



SPECIALTY SANDWICHES

Chicken Cutlet Sandwich 14.95
Mozzarella whey brined, panko breaded chicken, mayo, broccoli rabe, fresh tomato, La Vita mozzarella, La Vita tomato jam

Italiano 14.95
Prosciutto, soppressata, mortadella, arugula, mozzarella, tomato, basil pesto on hero roll.

Americano 14.95
Ham, spicy house made capicola, genoa salami, provolone, escarole, tomato, giardiniera, mayo, Italian dressing

Italian Beef 14.95
Braised beef brisket, house made mozzarella, peperonata, broccoli rabe mostarda

Porchetta 14.95
Fennel, rosemary & garlic rubbed slow roasted pork shoulder, caramelized fennel, braised escarole, pesto & bomba chili on ciabatta

Eggplant Hero ▾ 14.95
Crispy fried eggplant, roasted peppers, fresh mozzarella, arugula, balsamic, tomato jam

The OTHER Chicken Cutlet 14.95
Crispy chicken cutlet, roasted peppers, fresh mozzarella, arugula, balsamic, EVOO

Chicken Parmigiana Hero 14.95
Crispy chicken cutlet, marinara, fresh mozzarella, parmigiano

Eggplant Parmigiana Hero ▾ 14.95
Crispy eggplant, marinara, fresh mozzarella, parmigiano

Meatball Parmigiana Hero 14.95
Dry aged beef and pork meatballs, fresh mozzarella, parmigiano

PANINI

Fresh or Pressed \$8.95 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 \$1.50 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	vg	3.00
Tomato and Roasted Garlic	vg	3.75
Broccoli Rabe		4.50
Black Mission Fig	vg	4.75
Pepperoni		4.75

SNACKS

North Fork Potato Chips	1.50
Salt & Vinegar Chips	2.50
Lukes Truffle Chips	3.25
Snack Mix	1.00

MENU



(973) 826 4624
LaVitaSparta.com

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 12.00

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

ZUPPA

Pint 6.00 Quart 12.00

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 12.00

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

House Made Fennel Sausage 12.00 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

10.00 per piece

Fresh Mozzarella made in house every day

DOLCE

Olive Oil Cakes 5.50 ea

Bombolini 1.50 ea/4 for 5.00

Cannoli 2.00 ea/4 for 7.00

Almond Biscotti 7.50 per pkg

Anise Biscotti 7.50 per pkg

Mascarpone & Ricotta

Cheesecake 6.00 slice/whole cake 65.00

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

vg ~ vegan

v ~ vegetarian

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ANTIPASTI (by the 1/2 lb)

Artichokes alla Romana vg	8.50	Chickpeas vg	5.75
Red onion, mint, garlic, lemon juice, white wine, extra virgin olive oil		Tomato pesto, smoked onions	
Beets v	5.50	Funghi Sott'olio vg	7.25
Hazelnuts, mint, honey orange vinaigrette		Marinated mushrooms	
Braised Greens vg	5.50	Smashed Potatoes vg	4.75
Olive oil, garlic		Poached, smashed, roasted with rosemary	
Broccoli Rabe vg	6.50	Roasted Peppers vg	6.50
Roasted garlic, lemon, bomba chili		Fresh whole roasted red peppers marinated with basil, garlic, oregano and extra virgin olive oil.	
Susan's Brussels Sprouts	7.75	Bruschetta Pomodoro vg	6.25
Guanciale, balsamic vinegar		Marinated tomatoes with garlic, basil and extra virgin olive oil	
Caponata Siciliana vg	7.25	Shrimp	12.00
Sweet and sour eggplant relish		Basil pesto-garlic, parmigiano, pine nuts	

PASTA

Rigatoni, Sausage & Broccoli Rabe	20.00	Spaghetti alla Chitarra v	
Sweet fennel sausage with broccoli rabe, garlic, hot chili, parmigiano, and butter. Serves 1+		Garlic, oil and chili or butter and parmigiano, served on our long noodles. Serves 1+	
House Made Radiatore Bolognese	20.00	Aglio Olio Peperoncino	15.00
Fresh pasta with our tangy and rich sweet fennel sausage bolognese style sauce, finished with butter, parmigiano and arugula. Serves 1+		Burro e Reggiano Parmigiano v	15.00
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 v	17.00		
House made ribbons pasta with preserved lemon, pickled chili, lemon juice, oregano, butter and parmigiano. Serves 1+			

SECONDI

Eggplant Parmagiana v	12.95
Breaded and fried eggplant filet with house made mozzarella, marinara, and parmigiano	
Chicken Parmagiana	14.95
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	

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KIDS PASTA

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

LA VITA BREADS

Ciabatta	2.00
Sour Tuscan Loaf	4.00
Schiacciatelle	2.00
Ciabatta Breadsticks	2.00
Sourdough Buns	2.00
Seeded Semolina (from Leo's Bakery)	3.50
Seeded Italian (from Leo's Bakery)	3.50
Plain Italian (from Leo's Bakery)	3.50
Hero Roll (from Leo's Bakery)	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

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	2.95
Mexican Coke	2.95
Panna Mineral Water	2.25
San Pellegrino Sparkling Water	2.00
San Pellegrino Aranciata Rossa	2.00
San Pellegrino (Prickly Pear Cactus)	2.00
San Pellegrino Limonata	2.00

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/pc
La Vita Mozzarella Fresca	10.00
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

HOUSEMADE SAUCES

	Pint/Quart
Marinara	8.00/16.00
Vodka Sauce	8.95/16.95
Butchers Ragu (contains nuts)	8.95/16.95
Sweet Fennel Sausage Ragu	8.95/16.95

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

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