

APPETIZERS	
Warm Mixed Olives and Smoked Sausage house marinated olives with andouille sausage	\$18
Charcuterie Plate assorted cured meats, cheeses, house olives, chutney, grilled bread, for two	\$26
Onion Rings sweet red onion rings, kalamata aioli	V \$15
Calamari fried calamari sautéed in a Mediterranean vegetable medley, lemon and white wine	G \$18
Mussels Marinara one pound of fresh PEI mussels, steamed in garlic and white wine, fresh basil tomato sauce, parmesan cheese, grilled bread	G \$18
Arugula Meatballs tomato sauce, parmesan cheese, grilled bread	\$19
Escargot snails sautéed with mushrooms, garlic tarragon cream sauce, Ace Bakery rosemary focaccia bun	\$18
Sundried Tomato and Artichoke Dip served warm with tortilla chips	G V \$19
Arugula Nachos crispy pasta chips, black beans, tomatoes, red onions, bell peppers, parmesan cheese sauce, mozzarella, cheddar, havarti, sour cream and fresh salsa - add grilled chicken \$5 - add sausage \$5	V \$22
Garlic Bread herbed baguette - add cheese \$3 - make it bruschetta \$4	V \$14
Italian Fries wedge fries, sea salt, fresh herbs, parmesan cheese	V \$16

DRINKS	
<i>Coca-Cola</i> British Columbia Raspberry, Mexican Cola, Canada Dry Peach Mango, Ginger Ale	\$4.00
Barq's Cherry Rootbeer, Cream Soda	\$4.00
Jarritos Mexican Soda Pineapple, Mango, Lime, Cola, Fruit Punch, Strawberry, Mandarin, Guava, Grapefruit	\$4.00



Lunch Prix Fixe
(available Monday through Friday from 12 - 3)
Italian Salad
Margherita or Pepperoni Pizza
Biscotti or Gelato (one scoop)
\$22 per person

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

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



Arugula

FRESH
Est 2013

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 "00" 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 oven was built by hand for us by Stefano Ferrara, a third generation pizza maker from Naples Italy.

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

SALADS	
	* All salads have the option of being prepared gluten-free, vegetarian or vegan.
	Add grilled chicken \$6.00
Italian hearts of romaine, arugula, balsamic vinaigrette, parmesan cheese	\$18
Arugula arugula, baby spinach, heirloom beets & carrots, butternut squash, fried panko poached egg, parmesan cheese, lemon oregano dressing	\$21
Heritage Greens and Fried Goat Cheese artisan lettuce, panko crusted goat cheese balls, cherry tomatoes, beet ribbons, pea shoots, crostini, Green Goddess dressing	\$22
Harvest artisan lettuce, candied pecans, dried cranberries, warmed chipotle goat cheese with oven roasted beets, pea shoots, maple-balsamic vinaigrette	\$22
Caesar hearts of romaine, parmesan cheese, garlic bread croutons, roasted garlic vinaigrette	\$20
Spinach baby spinach, red onions, cherry tomatoes, feta cheese, bacon, panko poached egg, aged balsamic vinegar, olive oil	\$21
Caprese tomatoes, Fior di latte, arugula, basil, pea shoots, olive oil, balsamic reduction add prosciutto \$4	\$20
Bresaola Italian cured beef, marinated artichokes, arugula, Fior di latte stuffed Peruvian pepper, onions, parmesan cheese, olive oil, balsamic reduction, fresh lemon	\$24
Grilled Halloumi and Quinoa grilled Halloumi cheese, Mediterranean quinoa salad, lemon and oregano dressing	\$22
Heirloom Beet and Goat Cheese heirloom beets and carrots, warmed goat cheese, pea shoots, arugula, olive oil, balsamic reduction	\$22

NEAPOLITAN PIZZA		Ontario Buffalo Mozzarella \$10 Vegan Cheese \$3.00 Fior di latte \$6.00
all Pizzas are 12"		
Margherita Fior di latte, parmesan cheese, basil, tomato sauce, olive oil	V	\$22
Funghi assorted mushrooms, thyme, frizzled leeks, brie, gorgonzola cream sauce	V	\$24
Vegetable red onions, bell peppers, arugula, goat cheese, roasted garlic, zucchini ribbons, mozzarella, tomato sauce	V	\$24
Formaggi mozzarella, goat cheese, parmesan cheese, tomato sauce	V	\$23
Mediterranean artichokes, red onions, sun dried tomatoes, kalamata olives, feta cheese, basil, mozzarella, tomato sauce	V	\$25
Italian Sausage Italian sausage, blue cheese, sautéed onions, basil, mozzarella, tomato sauce		\$25
Chicken Cacciatore marinated chicken, mushrooms, kalamata olives, house-made basil pesto, red onions, roasted red peppers, parmesan cheese, mozzarella, tomato sauce		\$25
Arugula arugula, prosciutto, parmesan cheese, olive oil, tomato sauce		\$25
Nduja (en-doo-ya) Nduja (spicy spreadable salami), goat cheese, mozzarella, red onions, jalapenos, tomato sauce		\$25
Spicy Tourist Nduja salami, fior di latte, cipollini onions, parmesan cheese, oregano, tomato sauce		\$25
Calabrese Italian sausage, mozzarella, red onions, roasted red peppers, chili flakes, chili oil, tomato sauce		\$24
Pepperoni pepperoni, mozzarella, tomato sauce		\$24
Cured Meat capicola, salami, prosciutto, pepperoni, mozzarella, tomato sauce		\$24
Meatball Arugula meatballs, parmesan cheese, fresh parsley, mozzarella, tomato sauce		\$24
Gyro grilled gyro meat, spinach, red onions, feta cheese, diced tomatoes, tzatziki, mozzarella, oregano, tomato sauce		\$24
Pesto house-made pesto, mozzarella, marinated chicken, roasted yellow peppers, red onions, goat cheese, tomatoes		\$25
Hawaiian black forest ham, pineapple, red onions, banana peppers, mozzarella, tomato sauce		\$25

VEGAN NEAPOLITAN PIZZA	
all Pizzas are 12"	
Hawaiian tomato sauce, vegan "mozzarella cheese", vegan "pepperoni", fresh pineapple, red onions, banana peppers	\$25
Vegan Funghi truffle oil base, assorted mushrooms, vegan "mozzarella cheese", thyme, fried leeks	\$25
Caprese Pizza tomato sauce, vegan "mozzarella cheese", sliced tomatoes, pesto, balsamic glaze, olive oil, arugula	\$25
Italian Vegan tomato sauce, vegan "mozzarella cheese", vegan and gluten-free Italian "sausage crumble", roasted red peppers, red onions, chili flakes, chili oil	\$25
Vegan Delight tomato sauce, vegan "mozzarella cheese", marinated artichokes, spinach red onions, kalamata olives, basil, pea shoots	\$25
Lasagna Pizza tomato sauce, vegan "mozzarella cheese", vegan & gluten-free Italian "sausage crumble" spinach, roasted red peppers, sautéed onions, nutritional yeast	\$25
Vegan "Chicken" Cacciatore tomato sauce, vegan "mozzarella cheese", mushrooms, kalamata olives, vegan "chicken", red onions, roasted red peppers, nutritional yeast, house-made vegan basil pesto	\$25
Vegan Pesto house-made vegan basil pesto base, vegan "mozzarella cheese", Gardein vegan "chicken", roasted yellow peppers, red onions, sliced tomatoes.	\$25
Spicy Pepperphony tomato sauce, vegan "mozzarella cheese", vegan "pepperoni", jalapenos, red onions	\$25
	
Spaghetti & Arugula Meatballs fresh parsley, parmesan cheese, garlic bread	\$27



G Gluten-Free
V Vegetarian

SANDWICH / PANINI		* all sandwiches/paninis are served with a side of Italian fries or Italian salad
Chicken Parmesan Sandwich breaded chicken breast, tomato sauce, parmesan, mozzarella, grilled garlic Ace Bakery Classic Gourmet bun		\$20
Meatball Sandwich Arugula meatballs, tomato sauce, mozzarella, grilled garlic Ciabatta Piccola bun add basil pesto \$2		\$20
Italian Porchetta Sandwich seasoned pork, provolone cheese, mustard-cilantro aioli, sliced dill pickles, grilled garlic Ace Bakery Classic Gourmet bun		\$20
Italian Burger 8oz prime rib patty, provolone cheese, tomato, pickles, red onions, arugula, pesto aioli, Ace Bakery Classic Gourmet bun		\$22
Vegan Burger house made vegetable tomato, pickles, red onions, arugula, vegan pesto aioli, Vegan-Gluten free bun	G V	\$22
Italian Deli Panini Soppressata, Genoa and Calabrese salami, red onions, Provolone cheese, kalamata aioli, arugula		\$20
Chicken Panini grilled chicken breast, spinach, tomato, mozzarella, pesto aioli		\$20
Vegetable Panini grilled vegetables, goat cheese, spinach, basil pesto, balsamic reduction	V	\$20
DESSERTS		All dessert Pizzas \$14.00 Dessert Pizzas - 6 inch
Smore - Nutella, skor toffee bits, graham crumbs, oven roasted marshmallows, chocolate drizzle		
KitKat Smore Crispy wafer pieces in a creamy milk chocolate spread, graham crumbs, oven roasted marshmallows, chocolate drizzle		
Funky Monkey Peanut butter, chocolate drizzle, sliced banana, toasted coconut, caramel drizzle, topped with Nutella gelato		
Reese's Reese's peanut butter sauce, Reese's peanut butter cup chunks, chocolate drizzle, topped with Nutella gelato		
Cookie Dough chocolate chip cookie dough, chocolate drizzle topped with Nutella gelato		
Biscotti Ask your server for details		\$4
Gelato one scoop two scoops		\$4 \$7.50