa verde and churros.

Healthy Chicken

Grilled chicken with crispy fresh garden vegetables and spinach sautéed with garlic and olive oil over rice.

Chicken Francaise

Chicken breast in a light egg batter with a lemon wine sauce over pasta.

Moroccan Succotash

Moroccan toasted couscous, fresh vegetable succotash and edamame, topped with sliced grilled chicken & fresh lemon juice.

Teriyaki Chicken

Julianned chicken breast with crispy vegetables with a teriyaki glaze over yellow rice topped with sesame seeds.

India Sanbar

Chicken pan seared in a honey apple curry coconut sauce served with rice balls and topped with charred lentils

Green Mist

Chicken with baby kale, string beans, peas, vidalia onions, diced tomato, edamame & beans, tossed with pasta, spinach pesto & lentils.

Havana

Chicken, diced chorizo, okra, sweet plantains, black beans and seasoned rice balls served in a black demi glaze.

Godiva Chocolate Chicken

Golden crisp sea salted caramel chicken, served with mashed potato and topped with Godiva white chocolate sauce.

Chicken Murphy

Diced chicken with potatoes, peppers and onions in a port wine sauce served hot, mild or sweet.

Gaucha Selections

MARKET PRICE

Rib Eye

Served with potatoes, vegetables & au jus.

Veal Chops

Double cut grilled veal chop served with mashed potatoes, topped with a brandy demi glaze sauce and spinach.

Argentina

Marinated grilled boneless pork tenderloin, served with spinach mashed potatoes, chimicurri sauce and fresh lemon wedge.

New York Strip

Slightly firm for full flavor with potatoes & vegetables.

Beef Shank Ossobucco

Served with mashed potatoes, topped with a dark port wine sauce.

Carnitas

Shredded pork served over rice, with black bean sauce, topped with pico de gallo, guacamole, sour cream & salsa verde.

8 oz. Filet Mignon

Grilled filet mignon served with potatoes, sautéed vegetables and au jus.

Braised Beef

Oven roasted, extremely tender beef with potatoes & vegetables in a dark demi-glaze.

New Zealand Rack of Lamb

Served with bacon wrapped apples & mashed potatoes, topped with a brandy demi glaze sauce and spinach.

Lamb Osso Bucco

Twin lamb shanks with carrots, potatoes and onions served with a sauvignon wine demi glaze.

\$36.95

Hand-cut Pork Chops

Served with potatoes, fresh sautéed vegetables and a natural gravy.

\$26.95



Veal
\$28.95

Beef Short Rib

Served with Yukon Gold potatoes, vegetables and a dark natural gravy.

\$36.95

Italian Bolognese

Black Angus ground beef with a plum tomato sauce and Italian spices over pasta.

\$24.95

Veal Saltimbocca

Scallopini with roasted peppers, fresh spinach, prosciutto, melted cheese in a Port wine dark demi glaze over pasta.

Veal Creole

Veal Scallopini with shrimp, diced tomatoes, okra served with a shrimp sherry-Cajun cream sauce over pasta.

Schnitzel Milanese

Golden crisp thinly sliced cutlet, served with fresh lemon wedges & vinegar potato petals.

Colosseum

Julian veal, sun dried tomatoes, olives, pepperoni, Capicola, roasted peppers, sausage olives & capers, roasted garlic, tossed with pasta & topped with goat cheese & olive oil.

From the Shell **\$26.95**

Double Scampi

Rock shrimp & large shrimp in a lemon chardonnay wine sauce & fresh herbs, served over pasta.

2 Surf & 1 Turf

Grilled filet mignon topped with lobster fraiche & a jumbo shrimp over mashed potatoes, topped with a garlic sauce.

****MARKET PRICE****

Jambalaya Entufe

Louisiana style with chicken, shrimp, sausage, beans, corn, Cajun spices over yellow rice

Wild Clams

Fresh wild clams with Imperial baby clams, sliced garlic served with a choice of red or white sauce over pasta

Dragon Fish Roll

White fish, stuffed with crab-meat, spinach & cheese, served with rice, topped with a lobster béchamel sauce.

Divino

Bay scallops and shrimp in a light vanilla lobster cream sauce tossed with pasta, young peas and fresh diced tomatoes

Shrimp Shrimp

Jumbo shrimp, rock shrimp, Vidalia onions, garlic, broccoli & roasted peppers, with a lemon shrimp cream sauce, tossed over pasta.

Salmon Rockefeller

Salmon medallions with bay scallops, spinach pernot in a light cream sauce over pasta.

Fisherman's Catch
\$26.95

Ahi Tuna Steak

Sushi grade tuna pan seared with a medley of vegetables served with a ginger-orange coconut cream sauce over rice.

Bassa

Mild and sweet white fish fillet pan seared until golden crisp, mixed vegetables, garlic and oil over rice and fresh lemon wedges.

Nantucket

Pan-fry white fish fillet, served with potato crostini, fresh herbs & vegetables, in a white New England sauce.

Mahi Mahi

Wild caught mahi mahi in a red puttanesca styled sauce, peppers, onions, capers, with a hint of lemon and basil served over pasta.

Special Casseroles
\$32.95

Arugula Medley

Mixed seafood with a blend of fresh steamed mixed vegetables in a natural broth.

Pirate Grog Stew

Combination of mixed seafood, fish file, chicken, sausage, potatoes and vegetables in a New England cream sauce.

Mariscada

Combination of seafood with sausage & chorizo, in a natural fresh broth, tossed with rice & beans.

Zupa De Pesche

A mix of fresh seafood with a plum tomato sauce, beans and herbs served hot or sweet over pasta.

On a Personal Note

Executive Chef George Edward was born in Port Alegre, Brazil. His mother and father were both Master Chefs who owned and operated a culinary academy, the Montreal School of Culinary Arts, in Vienna, allowing our chef to begin developing his natural talent at an early age. Along the way, George worked as a butcher, giving him the experience he needed to select and prepare quality meats. While working for Hagen-Dazs, George became part of the President's Club as one of the top salesman in the country for five years. Also curious to learn more about the native fishing trade he opted to work on a fishing vessel, where he learned what he needed to know about the native fishing trade.

Formerly of DG Basil's in Bricktown, Chef George also worked his culinary magic at Bella Napoli in New York City. He spent many successful years as the Executive Chef and Owner of George's Grill and Moon River in Bricktown, and has since moved his pallet-pleasing talents to *Arugula*. Among his accomplishments, we can add Promotional Executive Chef for the Black Tiger Shrimp Company and member of Strathmore's Who's Who, a distinct recognition in the restaurant industry.

When he is not working passionately to amaze his guests with countless creative dishes, he makes time to enjoy his hobbies; Chef George is a certified scuba and sky diver, enjoys flying small aircraft locally and is a Harley-Davidson owner.

Bon Appetite!



Executive Chef
George Edward
732-962-8900

On Premise and Off-site
Catering Available
Ask for details

*Special Requests are always welcome
email requests to: chefgeorgebrazil@gmail.com*

*Please be patient as our food is cooked fresh.
On behalf of our staff and Executive Chef George Edward...Buon Appetite!*
**DUE TO INCREASING CREDIT CARD PROCESSING FEES,
CASH IS GREATLY APPRECIATED.**

