



Welcome to
Arugula
MODERN CUISINE

Executive Chef George Edward

\$13.95

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.

Broccoli Rabe

Italian sausage cannellini beans, garlic oil on toasted bread

Mexico Golden Crisp Shrimp

Pico de gallo topped with lemon honey sauce.

Brazilian Chicken Wings

Chicken wings with garlic and butter, lightly spicy with distilled vinegar sauce.

\$14.95

Drunken Clams

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

Mussels Amatriciana

Black mussels hot or sweet, pancetta, plum tomato sauce on garlic bread

Clams Casino

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

Escargot

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

MIDNIGHT

Jumbo shrimp, bacon with pecorino wine sauce

\$17.95

Burrata Black Truffles

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

Ahi Tuna Tartar

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

Calamari

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

Long Hots

Italian long hots with sausage, baked cheese and tomato sauce

Jumbo Shrimp Cocktail

\$18.95 Jumbo shrimp served with cocktail chutney and fresh lemon wedges.

Soups

**Baked French Onion
Japanese Seafood Miso
Stracciatella**

Raw Bar Seasonal ****MARKET PRICE****

**Oysters on 1/2 Shell | Clams on 1/2 Shell | Oysters Rockefeller
Clams Rockefeller | Peel & Eat Shrimp** boiled with Old Bay

Salads **\$17.95**

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.

Pasta **\$19.95**

Two Peas in a Pod

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

Grandma Tortellini

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

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 light garlic, onion and melted provolone surrounded by ricotta pot cheese.

Garlic Ala Oilio

Pasta, roasted garlic, extra virgin olive oil with greens, fresh herbs and pecorino cheese

Arugula Polla Signature **\$24.95**

Mama Maria

Sliced grilled chicken breast, imported prosciutto, spinach, garlic, roasted peppers, vidalia onions and cheese, 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.

Asian Cabbage Patch

Brussel sprouts, mixed cabbage, pork pot stickers, chicken, peas, zucchini and spinach topped with flax seeds.

Healthy Chicken

Grilled chicken with crispy fresh garden vegetables, chia seeds, and spinach sautéed with garlic and olive oil over rice

Stuffed Rigatoni Broccoli Rabe

Chicken stuffed sausage with pumpkin seeds, roasted peppers and garlic oil

Zoodles Zucchini

Shrimp, chicken garlic oil, tomato, artichoke hearts, capers tossed with zucchini pasta.

Teriyaki Chicken

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

Capricciosa

Chicken cutlet, top tomato basil, chocolate burrata, black truffles, balsamic vinaigrette

Greens & Beans

Sliced chicken with string beans, cannellini beans, mixed vegetables. garlic oil tossed with pasta, topped with sunflower, pumpkin seeds & burned cheese

Godiva Chocolate Chicken

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

Carbonara Verde

Chicken and shrimp with pancetta and peas tossed with pasta and green pesto cheese sauce

Chicken Francaise

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

Mexicano Fiesta

Chicken chorizo, peppers & onions, beans, avacado & plantains over rice topped with cinnamon churro

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!



On Premise and Off-Site
Catering Available
Ask for details

Executive Chef
George Edward
732-962-8900

*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.**

Gaucha Selections **MARKET PRICE**

Prime Rib Eye

Smoked sea salt and cracked black pepper, potato and vegetables au jus

Hand Cut Pork Chops

Served with potatoes, fresh sauteed vegetables and a natural gravy

Arugula Steak

Thin sliced steak, jumbo shrimp served with mashed potato Cajun sherry cream sauce

Lamb Osso Bucco

Lamb shank with carrots, potatoes and onions served with a sauvignon wine demi glaze.

New York Strip

Slightly firm for full flavor with potatoes & vegetables.

Pork Belly Ribs

Crispy lightly smoked with Jack Daniel whiskey rice, and mango citrus pico de gallo.

Roast Duck

Half semi boneless duck, coconut, mango, cream sauce, potato and spinach.

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 Lamb Chop

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

Beef Short Rib

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

Recommended

Slow Roasted Pork

Double cut slow Roasted Pork (36 hrs), with potatoes in a natural succulent gravy.

\$36.95

* no refunds on steaks

Italian Bolognese

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

\$25.95

Pork Chops Milanese

Boneless pork chop with mashed potatoes topped with sausage and mushroom brandy peppercorn cream sauce

\$26.95

Veal **\$28.95**

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 topped with tomato bruschetta with vinegar chips.

Veal Marsala

Thin veal scallopini, mushroom marsala wine sauce over mashed potatoes

From the Sea **\$29.95**

Double Scampi

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

Surf & Turf

Filet mignon, lobster francias, garlic mashed potatoes, fried shrimp with hollandaise sauce.

****MARKET PRICE****

Jambalaya Etouffee

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

Vongola (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.

Nantucket

White fish fillet, served with crispy potato crostini, fresh herbs & vegetables, in a New England cream sauce.

Salmon Rockefeller

Salmon medallions with spinach pernod in a light cream sauce over pasta.

Ahi Tuna Steak

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

Bassa Fillet

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

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.

Chef Special
Seafood of the Day

Lula Calamari (Spicy)

Fresh tender calamari sausage, roasted pepper, sherry tomato with cream sauce over pasta.

Russian Barramundi Fish

Golden crisp fish fillet, red rice cabbage and beets

Swordfish Lemon

Artichoke hearts, lemon caper wine sauce over mashed potatoes topped with chard lentils.

Specials

ANGRY CRAB

Soft shell crab tossed with pasta, garlic, butter, lemon and crab meat.

Pirate Grog Stew

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

Fish & Chips

Golden crisp fried fish fillet and jumbo shrimp with vegetable lemon rice & tartar sauce

Seafood Fra Diavolo

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