



ITALIAN
RESTAURANT
M A R K E T
C A N T I N A

A TRUE AUTHENTIC ITALIAN

experience.

ANTIPASTI / STARTERS

- 25.00 **TAGLIERE MOZZARELLA** ⊕
*Ovalina Mozzarella, Burrata Mozzarella, Zucchini
Carpaccio with lemon dressing & tuna stuffed peppers*
- 22.00 **IL TAGLIERE** (V) ⊕
Assorted Italian cured meats, cheeses & artichoke
- 12.00 **ARANCINI** (V)
Risotto balls with mozzarella on spicy tomato sauce
- 9.00 **CAVOLINI** ⊕
Fried Brussel sprouts, pancetta, parmesan, & truffle aioli
- 21.00 **FRITTO MISTO**
*Fried calamari, shrimp, potatoes & zucchini with garlic-
parm aioli*
- 13.00 **POLPETTE- MEATBALLS** ⊕
Homemade meatballs in our house tomato sauce
- 9.00 **BRUSCHETTE** (V)
Grilled bread with fresh tomato, olive oil basil and garlic
- 14.00 **DOLCE E PICCANTE**
*Creamy french brie with apricot-pistachio crackers and
spicy honey* (V)

ZUPPE E INSALATE | SOUP & SALAD

- 6.00 **SOUP OF THE DAY**
- 5.00 **HOUSE SALAD** (V) ⊕
*Green mix salad, carrot, radish and white balsamic
vinaigrette*
- 12.00 **CAPRESE SALAD** (V) ⊕
Mozzarella, tomatoes, basil & balsamic reduction
- 11.00 **CAESAR SALAD** (V)
*Romaine with Caesar dressing, red onion, croutons &
Parmigiano Reggiano*
- 12.00 **SPINACH SALAD** (V) ⊕
*Feta Cheese, sunrise tomatoes, red onion, artichokes
with lemon dressing*
- 12.00 **ZUCCHINI SALAD** (V) ⊕
*Feta Cheese, Tomatoes, bell pepper with white
balsamic dressing and balsamic reduction*
- 10.00 **FRESH FRUIT SALAD** (V) ⊕
*Seasonal fresh fruit, garnished with powdered sugar
and whipped cream*



PANINI / SANDWICHES

All Panini are served with salad and potato chips

- 12.00 **CAPRESE** (V)
Tomato, fresh mozzarella, arugula pesto
- 13.00 **TACCHINO**
Turkey breast, curry mayo, arugula, tomato, & asiago
- 13.00 **MORTADELLA**
*Shaved pork salami with pistachios, fresh mozzarella &
arugula pesto*
- 13.00 **PROSCIUTTO COTTO**
Ham, asiago cheese, tomato & mayonnaise
- 14.00 **PROSCIUTTO CRUDO**
Cured ham, brie cheese, mixed greens & tomato
-
- All Burgers are served with greens, tomato, and French fries
- 12.00 **FUNGHI** (V)
Grilled marinated Portobello, asiago & truffle aioli
- 14.00 **BURGER DI MANZO**
*½ pound burger, caramelized onions, truffle aioli &
pancetta**
- 14.00 **PORTOBELLO BURGER**
*½ pound burger, grilled Portobello, asiago, & truffle
aioli**
- 14.00 **AMERICANO BURGER**
*½ pound burger, American cheese, Tomato & bacon**
- 15.00 **HABANERO AVOCADO BURGER**
½ lb burger, avocado, bacon, asiago, caramelized
onions & habanero*



Gluten free



Vegetarian

* CONSUMER ADVISORY IA Code Section 137F.2 (10)

Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of food-borne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.

PASTA / RICE

All Pasta and rice dishes served with choice of house salad or soup

ADD: Chicken 4.00 / Shrimp 5.00
Meatballs 5.00 / Salmon 6.00

- 16.00 **BUTTERNUT SQUASH RAVIOLI** (V)
Homemade butternut squash ravioli with sage and brown butter
- 16.00 **FETTUCCINE BOLOGNESE**
Fettuccine pasta Granaria, w/ Beef and pork ragu, tomato, & red wine
- 14.00 **SPAGHETTI AL POMODORO** (V)
Spaghetti Granaria, fresh tomato sauce, basil, & olive oil
- 16.00 **SPAGHETTI CARBONARA**
Spaghetti Granaria, egg, pancetta, parmesan, and Romano cheese
- 14.00 **PENNE AI FORMAGGI** (V)
Penne of the "Granaria" pasta factory w/ Creamy four cheese sauce & pecans
- 16.00 **TORTELLINI PANNA E PROSCIUTTO**
Tortellini pasta filled with cheese, with Alfredo sauce, peas, and cotto ham
- 17.00 **RISOTTO SEAFOOD** (±)
Creamy Carnaroli rice with salmon, squid, shrimp, smoked salmon, arugula and parsley
- 16.00 **PASTA AL FORNO**
Oven baked Rigatoni with Bolognese sauce, bechamel and parmesan cheese
- 16.00 **RIGATONI SALSICCIA E FUNGHI**
Rigatoni Pasta with mushrooms, Italian sausage, black olive and fresh tomato



- MEAT / FISH**
- 21.00 **CHICKEN PARMESAN**
Pan Seared Chicken with melted parmesan cheese and tomato sauce served with mashed potato and spinach salad
- 24.00 **GRILLED SALMON** (±)
Grilled Salmon fillet with capers and olives served with mashed potato and bell peppers
- 20.00 **MAIALE AL FORNO** (±)
Oven Baked Pork Fillet in brandy cream sauce served with mashed Potato, grilled zucchini and tomato
- 19.00 **ITALIAN STYLE SHRIMP FAJITAS** (±)
Saute' cooking Shrimp w/mushroom, zucchini and bell pepper served with parmesan rice
- 28.00 **RIBEYE** (±)
14 oz Ribeye served with mashed potatoes, fried brussel and truffle aioli

CONTORNI / SIDE DISHES

- 3.00 FRENCH FRIES
4.00 MASHED POTATOES
5.00 FRIED BRUSSEL SPROUTS
4.00 ROASTED POTATOES
4.00 GRILLED ZUCCHINI

kids menu

- 4.99 SPAGHETTI
4.99 FETTUCCINE WITH CHEESE SAUCE
4.99 CHEESE PIZZA
additional topping: cheese or ham 0.99 ea.
4.99 CHICKEN STRIPS
4.99 GRILLED CHEESE SANDWICH



PIZZA

Our chef uses a special "biga" with Petra flours to make your bread fluffier and easily digestible. Our pizza tomato sauce is made with Italian tomatoes by La Fiammiante factory.

- 12.00 **MARGHERITA** (V)
Tomato sauce, fresh mozzarella, fresh basil, olive oil
- 13.00 **FORMAGGIO** (V)
Tomato sauce, mozzarella, parmesan, fontina, & provolone
- 14.00 **FUNGHI** (V)
Tomato sauce, sautéed mushrooms, mozzarella
- 14.00 **SALSICCIA**
Tomato sauce, mozzarella, & sausage
- 14.00 **DIAVOLA**
Tomato sauce, spicy salami, mozzarella
- 15.00 **PROSCIUTTO E FUNGHI**
Tomato sauce, ham, sautéed mushrooms
- 16.00 **QUATTRO STAGIONI**
Tomato sauce, ham, mushroom, artichoke, black olive
- 16.00 **TARTUFO** (V)
Olive oil, garlic, Caprino cheese, truffle oil, sautéed mushrooms
- 17.00 **SAN DANIELE**
Tomato sauce, crudo ham, mozzarella, arugula, grana padano
- 17.00 **FICHI E CREMOSA**
Garlic cream sauce, fig chutney, goat cheese, arugula, crudo ham, & balsamic vinegar
- 14.00 **SPINACI E CAPRINO** (V)
Olive oil, garlic, mozzarella, spinach, goat cheese, onion
- 13.00 **PROSCIUTTO E MELA**
Garlic cream, crudo ham, apples, & brie cheese
- 15.00 **MORTADELLA**
Pesto sauce, fresh mozzarella cherry tomato and mortadella
- 14.00 **PIZZA ITALIA** (V)
Olive oil, mozzarella, goat cheese, roasted tomato, caramelized onions, & zucchini
- 15.00 **CALZONE**
Tomato sauce, mushrooms, cotto ham, & mozzarella cheese
- 16.00 **SALMON PIZZA**
Smoked Salmon, green onion, garlic cream, mozzarella cheese and arugula



dream to reality

With two successful restaurants, one in the Alps of Northern Italy and one on the island of Sardegna, Alessandro realized his desire to spread his passion and life's work to a whole new audience. The adventure in the United States began a few years ago with a dream of two loving friends of Italian culture and good food, who set out to open their first restaurant in Iowa. The enthusiasm and passion of Alessandro and Andrea inspired their friends and together they brought the +39 concept to America.

The concept starts with a focus on the ingredients, the true protagonists of the table that perfect the dishes proudly served. Imported directly from Italy through a partnership with 7foods friends, fine selections continue for the best locally grown, fresh produce of this wonderful state. On a mission not to be just another Italian restaurant, we strive to be *the* restaurant fully immersing YOU in the authentic Italian experience.

our partners

