

Pasta

- 23.95 PASTA MARE E MONTI**
Homemade smoked paprika tagliatelle, jumbo shrimp, sausage, tomatoes, onions, garlic, green pepper and vodka cream sauce.
- 22.95 PASTA VERDE**
Homemade spinach noodles, jumbo shrimp, tomatoes, charred brussels sprouts, onions and basil pesto sauce.
- 20.95 CHICKEN ALFREDO**
Homemade linguine, chicken breast, bacon, garlic and alfredo sauce.
- 19.95 PASTA A LA VODKA**
Penne pasta, garlic, onions, bacon, tomato-cream sauce.
- 19.95 PENNE PASTA AL FORNO**
Penne pasta baked with Italian sausage, ricotta, parmesan cheese and tomato sauce.
- 19.95 PASTA CARBONARA**
Linguini pasta, onions, garlic, peas, prosciutto, egg, bacon, cream.
- 17.95 SPAGHETTI CON POLPETTINI DI CARNE**
Homemade spaghetti with mini beef meatballs and tomato sauce.
- 17.95 SPAGHETTI A LA BOLOGNESE**
Homemade spaghetti pasta, meat sauce, parmesan cheese.
- 18.95 LASAGNA AL FORNO**
Homemade pasta, meat sauce, fresh mozzarella, ricotta, parmesan cheese and tomato sauce.
- 16.95 MANICOTTI**
Homemade pasta stuffed with ricotta, parmesan cheese, fresh herbs, baked in tomato sauce.
- 17.95 EGGPLANT A LA PARMIGIANA**
Fried breaded eggplant with tomato sauce, mozzarella and served with homemade pasta.
- 18.95 MUSHROOM RAVIOLI**
Wild mushroom stuffed ravioli, ricotta cheese, tomato-cream sauce.
- 16.95 GNOCCHI**
Gnocchi di ricotta, our signature sherry cream sauce.

Pizza

- 14.95 LOROCO PIZZA**
Mozzarella, loroco, alfredo sauce. **JAIME'S SPECIAL**
- 11.95 CHEESE PIZZA**
Tomato, fresh mozzarella, olive oil.
- 13.95 MARGHERITA PIZZA**
Tomato, fresh mozzarella, cherry tomatoes, garlic, basil, olive oil.
- 13.95 CLASSIC PEPPERONI**
Tomato, fresh mozzarella, pepperoni.
- 13.95 RUGHETTA PIZZA**
Fresh mozzarella, cherry tomatoes, basil pesto, arugula and parmesan cheese.
- 18.95 ANGELO'S SPECIAL**
Tomato, Italian sausage, garlic, fontina cheese, onions, roasted sweet & hot peppers.
- 17.95 AGLIO E FUNGHI**
Fresh mozzarella, fontina cheese, cremini mushrooms, onions and garlic.
- 19.95 MEATLOVERS PIZZA**
Tomato, mozzarella, pepperoni, sausage, ham and bacon.
- 18.95 GARDEN PIZZA**
Tomato, fresh mozzarella, tomatoes, green peppers, onions, mushrooms.
- 16.95 HAWAIIAN PIZZA**
Tomato, fresh mozzarella, ham, pineapple.
- 18.95 CHICKEN & BACON**
Baby spinach, mozzarella, chicken, bacon, alfredo sauce, garlic.
- 17.95 PESTO CALZONE**
Mozzarella, ricotta, parmesan cheese, basil pesto, and marinara sauce.

- TOPPINGS**
- +2.00** Basil, pesto, pepperoni, ricotta cheese, onions, mushrooms, green peppers, olives, tomatoes.
- +3.00** Fresh mozzarella, provolone cheese, salami, meatballs, arugula, spinach, prosciutto, sausage, chicken, caramelized onions, red bell peppers.

**Gluten free cauliflower crust and vegan cheese available.*

2504 Ennalls Avenue
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www.terramarewheaton.com

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MENU



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Appetizers | APERITIVOS

- 8.95 WINGS**
Jumbo wings tossed with fresh garlic, lime juice and served with ranch.
- 10.95 NACHO DELUXE**
Crispy chips, beans, guacamole, sour cream, and herbs. **Add steak or chicken \$14.95**
- 8.95 MEATBALLS AL FORNO**
Beef mini meatballs baked in our special marinara sauce. Served with house bread.
- 11.95 CHARRED BRUSSEL SPROUTS**
Brussels sprouts, onions, garlic, with balsamic drizzle and garlic aioli.
- 8.95 ARANCINI CROQUETTES**
Arborio rice balls stuffed with fresh mozzarella served with home-made tomato sauce.
- 12.95 CALAMARI FRITTI**
Crispy light battered calamari with house garlic aioli.
- 14.95 CEVICHE MIXTO**
Mix ceviche with lemon, lime, fish, shrimp and scallops.

Salads | ENSALADAS

- 10.95 BEET SALAD**
Mixed greens, roasted red beets, onions, tomatoes and balsamic dressing.
- 8.95 INSALATA MIXTA**
Mixed greens harvest, tomatoes, red onions and balsamic vinaigrette.
- 9.95 CLASSIC CAESAR SALAD**
Romaine lettuce, house croutons, shaved parmesan cheese with Caesar dressing.
- 19.95 GRILLED CHICKEN SALAD**
House mixed greens, tomatoes, onions, carrots, green peppers, house vinaigrette.
- 20.95 GRILLED SALMON SALAD**
Baby romanie, tomatoes, red peppers, onions, hard boiled egg, honey mustard dressing.
- 20.95 TERRA MARE SALAD**
Chicken and Steak Fajitas over a bed of Romaine lettuce, Shredded cheese, red onions, and tomatoes. Tossed in honey mustard.

Grilled | A LA PARRILLA

- 28.95 TERRA MARE PLATTER**
Steak, chicken, shrimp and ribs. Served with rice, beans, guacamole and pico de gallo.
- 23.95 CARNE ASADA**
Steak, beans, rice, guacamole and pico de gallo.
- 22.95 FAJITAS**
Marinated Steak or chicken. Served with rice, beans, guacamole and pico de gallo.
- 25.95 FAJITA PLATTER**
Steak, chicken and shrimp. Served with rice, beans, guacamole and pico de gallo.
- 21.95 PORK RIBS**
Tender BBQ pork ribs, house fries and chipotle aioli.

Chicken | POLLO

- 23.95 POLLO RIPIENE**
Chicken breast stuffed with onions, mushrooms, spinach and served with homemade linguine, broccoli and vodka sauce.
- 21.95 POLLO A LA PARMIGIANA**
Breaded chicken breast topped with tomato sauce, fresh mozzarella and served with homemade linguini.
- 22.95 POLLO A LA MARSALA**
Chicken breast sautéed with mushrooms, onions, marsala wine and served with homemade linguini.
- 23.95 POLLO FIORENTINA**
Chicken breast sautéed with garlic, butter, cream sauce and topped with baby spinach. Served with homemade linguini.
- 22.95 POLLO PICCATA**
Chicken breast sautéed with lemon-butter, garlic, capers. Served with homemade linguine.
- 20.95 POLLO CON TAJADAS**
Most popular Honduran chicken, crispy plantain, cabbage and its traditional sauce.

Soups | SOPAS

- 16.95 BEEF SOUP (SOPA DE RES)**
Yuca, carrots, plantain, cabbage, guisquil, corn, tortillas.
- 14.95 HEN SOUP (SOPA DE GALLINA)**
1/4 of a chicken, potato, carrots, cabbage, corn, yuca, guisquil, tortillas.
- 21.95 SEAFOOD SOUP (MARISCADA)**
Shrimp, fish, crab, mussels, clam, scallops and tortillas.
- 29.95 TERRA-MARESCADA**
Lobster, shrimp, fish, crab, mussels, clam, scallops and tortillas.
- 13.95 VEGETABLE SOUP (MINISTRONI) SMALL \$7.95 SIDE \$3.95**
Onions, carrots, zucchini, celery.

Sandwiches (LUNCH ONLY)

(Served with garlic fries or house salad)

- 13.95 CARNE PANINO**
Stew tender beef, sauteed mushrooms, caramelized onions, melted cheese.
- 12.95 CHICKEN PESTO**
Grilled breast of chicken, pesto, onions, lettuce, tomatoes.
- 12.95 BUFFALO CHICKEN SANDWICH**
Breaded and fried chicken breast, tomatoes, onions.
- 12.95 ITALIAN PANINO**
Prosciutto, salami, provolone cheese.
- 10.95 CAPRESE PANINO**
Tomatoes, mozzarella, basil, pesto.
- 12.95 MORTADELLA SANDWICH**
Mortadella, sliced pickles, dijon mustard.

Seafood | MARISCOS

- 28.95 SALMONE DE LA CASA**
Filet of salmon, jumbo shrimp, broccoli, homemade linguine, tomato cream sauce.
- 26.95 PASTA ALLA SALMONE**
Penne Pasta, salmon, onion, garlic, tomatoes, spinach and sherry wine sauce.
- 24.95 SHRIMP RISOTTO**
Jumbo shrimp, onion, garlic, mushrooms, tomatoes, basil and arborio rice.
- 26.95 LINGUINE AL NERO DI CALAMARI**
Squid ink linguine, jumbo shrimp, scallops, onion and lemon-garlic sauce.
- 23.95 GAMBERI FRA'DIAVOLA**
Jumbo shrimp, onions, garlic, salsa aurora and homemade linguini pasta.
- 27.95 SALMON PRIMAVERA**
Filet of salmon, sautéed onions, mushrooms, spinach, broccoli, tomatoes and garlic sauce.
- 26.95 SALMONE ALLA GRIGLIA**
Filet of salmon grilled in lemon butter sauce and served with broccoli.
- 26.95 PASTA CON GAMBERI E CAPESANTE**
Penne pasta with jumbo shrimp, sea scallops and cream sauce.
- 22.95 TILAPIA ALLA PIZZAIOLA**
Filet of tilapia cooked with garlic, black olives, capers and tomato sauce. Served with homemade linguini.
- 24.95 GNOCCHI CON CAPESANTE**
Home-made gnocchi, scallops, onions, sherry cream sauce.

*NOTICE: This item may be served undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.