

arugula

STARTERS

BRUSCHETTA - on charred ciabatta **VEG GFO** 4.50 each
mascarpone, strawberry, arugula, balsamic, almonds
s-d tomato-garlic paste, balsamic onion, grana padano
olive tapenade, fried caper, feta cheese
Hazel Dell mushrooms, melted manchego, hazelnut
all four for 16

CALAMARI* **GFO** 7.95
olive oil poached, garlic, fresh tomato, shishito peppers,
basil, charred bread

CLAMS* **GFO** 11.50
littleneck clams, white wine, paprika, garlic, onion,
smoky tomatoes, shishito peppers, charred bread

MUSHROOM ARANCINI **VEG** 7.25
fried risotto, mushroom, fontina, sun-dried
tomato sauce

TOMATO FENNEL SOUP **VEG V (without cheese)** 5 / 7.95
smooth puree, balsamic reduction, grana padano

POLENTA FRITTERS **VEG GF** 7
folded with manchego, thyme, paprika aioli

MIXED OLIVES **V GF** 4.75
house marinated, rosemary, lemon

SHISHITO PEPPERS **V GF** 7.50
spice grilled fresh peppers, lemon, maldon sea salt flakes

MUSHROOMS & GORGONZOLA **VEG GF** 8
sauteed hazel dell mushrooms, gorgonzola, fresh herb,
over soft polenta

TOMATO & MOZZARELLA CAPRESE **VEG GFO** 10.25
house made mozzarella, local heirloom tomato, basil
pesto, estate olive oil, maldon sea salt, charred bread

CHICKEN TENDERS **GF** 8.75
balsamic rubbed and grilled, mixed lettuces, cabbage

GRILLED FENNEL SAUSAGE* **GFO** 8.25
caraway honey mustard, fresh cabbage, charred bread

ANTIPASTI PLATTER **GFO** 24
prosciutto, Alto Adige speck, finnocchiona salami,
manchego, fresh mozzarella, olives, nuts, caraway honey
mustard, fig mostarda, charred ciabatta bread

SALADS

*add chicken, sausage, or tempeh \$5.75 - shrimp or calamari \$7.50 - salmon \$11.95 - flatiron steak \$11.95

GREEN **V GF** 6.50
mixed greens, carrot, cucumber, pickled red onion, white
balsamic vinaigrette

SIMPLE ARUGULA **V GF** 7.75
arugula, carrot, cucumber, pickled red onion, lemon
wedge

ROASTED BEET **VEG GF** 9.75
mixed greens, shaved fennel, goat cheese, walnuts,
sherry vinaigrette

GREEK **VEG GF** 10.25
romaine lettuce, cucumber, red onion, tomato,
kalamata, feta, red wine vinaigrette

CAESAR **GF** 11.25
romaine lettuce, classic caesar dressing, grana padano,
sweet peppers, polenta croutons

ARUGULA & STRAWBERRY **VEG GF** 10.50
arugula, shaved fennel, strawberry, feta cheese,
hazelnuts, white balsamic vinaigrette

WAGNER FAMILY & CAYMUS

WINE DIINER

October 24, at 6:30pm
Join us for a delicious
celebration of 5 wines paired
with 5 seasonal courses. \$79/p

EXTENDED HAPPY HOUR !

WE NOW OPEN AT 4:30PM

EVERYDAY WITH HAPPY HOUR

**4:30PM TO 6PM AND HAPPY
HOUR ALL EVENING MONDAYS**

WINE WEDNESDAYS

Every Wednesday night
(excluding special events)
enjoy 40% off list price on
most bottles of wine.

PRIVATE EVENTS + BANQUETS

Arugula's delicious food is
available in a private setting
in both Amaro & Tangerine.
Call (720) 244-1467 for more
information.

arugula

PASTA RISOTTO GNOCCHI

*add chicken, sausage, or tempeh \$5.75 - shrimp or calamari \$7.50 - salmon \$11.95 - flatiron steak \$11.95

PESTO PENNE VEG GFO 14.75 penne pasta, cherry tomato, kalamata, classic pesto, seasonal greens, feta	SHRIMP SCAMPI* GFO 21.50 6 gulf white shrimp, garlic, butter, lemon, parsley, white wine, cherry tomatoes, orecchiette pasta
BEET RISOTTO VEG GF 17.95 carnaroli rice, red beets, seasonal greens, parmesan; topped with petite fennel-beet salad and goat cheese	SAUSAGE & GOAT CHEESE PENNE* GFO 17.50 Italian sausage, caramelized onion, roasted tomato, fresh oregano, goat cheese
MUSHROOM RISOTTO VEG GF 18.75 carnaroli rice, local Hazel Dell mushrooms, dried porcini, seasonal greens, thyme, grana padano	BOLOGNESE GFO 18.75 classic sauce with colorado bison, beef, pork, carrot, onion, pecorino, orecchiette pasta
ASPARAGUS GNOCCHI VEG 18.95 potato gnocchi, asparagus velouté, lemon, parsley; topped with shaved raw asparagus and grana padano	

MAINS

VEGETARIAN OR VEGAN PLATTER GF 18.75 spice sautéed tempeh, petite salad, tapenade, pesto, nuts, fresh mozzarella and choice of 3 sides	CHICKEN SALTIMBOCCA GF 19.75 prosciutto wrapped tenders, caper-butter-parsley sauce, seasonal greens, roasted potatoes
WILD ALASKAN SALMON* GF 23.00 harissa yogurt, moroccan spiced green lentils, petite salad of fennel, lemon, and arugula	ARUGULA BURGER* GFO 13.95 grilled CO grass fed beef burger, balsamic glaze, brioche bun, smoked scamazo cheese, arugula, pickled red onion, french fries
CIOPPINO* GFO 23.95 shrimp, calamari, clams, fresh fish, rich tomato broth, garlic, fennel, carrot, onion, charred bread	GRILLED FLATIRON STEAK* GF 23.50 grilled asparagus, caramelized onions, gorgonzola butter, roasted potatoes

FEATURED WINES

Botani, Dry Muscat de Alexandria, Sierras de Malaga, Spain 2013* 51

Attems, Sauvignon Blanc, Venezia-Giulia, Italy IGT 42

Cantine Buglioni, Valpolicella Classico, Verona, Italy DOC 46

SIDES ALL VEG

SEASONAL GREENS & GARLIC 5.25
GRILLED ASPARAGUS 6
FRESH CABBAGE SALAD 4.75
MOROCCAN SPICED LENTILS 5
PARMESAN SOFT POLENTA 5.25
HERB ROASTED POTATOES 5
KIM & JAKES GF BREAD ROLLS 3.75

V Vegan | **VEG** Vegetarian | **GF** Gluten Free | **GFO** Gluten Free Option (+\$1.25)



As a founding restaurant member Arugula supports RealGood to fight food insecurity in Boulder County. Find out more at real-good.org

*Items are served raw or undercooked, or contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

The importance of clean oils: We do not use canola oil. We exclusively use extra virgin olive oil, non-gmo expeller pressed Colorado sunflower oil, butter and avocado oil. We are not a 100% gluten free kitchen. **\$1.5 CHARGE FOR PLATES SPLIT IN THE KITCHEN**