

arugula

STARTERS

BRUSCHETTA - on charred ciabatta GFO 4.50 each mascarpone, strawberry, arugula, balsamic, almonds s-d tomato-garlic paste, balsamic onion, grana padano Hazel Dell mushrooms, melted manchego, hazelnut white bean hummus, salami, arugula all four for 16	MIXED OLIVES V GF 4.75 house marinated with rosemary, lemon, fennel, coriander, chili de arbol
CALAMARI* GFO 7.95 olive oil poached, garlic, fresh tomato, parsley, lemon, charred bread	POLENTA FRITTERS VEG GF 7 folded with manchego and thyme; with paprika aioli
MUSSELS & SAUSAGE* GFO 11.75 pei mussels and italian sausage in rich tomato-saffron broth with a paprika aioli crostini	WHITE BEAN HUMMUS V GFO 7.50 white bean-tahini hummus, cucumbers, sweet peppers, sesame seeds, charred bread
ARANCINI VEG 7.25 fried risotto, mozzarella, peas, marinara sauce	MUSHROOMS & BLUE CHEESE VEG GF 8 sauteéd hazel dell mushrooms, point reyes blue, fresh herbs, over soft polenta
TOMATO FENNEL SOUP VEG GF 5 / 7.95 smooth tomato-fennel-onion soup topped with balsamic reduction, grana padano	TOMATO & MOZZARELLA CAPRESE VEG GFO 10.25 house made mozzarella, local heirloom tomato, basil pesto, olive oil, maldon sea salt, charred bread
SQUASH SOUP VEG GF 5 / 7.95 pureé of mixed local winter squashes topped with walnuts and pesto	CHICKEN TENDERS GF 8.75 balsamic glazed and grilled, mixed lettuces, cabbage
	GRILLED FENNEL SAUSAGE* GFO 8.25 Avery IPA caraway mustard, fresh cabbage, charred bread

SALADS

*add chicken, sausage, or tempeh \$5.75 - shrimp or calamari \$7.50 - trout \$8.95 - hanger steak \$9.95

GREEN V GF 6.50 mixed greens, carrot, cucumber, pickled red onion, white balsamic vinaigrette	CAESAR GF 11.25 romaine lettuce, classic caesar dressing, grana padano, sweet peppers, polenta croutons
ROASTED BEET VEG GF 9.75 mixed greens, shaved fennel, goat cheese, walnuts, sherry vinaigrette	SIMPLE ARUGULA V GF 8.75 arugula, carrot, cucumber, red onion, lemon wedge
GREEK VEG GF 10.25 romaine lettuce, cucumber, red onion, tomato, kalamata, feta, red wine vinaigrette	ARUGULA & APPLE VEG GF 10.50 arugula, shaved fennel, fresh apple, red onion, point reyes blue cheese crumbles, candied pecans, blue cheese vinaigrette

X-MAS EVE & NEW YEARS EVE

Join us for a delicious seasonal 4-course dinner these special evenings. Make your reservations now, we will be busy.

EXTENDED HAPPY HOUR !

We are now open daily at 4:30pm, with happy hour 4:30pm to 6pm every day and happy hour all evening every 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.

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PASTA RISOTTO GNOCCHI

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PESTO PENNE VEG GFO 14.75 penne pasta, cherry tomato, kalamata, classic pesto, seasonal greens, feta	VODKA SHRIMP LINGUINE* GFO 21.50 6 seared gulf white shrimp, vodka tomato sauce, cream, mushrooms
SQUASH RISOTTO VEG GF 17.95 carnaroli rice, local winter squashes, brussels sprouts, grana padano, walnuts, fried sage	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, orcecchiette pasta
PEAR & GORGONZOLA GNOCCHI VEG 18.95 potato gnocchi, caramelized pear, gorgonzola, arugula, almonds, touch of cream	

MAINS

VEGETARIAN OR VEGAN PLATTER GF 18.75 spice sautéed tempeh, petite salad, sun dried tomato tapenade, hummus, nuts, fresh mozzarella and choice of 3 sides	CHICKEN PARMESAN 19.75 hand breaded tenders, provolone and mozzarella cheeses, marinara sauce, creamy polenta, brussels sprouts
IDAHO TROUT* GF 21 seared filet, white beans with tomatillo and cherry tomato salsa and a petite salad of fennel, carrot and arugula	ARUGULA BURGER* GFO 13.95 grilled CO grass fed beef burger, provolone cheese, pesto aioli, tomato, peppered salami, arugula, brioche bun, french fries
CIOPPINO* GFO 23.95 shrimp, calamari, mussels, fresh fish, rich tomato broth, garlic, fennel, carrot, onion, charred bread	GRILLED HANGER STEAK* GF 22.50 winter squashes, caramelized onions, creamy polenta, red wine sauce, gorgonzola butter

FEATURED WINES

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

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

Tenuta di Gracciano della Seta, Vin Nobile di Montepulciano, Italy DOCG* 55

SIDES ALL VEG

WINTER SQUASH, ONION, WALNUT 6
BRUSSELS SPROUTS 5.50
FRESH CABBAGE SALAD 4.75
WHITE BEANS WITH TOMATILLO 5
PARMESAN SOFT POLENTA 5.25
HAND CUT FRENCH FRIES 5
KIM & JAKES GF BREAD ROLL 1.50

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**