

MENU



(973) 826 4624
LaVitaSparta.com

SPECIALTY SANDWICHES

Chicken Cutlet Sandwich 14.50

Mozzarella whey brined, panko breaded chicken, kewpie mayo, broccoli rabe, fresh tomato, La Vita mozzarella, La Vita tomato jam

Italiano 14.50

Prosciutto, soppressata, mortadella, arugula, mozzarella, tomato-basil pesto on hero roll.

Americano 14.50

Ham, spicy house made capicola, genoa salami, provolone, escarole, tomato, giardiniera, mayo, Italian dressing

Italian Beef 14.50

Braised beef brisket, house made mozzarella, peperonata, broccoli rabe mostarda

Porchetta 14.50

Fennel, rosemary & garlic rubbed slow roasted pork shoulder, caramelized fennel, braised escarole, pesto & bomba chili on ciabatta

Eggplant Hero 14.50

Crispy fried eggplant, roasted peppers, fresh mozzarella, arugula, balsamic, tomato jam

The OTHER Chicken Cutlet 14.50

Crispy chicken cutlet, roasted peppers, fresh mozzarella, arugula, balsamic, EVOO

Chicken Parmigiana Hero 14.50

Crispy chicken cutlet, marinara, fresh mozzarella, parmigiano

Eggplant Parmigiana Hero 14.50

Crispy eggplant, marinara, fresh mozzarella, parmigiano

Meatball Parmigiana Hero 14.50

Dry aged beef and pork meatballs, fresh mozzarella, parmigiano

PANINI

Fresh or Pressed \$8.50 ea

Made on house made focaccia. Dressed with arugula, olive oil, and balsamic glaze

Tomato, Basil & Mozzarella

Broccoli Rabe & Ricotta

Genoa Salame & Provolone

Mortadella & Mozzarella

Mozzarella, Taleggio & Provolone

Prosciutto & Mozzarella

Speck & Fontina

Spicy Capocollo & Cacio di Roma

Additional Condiments \$1 Each

Basil Pesto | Sundried Tomato Pesto |

Bomba Calabrese | Giardiniera | Roasted Garlic

Tomato Jam | Fig Jam | La Vita Hot Sauce

FOCACCIA

Made in house daily. Sold by the slice.

Rosemary & Sea Salt 2.75

Tomato and Roasted Garlic 3.50

Broccoli Rabe 4.00

Black Mission Fig 4.50

Pepperoni 4.50

SNACKS

North Fork Potato Chips 1.50

Salt & Vinegar Chips 2.50

Lukes Truffle Chips 3.25

Snack Mix 1.00

HOURS : Tues-Fri | 10 am - 6 pm • Sat | 10 am - 4 pm. Sun | 10 am - 2 pm Closed Mon

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INSALATA

Antipasti Salad 14.00

Escarole, marinated mushrooms, marinated artichokes, roasted peppers, fresh tomato, fresh mozzarella, soppressata, with balsamic vinaigrette

Fennel Orange Walnut Salad 10.00

Shaved fennel, honey roasted walnuts, fresh oranges, arugula, with honey orange vinaigrette

Insalata Caprese 10.00/14.00

Whole or ½ ball of our fresh handmade mozzarella, with fresh tomato and fresh basil, sea salt, olive oil, and balsamic

La Vita Caesar Salad 8.00

Escarole, shaved celery, house Caesar dressing focaccia croutons, and parmigiano

La Vita Sicilian Chopped Salad 10.00

Escarole, sun dried tomatoes, ricotta salata, olives, raisins, crispy chickpeas and sunflower seeds, with Italian vinaigrette

ZUPPA

Pint 5.00 Quart 10.00

Butternut Squash Soup

Ribolita Soup

Tomato Soup with Fresh mozzarella, basil and focaccia croutons

Call & ask about seasonal soups of the day

SPECIALITA

Arancini 3.00 ea

Rice balls made with parmigiano & soffritto risotto stuffed with prosciutto and mozzarella

Chicken Cutlets 12.00 per lb

Brined in mozzarella whey, panko breaded and fried to golden brown

Roasted Chicken 12.00 per lb

Chicken breast marinated with rosemary, parsley, onion, garlic, and extra virgin olive oil

Lasagna 10.00

House made noodles layered with butchers ragu, bechamella, and parmigiano. Hot or Cold to reheat yourself

House Made Fennel Sausage 10.00 per lb

Sweet or hot, available cooked or raw

Meatballs 4.00 ea

Tomato & white wine braised dry aged beef & pork meatballs

LA VITA MOZZARELLA FRESCA

8.00 per piece

Fresh Mozzarella made in house every day

DOLCE

Anise Biscotti 7.50 ea

Almond Biscotti 7.50 ea

Mascarpone & Ricotta

Cheesecake 6.00/slice

Cannoli 1.50/5.00

Bombolini 1.50/5.00

Olive Oil Cakes 5.00

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ANTIPASTI (by the 1/2 lb)

Artichokes alla Romana	8.00
Red onion, mint, garlic, lemon juice, white wine, extra virgin olive oil	
Beets	5.25
Hazelnuts, mint, honey orange vinaigrette	
Braised Greens	5.25
Olive oil, garlic	
Broccoli Rabe	6.25
Roasted garlic, lemon, bomba chili	
Susan's Brussels Sprouts	7.25
Guanciale, balsamic vinegar	
Caponata Siciliana	6.75
Sweet and sour eggplant relish	
Chickpeas	5.25
Tomato pesto, smoked onions	
Funghi Sott'olio	6.75
Marinated mushrooms	
Smashed Potatoes	4.50
Poached, smashed, roasted with rosemary	
Roasted Peppers	6.25
Fresh whole roasted red peppers	
Shrimp	12.00
Basil pesto-garlic, parmigiano, pine nuts	

SECONDI

Eggplant Parmigiana	12.00
Breaded and fried eggplant filet with house made mozzarella, marinara, and parmigiano	
Chicken Parmigiana	14.00
Breaded chicken slathered in marinara, topped with house made mozzarella and parmigiano	
Spala di Maiale	22.00
Slow roasted pork shoulder with caramelized fennel	
Brasato di Manzo	28.00
Braised beef brisket with cannellini, escarole	

PASTA

Rigatoni, Sausage & Broccoli Rabe	20.00
Sweet fennel sausage with broccoli rabe, garlic, hot chili, parmigiano, and butter. Serves 1+	
House Made Radiatore Bolognese	20.00
Fresh pasta with our tangy and rich sweet fennel sausage bolognese style sauce, finished with butter, parmigiano and arugula. Serves 1+	
Bucatini with Sunday Gravy	24.00
Sweet fennel sausage and dry aged beef meatballs braised in tomato finished with butter and parmigiano. Serves 2+	
Gemelli Marinara or Al la Vodka	
House made "twins" pasta with our red or pink sauce finished with butter, parmigiano, oregano & basil. Serves 1+	
Red or Pink Sauce	17.00
Mafaldini al Limone	17.00
House made ribbons pasta with preserved lemon, pickled chili, lemon juice, oregano, butter and parmigiano. Serves 1+	
Spaghetti alla Chitarra	
Garlic, oil and chili or butter and parmigiano, served on our long noodles. Serves 1+	
Aglia Olio Peperoncino	15.00
Burro e Reggiano Parmigiano	15.00

KIDS PASTA

Small portion of Cresta di Gallo pasta	
Red Sauce – 8.00	Butter & Cheese – 8.00

LA VITA BREADS (baked fresh daily)

Ciabatta	2.00
Sour Tuscan Loaf	4.00
Schiacciatelle 2.00	Buns 2.00
Ciabatta Breadsticks	2.00

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FROM LEO'S BAKERY

Seeded Semolina	3.50
Seeded Italian	3.50
Plain Italian	3.50
Hero Roll	1.50

SALUMI

Prosciutto Crudo Italiano	¼ lb 5.50
Prosciutto di Parma	¼ lb 7.00
Prosciutto San Daniele	¼ lb 7.50
Prosciutto Cotto (Ham)	¼ lb 4.50
Mortadella	¼ lb 4.50
Soppressata – Sweet or Hot	¼ lb 5.50
Guanciale	¼ lb 8.50
Capocollo house made Hot	¼ lb 7.00
Capocollo, dry	¼ lb 8.00
Pepperoni	¼ lb 4.00
Genoa Salame	¼ lb 5.00
Bresaola	¼ lb 7.50
Pancetta	¼ lb 4.95
Speck	¼ lb 5.50

FORMAGGI

Asiago	21.00/lb
Bleu Del Moncenisio	19.00/lb
Cacio di Roma	20.60/lb
Dobaccio	28.00/lb
Fontina	28.00/lb
Gorgonzola Dolce	15.00/lb
Grana Padano	15.50/lb
La Tur 8oz button	17.00/lb
La Vita Mozzarella Fresca	10.00/lb
Parmigiano Reggiano	21.80/lb
Parmigiano Vacche Rosse	36.00/lb
Pecorino Romano Locatelli	21.00/lb
Provolone, Auricchio	19.00/lb
Ricotta Fresca	½ lb 4.75
Ricotta Salata	9.70/lb
Scamorza Affumicata	14.00/lb
Taleggio	17.98/lb

BEVERAGES

72 Hour Espresso Cold Brew	3.00
Galvanina Organic Red Grapefruit	2.95
Galvanina Organic Ginger	2.95
Galvanina Organic Clementine	2.95
Manhattan Special Espresso Soda	2.50
Mexican Coke	2.50
Panna Mineral Water	2.00
San Pellegrino Sparkling Water	2.00
San Pellegrino Aranciata Rossa	2.00
San Pellegrino (Prickly Pear Cactus)	2.00
San Pellegrino Limonata	2.00

HOUSEMADE SAUCES

	Pint/Quart
Marinara	6.00/12.00
Vodka Sauce	6.00/12.00
Butchers Ragu (contains nuts)	6.00/12.00
Sweet Fennel Sausage Ragu	6.00/12.00

DON'T FORGET

Check Online For:

- Weekly Specials
- Seasonal & Holiday Specials
- Gift Cards
- Gift Baskets
- Catering for Any Occasion
- The MUTTZ



Pricing and Availability Subject to Change