

arugula

STARTERS

BRUSCHETTA - on charred ciabatta **GFO** 4.25 each
mascarpone, strawberry, arugula, balsamic, almonds
s-d tomato-garlic paste, balsamic onion, grana padano
white bean hummus, salami, arugula
Hazel Dell mushrooms, melted manchego, hazelnut
all four for 15

CALAMARI* **GFO** 7.75
olive oil poached, garlic, fresh tomato, shishito peppers,
basil, charred bread

MUSSELS & SAUSAGE* **GFO** 11.75
pei mussels and italian sausage in rich tomato-saffron
broth with a paprika aioli crostini

ARANCINI **VEG** 6.75
fried risotto, mozzarella, peas, marinara sauce

TOMATO FENNEL SOUP **VEG GF** 4 / 7
smooth tomato-fennel-onion soup topped with
balsamic reduction, grana padano

SQUASH SOUP **VEG GF** 4 / 7
pureé of mixed local winter squashes
topped with walnuts and pesto

MIXED OLIVES **V GF** 4.25
house marinated, rosemary, lemon

WHITE BEAN HUMMUS **V GFO** 7
white bean-tahini hummus, cucumbers, sweet
peppers, sesame seeds, charred bread

MUSHROOMS & BLUE CHEESE **VEG GF** 7
sauteéd hazel dell mushrooms, gorgonzola, fresh herbs,
over soft polenta

TOMATO & MOZZARELLA CAPRESE **VEG GFO** 9.75
house made mozzarella, local heirloom tomato, basil
pesto, estate olive oil, maldon sea salt, charred bread

CHICKEN TENDERS* **GF** 8.25
balsamic rubbed and grilled, mixed lettuces, cabbage

GRILLED FENNEL SAUSAGE* **GFO** 7.95
caraway honey mustard, fresh cabbage, charred bread

POLENTA FRITTERS **VEG GF** 6.75
folded with manchego and thyme; with paprika aioli

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, red onion, white
balsamic vinaigrette

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

SIMPLE ARUGULA **V GF** 8.75
arugula, carrot, cucumber, red onion, lemon wedge

ARUGULA & APPLE **VEG GF** 10.50
arugula, shaved fennel, fresh apple, red onion,
point Reyes blue cheese crumbles, candied pecans,
blue cheese vinaigrette

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seasonal 4-course dinner
these special evenings. Make
your reservations now, we will
be busy.

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We are now open daily at
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4:30pm to 6pm every day and
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Every Wednesday night
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Arugula's delicious food is
available in a private setting
in both Amaro & Tangerine.
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information.

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PASTA RISOTTO GNOCCHI

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

PESTO PENNE VEG GFO 10.95 penne pasta, cherry tomato, kalamata, classic pesto, seasonal greens, feta	VODKA SHRIMP LINGUINE* GFO 19.50 6 seared gulf white shrimp, vodka tomato sauce, cream, mushrooms
SQUASH RISOTTO VEG GF 14.95 carnaroli rice, local winter squashes, brussels sprouts, grana padano, walnuts, fried sage	SAUSAGE & GOAT CHEESE PENNE* GFO 15.50 Italian sausage, caramelized onion, roasted tomato, fresh oregano, goat cheese
MUSHROOM RISOTTO VEG GF 15.75 carnaroli rice, local Hazel Dell mushrooms, dried porcini, seasonal greens, thyme, grana padano	BOLOGNESE GFO 16.75 classic sauce with Colorado bison, beef, pork, carrot, onion, pecorino, orecchiette pasta
PEAR & GORGONZOLA GNOCCHI VEG 15.95 potato gnocchi, caramelized pear, gorgonzola, seasonal greens, almonds, touch of cream	

MAINS & SANDWICHES

VEGETARIAN OR VEGAN PLATTER GF 17.50 spice sautéed tempeh, petite salad, sun dried tomato tapenade, hummus, nuts, fresh mozzarella and choice of 3 sides	CHICKEN SANDWICH GFO 10.25 grilled tenders, pesto, mozzarella, tomato, caramelized onion, arugula, brioche bun, french fries
IDAHO TROUT* GF 18.50 seared filet, white beans with tomatillo and cherry tomato salsa and a petite salad of fennel, carrot and arugula	SAUSAGE SANDWICH* GFO 11.25 grilled fennel sausage, roasted peppers & onions & fennel, smoked provolone cheese, brioche bun, french fries
CIOPPINO* GFO 20.75 shrimp, calamari, mussels, fresh fish, rich tomato broth, garlic, fennel, carrot, onion, charred bread	ARUGULA BURGER* GFO 12.50 grilled CO grass fed beef burger, mozzarella cheese, pesto aioli, tomato, peppered salami, arugula, brioche bun, french fries
CHICKEN PARMESAN 17.25 hand breaded tenders, provolone and mozzarella cheeses, marinara sauce, creamy polenta, brussels sprouts	GRILLED HANGER STEAK* GF 19.50 winter squashes, caramelized onions, creamy polenta, red wine sauce, gorgonzola butter
GRILLED CHEESE SANDWICH GFO 9.50 mozzarella, provolone, pecorino, & goat cheeses, sourdough bread; choice of tomato soup or green salad	

FEATURED WINES

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

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

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

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 (add \$1.25)



As a founding restaurant member Arugula supports Real|Good 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.

\$1.5 CHARGE FOR PLATES SPLIT IN THE KITCHEN
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.