

Carne e Pesce

Pollo Parmigiana	24.5
Free-range breast of chicken served Parmigiana style with melted mozzarella and marinara sauce	
Pollo Piccata	24.5
Free-range breast of chicken served with capers and lemon in a butter and white wine sauce	
Vitello Funghi e Marsala	28
Natural veal scaloppini sautéed with mushrooms and imported sweet Marsala wine	
Vitello Parmigiana	28
Natural veal scaloppini served Parmigiana style with melted mozzarella and marinara sauce	
Gamberoni Diavola	29.5
Pan seared wild caught U-15 prawns served with garlic, capers and white wine in a spicy light tomato sauce	
Salmone Livornese***	27.5
Fresh salmon sautéed with capers, garlic, black olives, tomato and white wine sauce	
Agnello Scottadito* ***	36.5
Natural lamb chops grilled and served in a fresh Italian herb sauce	
Bistecca Ribeye alla Griglia* ***	34.5
Natural Ribeye steak (11-12oz) grilled and served with roasted garlic, rosemary and aged balsamic vinegar	

Pizza

Margherita****	16.5
Tomato sauce, mozzarella and fresh basil	
Calabrese	18.5
Tomato sauce, mozzarella, sausage and mushrooms	
Pepperoni	18
Tomato sauce, mozzarella and pepperoni	
Capricciosa	18.5
Tomato sauce, mozzarella, artichoke's hearts, mushrooms, black olives, ham	
Terra Mia****	17.5
Portobello mushrooms, smoked mozzarella, eggplant, roasted garlic and tomato sauce	
Prosciutto e Funghi	18.5
Thin slices of ham and fresh mushrooms	

Terra Mia – My Land

Francesco, Luca, and Anthony were born and raised in Italy. They come from traditional Italian families whose daily essence involves lunchtime “pranzo” – home cooked by mothers and grandmothers. Every day, the entire family sits down together to feast on fresh pastas, sauces, meats, cheeses and wine. Most of the ingredients are grown on their land and gardens, or gathered from the local butcher, cheese store, bread shop and fresh produce stands. This is the time for conversation, laughter, arguments and spending quality time with each other.

Here at Terra Mia, we carefully prepare our dishes using only the freshest ingredients. Our food is made from scratch, like the trattorias and ristoranti in Southern Italy. We make all efforts to purchase organically and locally, to preserve the flavor and quality of our food.

We strongly support the Slow Food movement organization, which began in Italy in 1986. The nature of this group is to protect cultural identities linked to food and traditions. Also, for consumers to “slow” down and learn to enjoy meals while spending quality time with family and loved ones.

Buon appetito!



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We are not responsible for lost or stolen articles
18% gratuity may be added to groups of six or more
Maximum of four separate checks per table
Please advise your server of any food allergy
Visa | MasterCard | American Express
No Personal Checks

Antipasti e Insalate

Garlic Bread	8.5
Homemade bread, garlic, parmigiano, parsley	
Zuppa del Giorno	Cup 6.5 - Bowl 9.0
Homemade soup of the day	
Insalata della Casa*** ****	Half 7.0 - Full 9.50
Mixed organic green salad (Italian dressing)	
Caesar Salad*	Half 7.5 – Full 10.25
Romaine salad heart with homemade Caesar dressing (made with raw eggs)	
Insalata Caprese *** ****	13.5
Sliced tomato, fresh mozzarella, extra virgin olive oil and fresh basil, mixed greens	
Bufala e Beets Salad** **** ****	13.5
Imported buffalo mozzarella, organic red beets, toasted walnuts, cherry tomatoes, red onion, organic baby spinach, tossed with balsamic vinaigrette	
Cozze e Vongole Terra Mia*	18.00
Fresh mussels and clams stewed with bell peppers in garlic, white wine, tomato broth	
Bruschetta****	4pcs. 9.5 6pcs. 14.00
Fresh tomatoes, black olives, garlic and basil served on toasted homemade bread	
Calamari Fritti	16
Deep fried calamari, marinara sauce on the side	
Salmone Affumicato***	15
Smoked salmon, peppercorns, lemon, fresh dill	
Prosciutto Parma e Melone	16.5
Thinly sliced imported Parma ham and fresh melon	

Menu per Bambini (Kids)

Choice of Pasta and Sauce	9.5
Spaghetti or Penne	
Tomato or Meat Sauce or Butter and Cheese or Alfredo	

- * Consuming raw or undercooked foods may increase your risk for foodborne illness
- ** May contain nuts
- *** Gluten free
- **** Vegetarian

Pasta

Fettuccine alla Bolognese	19.5
Imported pasta with ragu meat sauce	
Scialatielli alla Calabrese	19.5
Homemade thick fettuccine-like pasta sautéed with pork sausage and mushrooms in a tomato and red wine sauce with a touch of Calabrese chili oil	
Lasagna Bolognese	20.5
Homemade meat lasagna	
Spaghetti con Polpette (Meatballs)	19.5
Imported pasta, house meatballs, marinara sauce	
Rollino Giovanni	19.5
Homemade sheet pasta rolled with eggplant, smoked mozzarella cheese and ham, served baked in a tomato creamy sauce	
Tortellini alla Crema	19.5
Homemade pasta stuffed with meat, served in a cream sauce with ham and mushrooms	
Penne al Salmone	19.5
Imported pasta, sautéed with fresh salmon and served in a tomato-vodka cream sauce	
Spaghetti Tutto Mare	24.5
Imported pasta served with fresh assorted seafood in a light tomato sauce with roasted garlic	
Spaghetti Aglio, Olio e peperoncino****	15.0
Imported pasta sautéed with garlic, red hot chili pepper, black olives, sun-dried tomatoes, e.v.o. oil	
Ravioli Anna****	19
Homemade pasta filled with fresh ricotta and spinach served in a sun-dried tomato creamy sauce	
Gnocchi Gorgonzola****	19
Homemade potato dumplings served in imported gorgonzola cheese creamy sauce	
Fettuccine Primavera e Pesto** ****	19
Imported pasta, fresh seasonal vegetables, a touch of pesto (fresh basil, cheese, garlic, and pine nuts)	

Gluten free option: Spaghetti or Penne	2.5
Whole Wheat option: Penne or Spaghetti	2.0
Add Chicken \$6 Salmon \$7 Prawn \$3.5 ea.	

We do not split Pizza, Fish, Meat or Dessert Water served on request due to state mandated conservation | Bread is served only on request



**The essence of culinary art is time...
We ask for your kind indulgence**