

La Cucina Sul Mare

La Cucina Sul Mare is the culmination of many years of hard-work, passion, and experience by its owners Mark and Cynthia Cilfone. Mark and Cynthia first met in Jupiter, Florida working at the renowned Italian restaurant La Caravella. Mark as a chef, and Cynthia as a bartender. The two started working in restaurants from very young ages and ever since had dreamed of owning their own restaurant. When Mark and Cynthia met they discussed this shared dream and hoped to one day make it a reality.

Mark and Cynthia eventually moved to Falmouth, Massachusetts to be closer to family and had three children Winslow, Carmen, and Sofia. After working various restaurant jobs in the area for years the couple finally found the perfect spot for their dream. Currently Winslow and Carmen, both graduates of Stonehill College, help to run the restaurant and work as waiters and bartenders. Their youngest, Sofia just completed her first year at the College of Charleston and hosts and waits tables during the summer.

La Cucina is situated at 237 Main Street, nestled in the heart of the Falmouth village. La Cucina Sul Mare, which means the kitchen by the sea, first opened its doors on May 6, 2002, and has been running strong ever since. We are a family run restaurant with a dedication to delicious food, excellent service, and an intimate atmosphere. Our family would like to thank you for enjoying our restaurant and truly making it a dream come true.

So, from our family to yours, Mangia!

Winslow Cilfone
Summer 2021



Ask about catering and private parties

237 Main Street
Falmouth, Massachusetts
508-548-5600

20% Gratuity will be added to parties of 6 or more.
MasterCard and Visa accepted. We do not accept personal checks.

Gift Certificates Available

*Meals tax 7%

La Cucina Sul Mare

ITALIAN RISTORANTE



DINNER MENU

237 Main Street
Falmouth, Massachusetts

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Zuppa

Minestrone	Cup 5 Bowl 7
Lobster Bisque	9

Antipasti

Oysters Rockefeller	5 each
Oysters on the Half Shell ~ Served chilled with our mignonette & cocktail sauces	3 each
Shrimp Cocktail ~ Four large shrimp	17
Pan Tossed Calamari ~ Lightly floured pan-fried calamari with garlic, cherry peppers, capers in a fresh pomodoro sauce	18
Mussels ~ Steamed in garlic, fresh herbs and white wine	17
Bruschetta ~ Sliced bread, grilled then rubbed with a fresh basil pesto, topped with marinated sliced plum tomatoes, fresh mozzarella, drizzled with a balsamic reduction	15
Cappelle dei Funghi Ripiene ~ Mushroom caps stuffed with a sweet Italian sausage stuffing	17

Insalata

Caesar Salad ~ Chopped Romaine lettuce with anchovies and our homemade Caesar dressing	10 17
Caprese Salad ~ Fresh vine ripe tomato, mozzarella cheese and basil, drizzled with olive oil	14
Special Salad ~ Tossed with a roasted shallot vinaigrette, topped with a warm dried cranberry & macadamia nut dressing, finished with goat cheese & edible flowers	19
House Salad ~ Crisp fresh Romaine, mesclun greens, grape tomatoes, cucumbers, red onion and julienne carrots Our dressings are made fresh in our kitchen. Tomato Basil, Creamy Garlic, or Maple Vinaigrette	10

Pasta

Pomodoro Fresco ~ Angel hair pasta served with fresh tomato sauce	20
Linguine & Molto Grande Meatball ~ Linguine pasta in a red sauce, served with a large hand rolled meatball	23
Sweet Italian Sausage & Rapini ~ Sautéed in an aglio e olio sauce, served with rigatoni pasta	26
Lasagna ~ Old world style meat lasagna with ricotta cheese, Italian cold cuts sliced meatball, sweet sausage layered between fresh pasta sheets	28
Vegetable Lasagna ~ Fresh zucchini, summer squash asparagus, breaded eggplant, vine ripened tomatoes, spinach, ricotta, mozzarella and parmesan Reggiano	28
Fettuccine Bolognese ~ A traditional Bolognese sauce, made with ground veal, beef, pork and sweet Italian sausage	25
Ravioli with Cheese alla Pomodoro ~ Three-cheese filling in a pomodoro sauce	24
Melanzana alla Parmigiana ~ Breaded eggplant with a pomodoro sauce and served with linguine	25
*Rigatoni alla Vodka ~ Parmesan tomato sauce, finished with a touch of cream and vodka	24
*Fettuccine Alfredo ~ Traditional alfredo cheese sauce	22
*Tortellini with Cheese ~ Served in a creamy pesto sauce or pomodoro sauce	25

* With Shrimp add 6 | With Chicken add 4 | With Sausage add 4

** Before placing your order, please inform your server if a person in your party has a food allergy.**

Pesce

Grilled Salmon ~ Served with a refreshing house-made cream dill mayonnaise	28
Sweet Potato Encrusted Scrod ~ Pan seared, finished with a cranberry sage beurre blanc and roasted asparagus	33
Shrimp & Scallop Piccata ~ Sea scallops and shrimp sautéed with shallots and butter, finished in a caper white wine sauce and served with angel hair pasta	33
Lobster & Asparagus Ravioli with Sautéed Sea Scallops ~ Served in a light tomato sherry mascarpone cream sauce	35
Halibut Limone ~ Floured, egg washed & sautéed with shallots, in a light lemon butter white wine sauce with capers served with angel hair pasta & roasted asparagus	37
Grilled Swordfish Piccata ~ Served over a bed of sautéed spinach & garnished with grilled shrimp & finished with a lemon, white wine sauce with shallots and capers	30
Seafood Saute ~ Lobster, Shrimp and Scallops with a mascarpone sherry cream sauce with snow peas, asparagus and linguini	Market Price
Seafood Minestrone ~ Our homemade minestrone served with shrimp, scallops, littleneck clams, mussels and the fish of the day (Add pasta for 3)	30

Pollo / Vitello

Parmigiana ~ Lightly pounded breast of chicken, breaded and served with fresh pomodoro sauce and linguine	25/29
Saltimbocca ~ Lightly pounded and sautéed breast of chicken topped with thinly sliced prosciutto, provolone, fresh sage, finished with a veal demi-glaze sauce and served with angel hair pasta	28/32
Marsala ~ Lightly pounded breast of chicken, floured, sautéed with shallots and mushrooms, finished in a classic marsala wine sauce and served with angel hair pasta	25 /29
Piccata ~ Lightly pounded and floured breast of chicken, with shallots and capers, finished in a light white wine and lemon butter sauce and served with angel hair pasta	26/30
Limone ~ Lightly pounded breast of chicken, floured, dipped in an egg wash, sautéed with shallots, finished in a light white wine and lemon butter sauce with capers and served with angel hair pasta	27/31
Chicken Napoleon ~ Two Layers of Chicken, breaded eggplant, fresh tomato slices, buffalo mozzarella & provolone cheese finished with a pomodoro demi madeira wine sauce with capers, served with angel hair pasta	32

Carne

Braised Short Rib Cacciatore ~ 16 oz. beef short rib with onions, peppers and mushrooms over risotto milanese	35
Pan Seared Tenderloin ~ 8 oz. hand-cut tender filet mignon served with a portobello mushroom Madeira wine sauce, and mashed potatoes	Market Price
Grilled 16oz Rib eye Steak ~ Grilled the way you like it, topped with a gorgonzola compound butter, served with hand cut thin & crunchy sweet potato fries	Market Price
Grilled 14 oz. NY Strip Steak ~ Served with a portobello mushroom Madeira wine sauce, French fries and roasted asparagus	Market Price

** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of food borne illness, especially if you have certain medical conditions.**