

Soups & Salads

Soup of the day or vegetable minestrone	6.95
House salad: Mixed greens with marinated diced tomatoes, cucumber, and red onion in a balsamic vinaigrette	6.95
With gorgonzola	7.75
Caesar salad or grilled romaine lettuce	7.75
With anchovies	8.50
With grilled chicken or bay shrimp	12.95
Caprese salad: Fresh buffalo mozzarella, roma and yellow tomatoes drizzled with balsamic vinegar syrup and topped with basil pesto and extra virgin olive oil	12.50
Italian wedge: Iceberg lettuce with crumbled gorgonzola dressing and pancetta	8.95
Chopped salad: Romaine lettuce, salmon, sun-dried tomatoes, avocado, roasted red peppers, kalamata olives, and croutons in a roasted-tomato vinaigrette	11.25
Fresh blackened salmon salad with hearts of palm, water chestnuts, roasted red peppers, kalamata olives, and fresh mozzarella balls on a bed of spring mix with a lemon-olive oil vinaigrette	16.50
Sesame chicken with shredded iceberg lettuce, almonds, green onions, cilantro, and rice noodles, tossed with an oriental dressing	12.95
Shellfish spinach salad with prawns, diced scampi, and mussels in a citrus vinaigrette, with dollops of sun-dried tomato pesto	15.75
Roasted beet salad with gorgonzola, candied walnuts, mandarin oranges, shredded lettuce, and spring mix, with an Italian vinaigrette	12.95

Sandwiches

Grilled Italian sub: Cured ham, peppered salami, capocollo, mortadella, provolone, roma tomatoes, and marinated red onion. Served with pasta salad	10.25
Eggplant Parmesan sandwich: Lightly breaded sliced eggplant with mozzarella, Parmesan, and marinara sauce. Served with Caesar salad	11.95
Italian sausage sandwich with roasted red peppers, sautéed onions, and Dijon mustard aioli. Served with french fries	10.75
Meatball sandwich with melted mozzarella and marinara. Served with french fries	10.75
Tri-tip sandwich, french-dip style (au jus). Served with french fries	13.25
Add cheese	1.50
Blackened chicken breast sandwich with guacamole, lettuce, and tomatoes. Served with house salad	13.25
Chicken Parmigiana sandwich: Lightly breaded chicken breast topped with mozzarella, Parmesan, and marinara sauce. Served with Caesar salad	13.50
Crab cake sandwich with lettuce, tomato, and tartar sauce. Served with pasta salad	13.50
Portabella mushroom sandwich with roasted red peppers, spinach, and mozzarella cheese with Italian vinaigrette. Served on focaccia bread with house salad	11.75
Grilled chicken sandwich with brie, artichoke hearts, lettuce, and tomatoes, with a garlic aioli. Served with house salad	13.25
Vegetable calzone: Garlic, spinach, mushrooms, roasted red peppers, red onion, fontina and ricotta cheese, and marinara sauce. Served with pasta salad	16.95
Italian calzone: Mortadella, pepperoni, salami, mozzarella, roasted red peppers, basil pesto, and marinara sauce. Served with french fries	17.25

Small Plates

Tuscan bread with onions, cilantro, scallions, and extra virgin olive oil	6.25
Arancini (fried rice balls) with peas, mozzarella cheese, and a roasted red pepper sauce	7.95
Assorted bruschetta: (1) Diced roma tomatoes, pesto, and garlic olive oil; (2) olive tapenade; and (3) avocado salsa and black beans	8.50
Seared blackened aihi tuna on a bed of black beans with wasabi, soy sauce, capers, olive oil, lemon juice, and Parmesan	14.75
Grilled marinated artichoke on a bed of spring mix, with a Dijon mustard aioli	11.50
Gnocchi with pancetta, mushrooms, and cheese in garlic olive oil	8.95
Roasted asparagus with garlic olive oil	7.25
Sautéed brussels sprouts with pancetta, caramelized onions, and a balsamic syrup	8.50
Assorted marinated olives	5.95
Eggplant rolled and stuffed with ricotta cheese over wilted spinach and radicchio topped with melted mozzarella and basil vinaigrette	11.50
Polenta with melted mozzarella cheese and marinara sauce	8.95
Baked polenta with spinach and mozzarella cheese. Topped with Parmesan cheese and fresh tomatoes	8.95
Roasted chicken in filo dough with brie, pine nuts, scallions, and sun-dried tomato pesto. Served on a pool of garlic cream sauce with almonds	13.50
Chicken skewers: Grilled chicken, red bell peppers, red onions, and mushrooms with a scallion-aioli vinaigrette on a bed of black beans	11.25
Sautéed sausage, peppers, and onions	9.25
Pancetta-wrapped prawns, with sautéed spinach drizzled with a white wine cream sauce	10.95
Fried calamari and diced prawns	8.95
Add jalapeños	2.00
Cioppino (seafood stew): Prawns, salmon, scallops, mussels, and clams in a spicy marinara sauce	10.50
Half order of any pasta	1/2 price plus 3.00

Lunch Entrées

Grilled pork chop with pancetta, capers, pine nuts, and domestic mushrooms in a Cabernet beef reduction. Served with roasted red potatoes and vegetables	16.95
Beef braciola: Thin beef steak rolled and stuffed with prosciutto, provolone cheese, spinach, Italian herbs, and a red sauce. Served with garlic-olive oil fettuccine and vegetables	17.25
Chicken piccata: Mushrooms, capers, and pine nuts in a garlic olive oil sauce with a touch of cream. Served with risotto and vegetables	16.50
Pancetta-wrapped prawns topped with a lemon-white wine cream sauce. Served on a bed of spinach sautéed with garlic and olive oil. Garnished with roasted red potatoes	16.25
Pan-fried fresh halibut topped with a fresh avocado salsa fresca on a pool of lemon-white wine cream sauce. Served with risotto and vegetables	18.50
Blackened fresh salmon topped with diced scallops in a lemon-dill cream sauce. Served with risotto and vegetables	18.25
Eggplant Parmesan: Lightly breaded sliced eggplant with mozzarella, Parmesan, and marinara sauce. Served with garlic-olive oil fettuccine and vegetables	15.95

Pasta

Penne with asparagus, sun-dried tomatoes, feta cheese, black olives, and roasted eggplant in garlic, olive oil, and basil pesto	14.25
Rigatoni baked with four cheeses in a tomato cream sauce	16.25
Spaghetti with fresh tomatoes, fresh basil, garlic, and olive oil	13.25
Gnocchi tossed with artichoke hearts, domestic mushrooms, roasted red peppers, and kalamata olives, in garlic-basil pesto	16.95
Tortelloni filled with potatoes and romano, ricotta, mozzarella, and Parmesan cheeses in a roasted-garlic pesto cream sauce, with a dollop of sun-dried tomato pesto	17.25
Meat lasagna with onions, carrots, celery, mozzarella cheese, and marinara sauce	17.50
Penne baked with wild boar sausage and homemade Italian sausage, topped with asiago and mozzarella cheese with a light marinara sauce	17.25
Penne bolognese: Braised beef, meatballs, and sausage in a rich tomato sauce	17.25
Linguine tossed with diced chicken, Italian sausage, wild boar sausage, linguica, and domestic mushrooms in a pomodoro sauce with pecorino romano cheese, red pepper flakes, and a touch of basil pesto	17.25
Linguine with roasted chicken, prosciutto, domestic mushrooms, peas, and Parmesan cheese, tossed in a cracked black pepper cream sauce	16.50
Penne with chicken, broccoli, garlic, red pepper flakes, olive oil, and white wine	16.50
Homemade ravioli of beef, pork, spinach, and ricotta cheese in a bolognese sauce	16.50
Angel hair pasta with grilled prawns, snow peas, roasted red peppers, and bean sprouts in a garlic-ginger–Thai chili oil sauce	17.95
Linguine with eastern clams in a lemon–white wine–garlic olive oil sauce	16.95
Fettuccine tossed with prawns, mussels, clams, and diced scampi in a marinara sauce with red pepper flakes and a touch of basil pesto	18.50
Capellini tossed with diced scampi, in a spicy tomato cream sauce topped with grilled prawns and sea scallops, and sun-dried tomato pesto	18.50
Seafood risotto: Clams, mussels, prawns, baby shrimp, scallops, and peas. Topped with grilled salmon in a light saffron cream sauce	19.25
Wild mushroom risotto with a cream–beef reduction	14.95
<i>Substitute gluten-free penne for any pasta</i>	add 3.00

Pizza

	<i>individual</i>	<i>medium</i>	<i>large</i>
Pizza Margherita: Fresh tomatoes, basil, and buffalo mozzarella	12.25	16.25	20.25
Grilled portabella mushrooms, yellow tomatoes, roasted red peppers, fontina, and basil pesto	16.25	18.25	22.25
Pepperoni, sausage, linguica, ham, and black olives	16.25	19.25	22.50
Cheese only	9.50	12.25	15.25
One topping	11.50	14.25	15.50
Two toppings	13.25	15.25	18.25
Three toppings	14.50	17.25	21.50
Four or more toppings	16.25	18.25	24.50

An 18% gratuity will be added for parties of eight or more. • Corkage fee: \$15.00 • We can accommodate almost any dietary preference. • Inquire about catering. • Reservations accepted for parties of 5 or more. We reserve the right to refuse service to anyone • We are not responsible for lost or stolen items.



Il Postale was established in 1995 in the original Sunnyside Post Office building on Washington Avenue. In 2015, we moved to the historic Del Monte building, which was built in 1904 as a fruit-drying and packing facility. This building was originally located at the corner of Sunnyside Avenue and Evelyn Avenue, and was moved to its current location in 1993.

lunch menu

il postale
Italian-American Bistro and Bar