



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

A TRUE AUTHENTIC ITALIAN

experience.

ANTIPASTI / STARTERS

- 22.00 **IL TAGLIERE** ⊕
Assorted Italian cured meats, cheeses & artichoke
- 12.00 **ARANCINI** ⊕
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
- 11.00 **POLPETTE- MEATBALLS**
Homemade meatballs in our house tomato sauce
- 9.00 **BRUSCHETTE** ⊕
Grilled bread with fresh tomato, olive oil basil and garlic
- 15.00 **BRESAOLA**
Dry-Aged cured beef, topped with arugula, tomato, and fresh lemon ⊕

ZUPPE E INSALATE / SOUP & SALAD

- 6.00 **SOUP OF THE DAY**
- 5.00 **HOUSE SALAD** ⊕ ⊕
Green mix salad, carrot, radish and white balsamic vinaigrette
- 12.00 **CAPRESE SALAD** ⊕ ⊕
Mozzarella, tomatoes, basil & balsamic reduction
- 9.00 **CAESAR SALAD** ⊕
Romaine with Caesar dressing, red onion, croutons & Parmigiano Reggiano
- 11.00 **SUMMER COBB SALAD** ⊕ ⊕
Feta Cheese, sunrise tomatoes, red onion, artichokes with lemon dressing
- 12.00 **BEET AND GOAT CHEESE SALAD** ⊕ ⊕
Spinach, feta cheese, roasted beets, almonds, and red onion



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.



PANINI / SANDWICHES

All Panini are served with salad and potato chips

- 12.00 **CAPRESE** ⊕
Tomato, fresh mozzarella, arugula pesto
- 13.00 **MORTADELLA**
Shaved pork salami with pistachios, roasted tomatoes, fresh mozzarella & basil pesto
- 13.00 **SALAMI PANINO**
Salami toscano, brie cheese, kalamata olive, cucumber, mayo
- 14.00 **COTTO**
Cotto ham, grilled zucchini, red bell pepper aioli, asiago cheese
- 14.00 **BRESAOLA**
Slices of dry-aged cured beef, caprino goat cheese, olive oil, arugula & tomato
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- All Burgers are served with greens, tomato, and French fries
- 12.00 **FUNGHI** ⊕
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*

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 **FRESH DAILY RAVIOLI**
Ask your server for our chef's daily selection
- FETTUCCINE BOLOGNESE**
- 16.00 *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
- 14.00 **FETTUCINE AL PESTO** (V)
Fettuccine Granaria, basil pesto, potato, green beans
- 14.00 **PENNE AI FORMAGGI** (V)
Penne Granaria w/ creamy four cheese sauce & pecans
- 14.00 **SPAGHETTI AGLIO E OLIO** (⊕)
Garlic, red chili flake, olive oil, arugula, and tomato topped with toasted breadcrumbs
- 15.00 **RIGATONI SA CAVOLINI**
Rigatoni pasta with pancetta, brussel sprouts, with Alfredo sauce
- 16.00 **TORTELLINI PANNA E PROSCIUTTO**
Tortellini pasta filled with cheese, with Alfredo sauce, peas, and cotto ham
- 17.00 **SUMMER SHRIMP RISOTTO** (⊕)
Creamy rice with shrimp, zucchini, and diced tomato. Garnished with arugula and parmesan



MEAT / FISH

- 18.00 **CHICKEN MARSALA** (⊕)
Grilled chicken with a mushroom marsala sauce, sautéed red peppers, roasted potatoes
- 24.00 **GRILLED SALMON**
Grilled salmon fillet with roasted beets, & spinach salad
- 18.00 **EGGPLANT PARMEGIANO** (V)
Fried eggplant layered with Mozzarella, Provolone, & fresh tomato sauce
- 28.00 **RIBEYE** (⊕)
Ribeye served with grilled zucchini, green beans, & cherry tomato salad
- 20.00 **PORK CHOP** (⊕)
Grilled pork chop with balsamic glaze, roasted potatoes & artichoke hearts
- CONTORNI / SIDE DISHES**
- 3.00 FRENCH FRIES
- 4.00 GREEN BEANS
- 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 **MEDITERRANEAN PIZZA** (V)
Kalamata olive, Onion, artichoke hearts, feta cheese
- 16.00 **PIZZA MELANZANA** (V)
Eggplant, roasted peppers, pine nuts, garlic oil
- 15.00 **PIZZA AL LIMONE** (V)
Garlic cream sauce, provolone cheese, arugula tossed in lemon dressing, fresh tomato
- 17.00 **SAN DANIELE**
Tomato sauce, prosciutto, 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
- 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

