



Welcome to
Arugula
MODERN CUISINE

Executive Chef George Edward

On a Personal Note

Executive Chef George Edward was born in Port Alegre, Brazil. His mother and father were both Master Chefs who owned and operated a culinary academy, the Montreal School of Culinary Arts, in Vienna, allowing our chef to begin developing his natural talent at an early age. Along the way, George worked as a butcher, giving him the experience he needed to select and prepare quality meats. While working for Hagen-Dazs, George became part of the President's Club as one of the top salesman in the country for five years. Also curious to learn more about the native fishing trade he opted to work on a fishing vessel, where he learned what he needed to know about the native fishing trade.

Formerly of DG Basil's in Bricktown, Chef George also worked his culinary magic at Bella Napoli in New York City. He spent many successful years as the Executive Chef and Owner of George's Grill and Moon River in Bricktown, and has since moved his pallet-pleasing talents to *Arugula*. Among his accomplishments, we can add Promotional Executive Chef for the Black Tiger Shrimp Company and member of Strathmore's Who's Who, a distinct recognition in the restaurant industry.

When he is not working passionately to amaze his guests with countless creative dishes, he makes time to enjoy his hobbies; Chef George is a certified scuba and sky diver, enjoys flying small aircraft locally and is a Harley-Davidson owner.

Bon Appetite!



Executive Chef
George Edward
732-962-8900

On Premise and Off-Site
Catering Available
Ask for details

*Special Requests are always welcome
email requests to: chefgeorgebrazil@gmail.com*

*Please be patient as our food is cooked fresh.
On behalf of our staff and Executive Chef George Edward...Buon Appetite!*

**DUE TO INCREASING CREDIT CARD PROCESSING FEES,
CASH IS GREATLY APPRECIATED.**

Gaucha Selections **MARKET PRICE**

Rib Eye

Smoked sea salt and cracked black pepper, potato and vegetables au jus

Hand Cut Pork Chops

Served with potatoes, fresh sauteed vegetables and a natural gravy

Arugula Steak

Thin sliced steak, jumbo shrimp served with mashed potato Cajun sherry cream sauce

Roast Duck

Half semi boneless duck, coconut, mango, cream sauce, potato and spinach.

Lamb Osso Bucco

Lamb shank with carrots, potatoes and onions served with a sauvignon wine demi glaze.

Italian Bolognese \$25.95

Black Angus ground beef with a plum tomato sauce and Italian spices over pasta.

Filet Mignon

Grilled filet mignon served with potatoes, sautéed vegetables and au jus.

New Zealand Lamb Chop

Served with bacon wrapped apples & mashed potatoes, topped with a brandy demi glaze sauce and spinach.

Beef Short Rib

Served with Yukon Gold potatoes, vegetables and a dark natural gravy.

Recommended Slow Roasted Pork \$36.95

Double cut slow Roasted Pork (36 hrs), with potatoes in a natural succulent gravy.

* no refunds on steaks

Veal \$28.95

Veal Saltimbocca

Scallopini with roasted peppers, fresh spinach, prosciutto, melted cheese in a Port wine dark demi glaze over pasta.

Schnitzel Milanese

Golden crisp thinly sliced cutlet, served with fresh lemon wedgestopped with tomato bruschetta with vinegar chips.

Veal Marsala

Thin veal scallopini, mushroom marsala wine sauce over mashed potatoes

From the Sea \$29.95

Double Scampi

Rock shrimp & jumbo shrimp in a lemon chardonnay wine sauce & fresh herbs, served over pasta.

Vongola (Clams)

Fresh wild clams with Imperial baby clams, sliced garlic served with a choice of red or white sauce over pasta.

Jambalaya Etouffee

Louisiana style with chicken, shrimp, sausage, beans, corn, Cajun spices over yellow rice.

Shrimp Shrimp

Jumbo shrimp, rock shrimp, Vidalia onions, garlic, broccoli & roasted peppers, with a lemon shrimp cream sauce, tossed over pasta.

Salmon Rockefeller

Salmon medallions with spinach pernod in a light cream sauce over pasta.

Divino

Bay scallops and shrimp in a light vanilla lobster cream sauce tossed with pasta, young peas and fresh diced tomatoes.

Ahi Tuna Steak

Sushi grade tuna pan seared with a medley of vegetables served with a ginger-orange sesame sauce over rice.

Bassa Fillet

Mild and sweet white fish fillet pan seared until golden crisp, mixed vegetables, garlic and oil over rice and fresh lemon wedges.

Mahi Mahi

Wild caught mahi mahi in a red puttanesca styled sauce, peppers, onions, capers, with a hint of lemon and basil served over pasta.

Lula Calamari (Spicy)

Fresh tender calamari sausage, roasted pepper, sherry tomato with cream sauce over pasta.

Russian Barramundi Fish

Golden crisp fish fillet, red rice cabbage and beets

Swordfish Lemon

Artichoke hearts, lemon caper wine sauce over mashed potatoes topped with chard lentils.

Specials

ANGRY CRAB

Soft shell crab tossed with pasta, garlic, butter, lemon and crab meat.

Pirate Grog Stew

Combination of mixed seafood, fish fillet, chicken, sausage, potatoes and vegetables in a New England cream sauce.

Seafood Fra Diavolo

A mix of fresh seafood with a plum tomato sauce, beans and herbs served hot or sweet over pasta.

\$13.95

Eggplant Tower

Eggplant with homemade ricotta, melted mozzarella and plum tomato basil sauce.

Scallops Rockefeller

Bay scallops baked to a golden brown with spinach and a Pernod cheese sauce.

Broccoli Rabe

Italian sausage cannellini beans, garlic oil on toasted bread

Polynesian Seafood Salad \$18.95

Seafood, tomato, cilantro, fruit, and salsa

\$14.95

Drunken Clams

Tender young clams in a garlic wine sauce with spicy fresh herbs and lager beer.

Mussels Amatriciana

Black mussels hot or sweet, pancetta, plum tomato sauce on garlic bread

Clams Casino

Fresh clams, topped with hickory smoked bacon and baked until crisp.

Escargot

Fresh escargot on a natural shell served with a lemon white garlic and garlic bread.

\$17.95

Burrata Black Truffles

Homemade mozzarella Burrata with diced garden tomatoes, fruit, and seasonings served with toast points, topped with dark chocolate.

Ahi Tuna Tartar

100% Sushi grade tuna with black pepper, poached egg, fresh fruit, and extra virgin olive oil topped with charred lentils.

Long Hots

Italian long hots with sausage, baked cheese and tomato sauce

Colossal Shrimp Cocktail \$18.95

Colossal shrimp served with cocktail chutney and fresh lemon wedges.

Chicken Caesar

Sliced grilled chicken over crispy Romaine lettuce, tossed with croutons and our house Caesar dressing.

Two Peas in a Pod

Old fashioned sautéed onions with fresh young peas, diced tomato tossed with flax seeds, pasta and extra virgin olive oil.

Italian Vodka

Plum tomato, pancetta, pecorino cheese, vodka cream sauce tossed with pasta.

Salads \$17.95

Arugula Salad

Arugula mixed greens, chicken, strawberries, grapes and onions topped with almonds, goat cheese and citrus vinaigrette

Coconut Waldorf Salad

Grilled chicken, shredded coconut, granola, celery, tomato, apples, walnuts and raisins, with a honey-lemon dressing.

Pasta \$19.95

Grandma Tortellini

Homemade jumbo cheese tortellini sautéed in garlic until crisp, tomato, basil, beans and extra virgin olive oil served with lemon wedges.

Lazy Lasagna

Fresh baked lasagna rigatoni with ground beef, ricotta, mozzarella, diced tomato & Italian herbs.

Crispy Pasta

Golden crisp pasta with light garlic, onion and melted provolone surrounded by ricotta pot cheese.

Garlic Ala Olio

Pasta, roasted garlic, extra virgin olive oil with greens, fresh herbs and pecorino cheese

Arugula Polla Signature \$24.95

Mama Maria

Sliced grilled chicken breast, imported prosciutto, spinach, garlic, roasted peppers, vidalia onions and cheese, sautéed with extra virgin olive oil and tossed with pasta.

Capricciosa

Chicken cutlet, top tomato basil, chocolate burrata, black truffles, balsamic vinaigrette

Asian Cabbage Patch

Brussel sprouts, mixed cabbage, vegetable pot stickers, chicken, peas, zucchini and spinach topped with flax seeds.

Healthy Chicken

Grilled chicken with crispy fresh garden vegetables, chia seeds, and spinach sautéed with garlic and olive oil over rice

Godiva Chocolate Chicken

Golden crisp sea salted caramel chicken, served with mashed potatoes and topped with Godiva white chocolate sauce

Zoodles Zucchini

Shrimp, chicken garlic oil, tomato, artichoke hearts, capers tossed with zucchini pasta and fresh lemon dill

Teriyaki Chicken

Julienned chicken breast with crispy vegetables with a teriyaki glaze over yellow rice topped with sesame seeds.

Chicken Francaise

Chicken breast in a light egg batter with a lemon wine sauce over pasta.

Carbonara Verde

Chicken and shrimp with pancetta and peas tossed with pasta and green pesto cheese sauce