

# Val's Seafood Trattoria

A Trattoria: [pronounced: Trat-o-REA] is an Italian eating establishment more casual than a Ristorante and more formal than a Pizzeria... Simple foods made from scratch and served in a rustic environment.

All items are available for take out. (5-28-17)

## Soup.....

Cream of Crab	Cup \$5	Bowl \$8
Manhattan Clam Chowder	Cup \$4	Bowl \$7
Soup of the Day	Cup \$5	Bowl \$8

## Salads.....

Caesar	small \$5 (1 to 2 people)
	large \$10 (4 to 6 people)

House Garden Salad	small \$5 (1 to 2 people)
	large \$10 (4 to 6 people)

**The Wedge** A wedge of iceberg lettuce, w/blu cheese dressing, bacon, croutons & chopped tomatoes. **\$8**

**Caprese Salad** Sliced fresh mozzarella, jersey plum tomatoes, drizzled w Balsamic brown sugar reduction. **\$8**

### Add to any salad:

6 Jumbo Shrimp or Salmon or Tuna, blackened or broiled.	<b>\$12</b>
fried chicken cutlet (appx 10 oz)	<b>\$12</b>

## Val's food is.....

Homemade and cooked from scratch. We use fresh seafood, fresh produce, imported cheeses & tomatoes for pizza, fresh pasta & homemade soups. Our fresh fish is hand breaded in-house and made to order.

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# ValsSeafood.com

## (856) 468-6655

195 Center St, Sewell, NJ 08080

## Starters...

Mussels 18/ \$10 50/ \$25

red, white or fra diavolo

Clams 12/ \$10 50/ \$35

red, white or steamed in Old Bay

Mozzarella in Carrozza 3/ \$5

Arancini (fried risotto balls) 5/ \$10

Clams Casino, ½ dozen 6/\$9

Meatball Appetizer (3) 3/ \$5

(veal, pork & beef)

Polpette di Carne Fritta 6/ \$6

(fried meatball stuffed w mozzarella)

Buffalo shrimp Regular/Hot & Honey/ Hot

w/ celery & blu cheese 5/\$10 or 10/\$20

Buffalo Wings Regular/Hot & Honey/ Hot

w/ celery & blu cheese 6/\$7 20/\$15 50/\$35

Fried Chicken Tenders 5/ \$10

Shrimp in a basket 15/ \$10

Bang Bang Shrimp 12/ \$8

Steamed shrimp 15/\$10, 40/\$25, 55/\$35

Fried Clam strips- 1/2 lb w homemade tartar sauce \$5

Fried Oysters ½ lb in a basket w Tarter sauce \$11

Calamari Fritti -lightly floured, hot peppers & marinara \$10

Mambo Italiano -appetizer sampler w/ 3 Arancini, 5 Polpette

di Carne & 6 bite size Mozzarella in Carrozza w/ marinara \$15

Snow Crab / Dungeness / King Crab Legs

Sautéed in garlic & oil or steamed in old bay-per lb/Market \$

Stuffed Long Hots- prosciutto, prov & parmesan cheese \$7

Fried Stuffed Rigatoni- w/ marinara-or alfredo \$8

Basket of Garlic Knots- appx dozen \$3

## Pizza...

**White Pie** salt, black pepper, mozzarella cheese, oil and plenty of garlic \$12

**Red Pie** tomato sauce, topped with shredded mozzarella cheese \$12

**Tomato Pie** a generous portion of our Tomato sauce (no cheese) \$11

**Spinach** White pie topped with cheese, garlic, spinach and chopped tomatoes \$16

**The Monte** White Pie w/caramelized onions, portabella mushrooms and olive oil \$16

**Margherita Pie** Our Tomato Pie topped with fresh mozzarella and fresh basil \$16

**Clams Casino Pie** White pie w/ sautéed clams, green peppers, caramelized onions and bacon \$19

**Clam Pie** Our White Pie topped with sautéed clams and extra virgin olive oil \$17

**Seafood Pie** Red Pie w/ cooked shrimp, scallops and jumbo lump crab meat \$26

**Buffalo Chicken Pie** White pie with buffalo sauce, chicken cutlet & gorgonzola \$18

**Shrimp FraDiavolo Pie** spicy shrimp on a red pie \$22

**Badda Bing** Our Red Pie with sausage, meatballs, pepperoni and roasted peppers \$19

**Veggie Pizza...** White Pie w Spinach, broccoli, ricotta, garlic, mushrooms, roasted red peppers \$19

**Capriccio...** Fresh mozzarella, roasted red peppers, prosciutto, tomato sauce, olive oil, salt pepper & romano cheese \$18

**Tuscan Flat Bread...** prosciutto, arugula, Mozz & Goat Cheese, w Balsamic Reduction \$18

**Chicken Parm Pizza** Red Pie with chicken cutlet & mozz cheese \$18

## Pizza Toppings

Onions • Sweet Peppers • Chopped Tomatoes  
Pepperoni • Anchovies • Olives •

Roasted Red Peppers • Extra Cheese, Broccoli  
Spinach • Fresh Basil

Whole Topping \$2 • Half Topping \$1

Sweet Sausage • Prosciutto • Bacon •  
Portabella Mushrooms

Whole Topping \$2.50 • Half Topping \$1.25

Crabmeat 4oz • Scallops 4oz • Shrimp 4 oz  
\$12 each

Chicken cutlet 5oz...\$6

(We recommend no more than three toppings)

(toppings same price for app or kid sized pizza)

## Kid's Menu.....12 and under

Penne or linguine w marinara or butter \$4

(add one meatball \$1.50)

Shrimp and French fries (fried or broiled) \$8

Flounder and French fries (fried or broiled) \$8

Chicken fingers and fries \$5

Kid's pizza, red or white (toppings extra) \$5

Kid's Stuffed Rigatoni w one meatball \$6.5

Kid's Fruit Cup \$2

## Beverages.....

Spring Water, bottle \$2

San Pellegrino Water \$3

Old Philadelphia Soda \$3

(orange, cream, black cherry, root beer, birch beer)

Lemonade: Regular, Strawberry, Mango, Cherry \$3

Fountain Drinks: Coke, Diet Coke, Sprite, Dr Pepper,  
Seltzer, Raspberry or Unsweetened Iced Tea \$2.5

Fresh Brewed Sweet Tea, \$2.5

Pitcher \$6

Assorted Coffee & Tea \$2

Cappuccino or Espresso \$5.5 or \$3

Milk & Chocolate milk \$3

Apple Juice \$3

## Seafood Platters.....

Broiled in lemon, white wine and butter OR Fried.  
Choice of 2 Sides (see below) OR a Side of Pasta,  
Broccoli or Spinach.

<b>Filet of Flounder</b>	<b>\$22</b>
<b>Sea Scallops</b>	<b>\$26</b>
<b>Jumbo Shrimp</b>	<b>\$16</b>
<b>Shrimp &amp; Scallops</b>	<b>\$22</b>
<b>Flounder, Shrimp &amp; Scallops</b>	<b>\$27</b>
<b>Crab Cakes (Maryland style, jumbo lump- all crab)</b>	<b>\$24</b>
<b>Flounder, Shrimp, Scallops, Crab Cake</b>	<b>\$34</b>
<b>Salmon, Broiled or Blackened</b>	<b>\$20</b>
<b>Salmon, cedar plank w bourbon glaze</b>	<b>\$22</b>
<b>Salmon, stuffed w crab imperial</b>	<b>\$26</b>

## Pasta.....

Sautéed in your choice of Red, White or Spicy Fra  
Diavolo with Linguine or Penne. Rosa or Alfredo  
sauce add \$1.

<b>Jumbo Shrimp</b>	<b>\$18</b>
<b>Sea Scallops</b>	<b>\$27</b>
<b>Whole Clams</b>	<b>\$16</b>
<b>Farm Raised Mussels</b>	<b>\$16</b>
<b>Jumbo Shrimp &amp; Sea scallops</b>	<b>\$23</b>
<b>Jumbo Shrimp &amp; Jumbo Lump Crabmeat</b>	<b>\$23</b>
<b>Sea Scallops &amp; Jumbo Lump Crabmeat</b>	<b>\$27</b>
<b>Jumbo Shrimp, Sea Scallops &amp; Jumbo Lump Crabmeat</b>	<b>\$28</b>
<b>Whole Clams and Farm Raised Mussels</b>	<b>\$18</b>
<b>Jumbo Lump Crab Meat</b>	<b>\$23</b>
<b>Jumbo Shrimp, Sea scallops, Whole Clams, Mussels, Jumbo Lump Crab Meat</b>	<b>\$32</b>
<b>Crabmeat Maria w Ravioli, rosa sauce</b>	<b>\$22</b>
<b>Gnocchi, marinara sauce</b>	<b>\$15</b>
<b>Gnocchi, w Crabmeat, rosa sauce</b>	<b>\$22</b>
<b>Rigatoni &amp; Meatballs, cheese stuffed rig</b>	<b>\$15</b>

Consuming raw or undercooked meats or seafood may increase the risk of  
food borne illness.

## From the Ovens...

Choice of 2 Sides(see below) OR a Side of Pasta,  
Broccoli or Spinach.

<b>Baked Crab Imperial-</b> Val's special blend of jumbo lump crab meat and roasted red peppers topped with buttered bread crumbs. Includes 2 sides or pasta	<b>\$26</b>
<b>Baked Stuffed Flounder-</b> Filet of flounder stuffed with crab imperial and baked in lemon and white wine. Includes 2 sides or pasta	<b>\$29</b>
<b>Chicken Parm</b> - Includes 2 sides or pasta	<b>\$18</b>
<b>Shrimp Parm</b> - Includes 2 sides or pasta	<b>\$18</b>
<b>Flounder Parm</b> - Includes 2 sides or pasta	<b>\$23</b>

## Crab Dinners.....

Steamed in Old Bay or sautéed in Garlic & Oil with  
choice of 2 sides or Pasta.

<b>Crab Daddy feast ...</b> ½ lb of King Crab, ½ lb Snow Crab and ½ lb Dungeness Crab Legs –	<b>\$38</b>
<b>Dungeness Crab Dinner...</b> 1lb of Clusters	<b>\$34</b>
<b>King Crab Dinner ...</b> 1 lb of Legs	<b>\$36</b>
<b>Snow Crab Dinner...</b> 1lb of Clusters	<b>\$20</b>
<b>Cluster Feast-</b> 1.5 lb Snow & 1.5 lb Dungeness	<b>\$67</b>
<b>King's Feast-</b> 1 lb King & 2 lb Dungeness	<b>\$95</b>

## Sides /Extras...

<b>Onion Rings, homemade</b>	<b>\$5</b>
<b>Parmesan Fries</b> cheese, pepper & sea salt	<b>\$5</b>
<b>French Fries</b> regular, old bay or cajun	<b>\$4</b>
<b>Cole Slaw or Potato salad, home made</b>	<b>\$2</b>
<b>Apple Sauce, home made</b>	<b>\$2</b>
<b>Roasted Red Potatoes or Mixed Veggies</b>	<b>\$2</b>
<b>Baked Potato</b>	<b>\$2</b>
<b>Steamed Broccoli</b> (counts as 2 sides w dinners)	<b>\$4</b>
<b>Spinach sautéed w garlic</b> (counts as 2 sides w dinners)	<b>\$4</b>
<b>Penne or Linguine</b> in Red, White, Fra Diavolo	<b>\$6</b>
<b>Penne or Linguine</b> Alfredo or Rosa sauce	<b>\$7</b>