



Sello's

Italian Oven & Bar
cibo vino vita

la cena senzavino i
comeungiorno senza sole

"A MEAL WITHOUT WINE IS LIKE A DAY
WITHOUT SUNSHINE"

Antipasti

HOUSE SPECIAL CRAB & PROSCIUTTO

jumbo lump crab sautéed with prosciutto in a light white
wine lemon butter sauce MP
Torresella Prosecco / Veneto, IT 10/gl

CALAMARI FRITTI

calamari lightly flour dusted & fried, jalapeño
peppers, lemon w/ a side of marinara 22

SALSICCIA GRIGLIATA

8oz sausage rope stuffed w/ provolone cheese, grilled w/
lemon & EVOO, served over sautéed garlic broccoli rabe 22

BURRATA FRITTA

4oz burrata infused w/ basil pesto, over sautéed spinach w/
marinara & finished w/ balsamic glaze 18

SCALLOPS GORGONZOLA

5 scallops sautéed in a gorgonzola cream sauce
topped with crispy pancetta and served with crostini 26

CARPACCIO DI MANZO

thinly sliced Copper Creek beef tenderloin, garnished w/
capers, onion, arugula, & shaved Parmigiano-Reggiano
cheese 21

Kim Crawford Sauvignon Blanc/ Marlborough, NZ 14/gl

POLPETTE

trio of 2oz meatballs in our marinara sauce 14

ARANCINI

three crispy balls of risotto stuffed w/ a touch of bolognese
& fresh mozzarella 14

Colimoro / Montepliciano di Abruzzo IT 9/gl

Insalate E Zuppe

ZUPPA DEL GIORNO

soup of the day 10

INSALATA DI CESARE

romaine lettuce, our homemade
dressing, homemade croutons, &
shaved Parmigiano-Reggiano 15

RUCOLA E PARMIGIANO

arugula, pine nuts, shaved Parmigiano
Reggiano, EVOO, drizzle of balsamic
vinegar & fresh squeezed lemon 14

INSALATA DELLA CASA

romaine lettuce, red onion, cucumber,
cherry tomato, gorgonzola, crispy
prosciutto, tossed in a shallot
vinaigrette 16

STAGIONE

fresh spinach & arugula, orange, red
onion, pomegranate seeds, glazed
walnuts, goat cheese, tossed in a
maple balsamic vinaigrette 16

ROASTED RED PEPPER BURRATA CAPRESE

roasted red pepper & prosciutto on a
bed of arugula, burrata cheese, basil,
EVOO, & balsamic glaze, served with
crostini 17

SALMONE AFFUMICATO

smoked salmon, arugula, goat cheese,
red onion, capers, & EVOO 19

Add Ons

FRESH PROSCIUTTO 8 | GRILLED CHICKEN 10 | GRILLED JUMBO SHRIMP 14

GRILLED SALMON 16 | LOBSTER TAIL 25 | BURRATA 8

Side salads available w/ order of entrée only 8

Cesare | Rucola e Parmigiano | Della Casa | Stagione

🌿 - Vegetarian 🌱 - Vegan

Pizza Al Forno

Our wood fired oven creates a charred crust on our 30cm individual hand stretched pizzas

GLUTEN FREE CRUST 5 | ADD HOT HONEY 3 | ADD BURRATA 8

MARGHERITA

plum tomato sauce, fresh mozzarella, basil & EVOO 18
Molo 8 Sparkling Lambrusco, Lombardy IT 12/gl

AMERICANA

plum tomato sauce, garlic confit, fresh mozzarella & pepperoni 22

ALDO

plum tomato sauce w/ spicy soppressata, Italian sausage, meatball, & fresh mozzarella 24
Sella Antica Red Blend / Tuscany, IT 10/gl

DIAVOLA

plum tomato sauce w/ mozzarella, soppressata, jalapenos, & red onion 22

VESPA

wild mushroom, prosciutto, fresh mozzarella w/ a drizzle of white truffle oil topped with
arugula 24
Mer Soleil Chardonnay, Monterey CA 13/gl

DOLCE E SALATO

ricotta, mozzarella & pecorino cheeses topped w/ pancetta & garlic confit finished w/
honey & fresh parsley 21

At Sello's, we use the highest quality & freshest ingredients available
- always locally sourced when possible

Pasta

PAPPARDELLE ALLA BOLOGNESE

wide ribbon egg pasta tossed w/ a hearty ragu of tomato, vegetable, beef, pork, & veal w/ a touch of cream 28
Sassoregale Sangiovese / Tuscany, IT 12/gl

INVOLTINI DI MELANZANE

thinly sliced grilled eggplant, rolled & stuffed w/ angel hair pasta w/ marinara sauce, Parmigiano-Reggiano & mozzarella 25

LASAGNA

house made layers of our pasta sheets, baked w/ bolognese sauce, mortadella, béchamel sauce, & mozzarella 29
Rosenblum Zinfandel, Napa CA 12/gl

GRANCHI

Mezza rigatoni tossed w/ lump crab in a roasted red pepper, pancetta, tomato sauce w/ a touch of cream 34

LINGUINE DEL VERDURE

linguine tossed w baby spinach, sun dried tomato pesto w/ a touch of cream & parmigiano cheese 24

FIOCCHI VODKA

parmigiana & mozzarella stuffed pasta pouches coated in a creamy vodka sauce, & garnished w/ fresh shaved prosciutto 32

RIGATONI AL TARTUFO

rigatoni w/ local mushrooms, spinach, onion, & garlic in a creamy summer truffle sauce 31

LINGUINE FRA DIAVLO

6oz cold water lobster tail & shrimp served over linguine pasta in a spicy red broth 43
Line 39 Excursion Red Blend, CA 11/gl

Add Ons

FRESH PROSCIUTTO 8 | GRILLED CHICKEN 10

GRILLED JUMBO SHRIMP 14 | GRILLED SALMON 16 | LOBSTER TAIL 25

BURRATA 8 | SUB GLUTEN FREE PASTA 3

Contorni

PATATINE FRITTE AL PARMIGIANO

parmesan french fries 9

Make them Truffle w/drizzle of truffle oil 11

Make them Eastern Shore Italian w/ Old Bay Seasoning 10

SPINACI

fresh spinach w/ garlic & cannellini beans 9

PISELLI

peas w/ pancetta, garlic, & onion 9

PASTA POMODORO

mezzi riga toni in a plum tomato sauce 10

DAILY SEASONAL VEG

10

Carne e Pesce

POLLO ALLA PARMIGIANA

hand pounded & breaded organic chicken breasts topped w/marinara & mozzarella, served w/ pasta pomodoro 34
DaVinci Chianti DOCG / Tuscany, IT 10/gl

COSTATA ALLA PARMIGIANA

16 oz bone in pork chop hand pounded & breaded topped w/marinara & mozzarella served w/ pasta pomodoro 39

POLLO ALLA MARSALA

organic chicken breast medallions, topped w/ wild mushrooms finished in a rich marsala sauce served w/ piselli 34

ARAGOSTA & VITELLO

cold water Lobster Tail & tender scaloppini of veal sautéed with shallots & wild mushrooms deglazed w/ champagne and finished with butter & cream served w/ piselli 49
Belle Glos Balade Pinot Noir, Santa Barbara CA 20/gl

FILETTO DI MANZO

8oz angus beef filet w/ a gorgonzola crust in a wine demi-glace served w/ daily veg & mushroom risotto 59
Greenwing by Duckhorn Cabernet Sauvignon, Columbia Valley WA 14/gl

DALLA BARCA

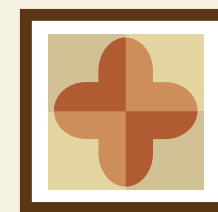
shrimp & scallops in a cream sauce w/ cremini mushroom tossed w/ angel hair pasta & a touch of red pepper flakes topped w/ parsley 38

SALMONE SALERNO

Faroe Island grilled salmon atop a creamy garlic & onion sauce w/ spinach, sundried tomatoes, tossed w/ mezz rigatoni 36

CATCH OF THE DAY

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Italian Oven & Bar
cibo vino vita

🌱 - Vegetarian 🌿 - Vegan

Extra Bread Charge \$3 Plate charge for sharing an entrée is \$5.

Substitution requests may not be honored during peak times.

Parties of 6 or more are subjected to automatic gratuity of 20%. Substitution requests may not be honored during peak times. 3% credit card processing fee.

Our system cannot accomodate separate checks but can split them evenly. Please make us aware of any allergies upon seating; please be advised that our gluten free options are prepared in a cross contaminated environment.

FOR ALL OF THE LATEST INFO, VISIT OUR WEBSITE SELLOSOC.COM & FOLLOW US ON SOCIAL MEDIA @SELLOSOVEN

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illnesses