

<b>APPETIZERS</b>	
<b>Warm Mixed Olives and Smoked Sausage</b> house marinated olives with andouille sausage	<b>\$9</b>
<b>Charcuterie Plate</b> assorted cured meats, cheeses, house olives, chutney, grilled bread, for two	<b>\$18</b>
<b>Tapas Trio</b> trio of house made spreads, grilled bread	<b>\$12</b>
<b>Calamari</b> fried calamari sautéed in a Mediterranean vegetable medley, lemon and white wine	<b>\$12</b>
<b>Mussels Marinara</b> one pound of fresh PEI mussels, steamed in garlic and white wine, basil tomato sauce, parmesan cheese, grilled bread	<b>\$13</b>
<b>Arugula Meatballs</b> tomato sauce, parmesan cheese, grilled bread	<b>\$13</b>
<b>Escargot</b> snails sautéed with assorted mushrooms, garlic tarragon cream sauce, pull-apart rosemary focaccia	<b>\$14</b>
<b>Sundried Tomato and Artichoke Dip</b> served warm with tortilla chips	<b>\$14</b>
<b>Arugula Nachos</b> crispy pasta chips, black beans, tomatoes, red onions, bell peppers, parmesan cheese sauce, mozzarella, cheddar, havarti, sour cream and fresh salsa - add grilled chicken \$4, add sausage \$4	<b>\$16</b>
<b>Garlic Bread</b> herbed baguette - add cheese \$2, make it bruschetta \$2	<b>\$8</b>
<b>Italian Fries</b> wedge fries, sea salt, fresh herbs, parmesan	<b>\$8</b>

<b>SALADS</b>		Add grilled chicken \$4.00
<b>Italian</b> hearts of romaine, arugula, olive oil, balsamic vinaigrette, parmesan cheese	<b>\$13</b>	
<b>Arugula</b> arugula, baby spinach, heirloom beets & carrots, butternut squash, fried panko poached egg, parmesan cheese, lemon oregano dressing	<b>\$14</b>	
<b>Heritage Greens and Fried Goat Cheese</b> artisan lettuce, panko crusted goat cheese balls, cherry tomatoes, beet ribbons, pea shoots, crostini, Green Goddess dressing	<b>\$14</b>	
<b>Harvest</b> artisan lettuce, candied pecans, dried cranberries, warmed chipotle goat cheese with oven roasted beet, pea shoots, maple-balsamic vinaigrette	<b>\$16</b>	
<b>Caesar</b> hearts of romaine, pancetta chip, crostini, parmigiano fricco, parmesan cheese, roasted garlic vinaigrette	<b>\$13</b>	
<b>Spinach</b> baby spinach, red onions, cherry tomatoes, feta cheese, bacon, panko poached egg, aged balsamic vinegar, olive oil	<b>\$14</b>	
<b>Caprese</b> tomatoes, fresh mozzarella, arugula, basil, pea shoots, olive oil, balsamic reduction add prosciutto \$4	<b>\$14</b>	
<b>Bresaola</b> Italian cured beef, marinated artichokes, arugula, bocconcini stuffed Peruvian pepper, onions, parmesan cheese, olive oil, balsamic reduction, fresh lemon	<b>\$16</b>	
<b>Grilled Halloumi and Quinoa</b> grilled Halloumi cheese, Mediterranean quinoa salad, lemon and oregano dressing	<b>\$14</b>	
<b>Heirloom Beet and Goat Cheese</b> heirloom beets and carrots, warmed goat cheese, pea shoots, arugula, olive oil, balsamic reduction	<b>\$16</b>	

<b>SANDWICH/PANINI</b>		*all sandwiches/paninis are served with a side of Italian fries or Italian salad
<b>Chicken Parmesan Sandwich</b> breaded chicken breast, tomato sauce, parmesan cheese, mozzarella, grilled garlic ciabatta bun	<b>\$14</b>	
<b>Meatball Sandwich</b> Arugula meatballs, tomato sauce, mozzarella, grilled garlic ciabatta bun add basil pesto \$1.50	<b>\$14</b>	
<b>Italian Porchetta Sandwich</b> seasoned pork, provolone cheese, mustard-cilantro aioli, sliced dill pickles, grilled garlic ciabatta bun	<b>\$14</b>	
<b>Arugula Sausage</b> 8" Italian sausage, provolone, capicola, grilled vegetable relish, frizzled leeks, grilled bun	<b>\$13</b>	
<b>Italian Club Panini</b> grilled chicken breast, pancetta, tomato, pesto aioli, arugula	<b>\$14</b>	
<b>Chicken Panini</b> grilled chicken breast, spinach, tomato, mozzarella, pesto aioli	<b>\$14</b>	
<b>Vegetariano Panini</b> grilled vegetables, goat cheese, spinach, basil pesto, balsamic reduction	<b>\$14</b>	

Please inform us of any allergies. We will do our utmost to accommodate, although we are unable to guarantee an allergen-free kitchen.

1066 Fisher St. North Bay, ON, 705.223.3400, arugulanorthbay.com



# Arugula

FRESH  
Est. 2013

WELCOME TO  
ARUGULA

Neapolitan pizza is made from simple and fresh ingredients. We only use San Marzano tomatoes in our sauce and the crust is made with Italian Caputo double "0" flour, a highly refined and low gluten flour. Our pizza is cooked in a wood fired oven at extremely high heat to achieve a charred, blistered crust. The pizza bakes in less than 90 seconds in our 900 degree wood burning oven, hand built for us by Stefano Ferrara, a third generation pizza oven maker in Naples.

WE'RE GOING TO GET  
"FRESH" WITH YOU...  
ARUGULA FRESH!



## NEAPOLITAN PIZZA

all Pizzas are 12" Ontario Buffalo Mozzarella \$5.00  
Vegan Cheese \$3.00

<b>Margherita</b> fresh mozzarella, basil, tomato sauce, olive oil	<b>\$16</b>
<b>Italian Sausage</b> Italian sausage, blue cheese, sauteed onions, basil, mozzarella, tomato sauce	<b>\$18</b>
<b>Chicken Cacciatore</b> marinated chicken, mushrooms, kalamata olives, basil pesto, red onions, roasted red peppers, parmesan cheese, mozzarella, tomato sauce	<b>\$18</b>
<b>Arugula</b> arugula, prosciutto, parmesan cheese, olive oil, tomato sauce	<b>\$18</b>
<b>Nduja (en-doo-ya)</b> Nduja (spicy spreadable salami), goat cheese, mozzarella, red onions, jalapenos, tomato sauce	<b>\$19</b>
<b>Calabrese</b> Italian sausage, mozzarella, red onions, roasted red peppers, chili flakes, chili oil, tomato sauce	<b>\$18</b>
<b>Funghi</b> assorted mushrooms, thyme, frizzled leeks, brie, gorgonzola cream sauce	<b>\$18</b>
<b>Vegetable</b> red onions, bell peppers, arugula, goat cheese, roasted garlic, zucchini ribbons, mozzarella, tomato sauce	<b>\$18</b>
<b>Formaggi</b> mozzarella, goat cheese, parmesan cheese, tomato sauce	<b>\$17</b>
<b>Pepperoni</b> pepperoni, mozzarella, tomato sauce	<b>\$17</b>
<b>Cured Meat</b> capicola, salami, prosciutto, pepperoni, mozzarella, tomato sauce	<b>\$18</b>
<b>Smoked Salmon</b> Atlantic smoked salmon, capers, red onions, arugula, dill cream sauce, balsamic reduction	<b>\$19</b>
<b>Meatball</b> Arugula meatballs, parmesan cheese, fresh parsley, mozzarella, tomato sauce	<b>\$18</b>
<b>Gyro Pizza</b> grilled gyro meat, spinach, red onions, feta cheese, diced tomatoes, tzatziki, mozzarella, tomato sauce	<b>\$18</b>
<b>Pesto</b> house made pesto, mozzarella, marinated chicken, roasted yellow peppers, red onions, goat cheese, tomatoes	<b>\$18</b>



### Lunch Prix Fixe

(available Monday through Friday from 11 - 3)  
Italian Salad, Margherita or Pepperoni Pizza  
Biscotti or Gelato (one scoop)  
\$16 per person

WINE LIST			
BUBBLES	9oz.glass	bottle	
<b>PROSECCO DOC</b> Bottega Vino Dei Poeti, Italy	\$12	\$35	
<b>SPARKLING</b> Pink Yellowglen, Australia	\$11	\$30	
<b>SPARKLING</b> Jacob's Creek, Chardonnay Pinot Noir, Australia		\$38	
<b>PROSECCO SUPERIORE (V)</b> Santa Margherita Brut, Veneto Italy		\$44	
<b>PROSECCO</b> Mionetto D.O.C. Treviso		\$45	
WHITE AND ROSÉ	6oz.glass	9oz.glass	bottle
<b>PINOT GRIGIO</b> Gabbiano, Italy	\$9	\$12	\$35
<b>CHARDONNAY</b> Robert Mondavi, California, USA	\$9	\$12	\$35
<b>SAUVIGNON BLANC</b> Robert Mondavi, California, USA	\$9	\$12	\$35
<b>SAUVIGNON BLANC</b> Adobe Reserva Organic, Chile	\$9	\$12	\$35
<b>ROSÉ</b> Beringer White Zinfandel, California, USA	\$9	\$12	\$35
<b>MOSCATO</b> Cavit, Trentino, Italy	\$9	\$12	\$35
<b>PINOT GRIGIO</b> Folonari, Veneto, Italy		\$35	
<b>PINOT GRIGIO</b> Danzante, Veneto, Italy		\$38	
<b>PINOT GRIGIO</b> San Margherita, Alto Adige/Trentino, Italy		\$58	
<b>CHARDONNAY</b> Henry of Pelham, Ontario, Canada		\$37	
<b>CHARDONNAY</b> Cave Sping VQA, Ontario, Canada		\$38	
<b>SAUVIGNON BLANC</b> Stoneleigh, Marlborough		\$45	
<b>REISLING</b> Sibling Rivalry, Ontario, Canada		\$35	
<b>ROSÉ</b> Sibling Rivalry, Ontario, Canada		\$36	

WINE LIST			
RED	6oz.glass	9oz.glass	bottle
<b>CHIANTI</b> Gabbiano, Italy	\$9.5	\$12.5	\$37
<b>MERLOT</b> Lindeman's Bin 40, Australia	\$9	\$12	\$35
<b>MERLOT</b> Adobe Reserva Organic, Chile	\$9	\$12	\$35
<b>CABERNET SAUVIGNON</b> Robert Mondavi, California, USA	\$9	\$12	\$35
<b>SHIRAZ/SYRAH</b> Cusumano, Sicily, Italy	\$9	\$12	\$35
<b>VALPOLICELLA</b> Masi Valpolicella DOC, Veneto, Italy	\$10	\$13	\$42
<b>CHIANTI</b> Ruffino, Tuscany, Italy		\$37	
<b>GRENACHE BLEND</b> Perrin Réserve Côtes du Rhône, France		\$40	
<b>CABERNET SAUVIGNON</b> Sledgehammer NC, California, USA		\$42	
<b>CABERNET &amp; MERLOT</b> Inniskillin "Niagara Estate" VQA, Niagara Peninsula, Ontario		\$38	
<b>VALPOLICELLA</b> Bolla, Veneto, Italy		\$35	
<b>VALPOLICELLA</b> Enzo Vincenzo Ripasso DOC, Italy		\$40	
<b>PINOT NOIR</b> Louis Latour, Burgundy, France		\$55	
<b>PINOT NOIR</b> Inniskillin Pinot Noir VQA, Canada		\$55	
<b>MALBEC</b> Marcus James, Mendoza, Argentina		\$28	
<b>GAMAY</b> Cave Spring VQA, Ontario, Canada		\$38	
<b>SHIRAZ</b> Peninsula Ridge Estates Winery, Ontario, Canada		\$38	
<b>SHIRAZ</b> Wolf Blass "Yellow Label", Australia		\$42	
<b>TEMPRANILLO</b> Beronia, Rioja, Tempranillo Elaboracion Especial, Spain		\$40	
<b>AMARONE</b> Masi "Costasera" Corvina & Rondinella, Valpolicella, Italy		\$85	

## DRAFT BEER



### Peroni

\$8.25 Pitcher \$22.75

Clear bright golden colour; creamy, yeasty, malty aromas; a refreshing palate with a light bitterness.

### New Ontario Blonde

\$7.75 Pitcher \$21.25

Locally brewed easy drinking American style blonde ale with a refreshing finish.

### New Ontario Tree Topper

\$7.75 Pitcher \$21.25

A deep red ale with a piney nose and a touch of citrus. This beer can quench even a lumberjack-sized thirst.

### Mill St. Organic

\$8.25 Pitcher \$22.75

Ontario's first 100% natural, certified organic lager. Brewed with imported malt and hops. This European style lager offers a light, crisp and refreshing flavour with a clean finish.

### Stella Artois

\$8.25 Pitcher \$22.75

A premium European lager of noble traditions that truly symbolizes European style and sophistication. It traces its' roots to 1366, has a full distinctive taste and is brewed with the finest barley and hops.

### Muskoka Seasonal Selection

\$8.25 Pitcher \$22.75

Nestled in the heart of Muskoka, Muskoka Brewery handcrafts premium beers as unique and refreshing as the region they're from.

## BOTTLED BEER

Coors Light	5.50
Canadian	5.50
Michelob Ultra	5.50
Budweiser	5.50
Modelo	6.75
Corona	6.75
Guinness (can)	7.00
Strongbow Cider	7.00
Daura Damm (gluten free)	6.50

## CRAFT BEER LAGER

HogsBack Vintage Lager (can)	7.00
Muskoka Mad Tom IPA (can)	7.00
Mill Street Tankhouse Ale	6.50
Steam Whistle Pilsner	6.25
Rolling Rock Pale Lager	6.25
Alexander Keith's	6.25
Pilsner Urquell (can)	7.00

## COOLERS

Mikes Hard Lemonade	7.00
ask for available flavours	

## DRINKS

	teapigs.	illy	Coca-Cola	S.PELLEGRINO	JONES SODA CO.
<b>Drip coffee</b> regular or decaf	\$2.00	<b>Juice</b> cranberry, orange	\$2.50	<b>Fountain Pop</b> coke, diet coke, sprite, gingerale	\$2.75
<b>Espresso</b>	\$2.75	<b>Iced Tea</b>	\$2.50	<b>Galvanina Vintage Organic Soda</b> Blood Orange, Orange, Clementine, Lemon, Red Grapefruit, Century Cola	\$3.75
<b>Espresso doppio</b> double illy espresso	\$3.75	<b>Milk</b>	\$2.50	<b>Jones Soda</b> Strawberry Lime, Berry Lemonade, Rootbeer, Orange, Cream Soda	\$3.50
<b>Cappuccino</b>	\$4.25	<b>Bottled Water Sparkling</b>			
<b>Latte</b>	\$4.75	San Pellegrino 250 ml	\$3.50		
<b>Americano</b>	\$3.25	San Pellegrino 750 ml	\$6.00		
<b>Tea</b> assorted flavours	\$2.00	<b>Still Water</b>			
<b>Hot Chocolate</b>	\$2.75	Evian 750 ml	\$6.00		