



DOWNLOAD "UNTAPPED"
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STARTERS FOR THE TABLE

EGGPLANT ROLLATINI <i>Fried eggplant, mozzarella & ricotta cheese. Topped w/ marinara sauce & melted mozzarella</i>	14.00
TENDERS <i>Hand-breaded tenders served plain or tossed in your choice of BBQ buffalo, teriyaki, garlic parmesan or honey BBQ sauce. Served with a side of honey mustard, bleu cheese or ranch dressing</i>	11.50
FRIED CALAMARI <i>Crispy Hand-Breaded Calamari served w/ marinara sauce</i>	15.00
NY STYLE CALAMARI <i>tossed in marinara & hot cherry peppers</i>	16.00
NACHOS <i>A giant stack of tortilla chips topped w/ Monterey jack cheese, diced tomatoes, black olives & jalapenos.. Served w/ sour cream & salsa. Add Beef, Grilled Chicken or Buffalo Chicken cutlet</i>	15.00
<i>Side Guacamole (4 oz)</i>	2.00
HOT ANTIPASTO <i>J.Roo's Tenders, Buffalo Wings, Calamari & Fried Mozzarella served with a variety of dipping sauces</i>	18.00
QUESADILLAS <i>Flour tortilla stuffed with Monterey Jack Cheese. Served with lettuce, diced tomatoes, jalapenos, sour cream & salsa. Grilled Chicken \$14.00, Lobster \$21.00</i>	12.50
<i>Shrimp & Spinach \$15.75, Veggie \$14.00 cheese, mushrooms, olives, lettuce, tomato, onions & roasted peppers</i>	
PHILLY CHEESESTEAK EGG ROLLS <i>w/ peppers & onions (3)</i>	13.00
BUFFALO CHICKEN EGG ROLLS <i>w/ american & blue cheese(3)</i>	13.00
POTATO SKINS <i>Crispy Skins overstuffed with Cheddar cheese, bacon & broccoli. Served with a side of sour cream</i>	14.00
CHIPS <i>House made kettle chips w/ melted gorgonzola & crispy bacon.</i>	13.00
GARLIC KNOTS (4) <i>side of marinara</i>	11.00
BROCCOLI RABE & SAUSAGE <i>Sauteed w/ extra virgin olive oil, fresh garlic, parmesan cheese & a touch of crushed red pepper. served with toast points</i>	14.00
CLAMS CASINO <i>Topped w/ bell peppers & crispy bacon.</i>	14.00
*CLAMS ON 1/2 SHELL <i>Cocktail sauce & lemon (12 count)</i>	17.00
BUFFALO SHRIMP (10)	13.25
CHILI MAC <i>Crock full of our house made mac n cheese mixed w/ our spicy chili</i>	7.50
STUFFED MUSHROOMS (6) <i>Crabmeat & sherry cream sauce</i>	16.00
SPINACH ARTICHOKE DIP & CHIPS <i>Sour cream, cream cheese, cheddar cheese</i>	10.00
ARANCINI (2) <i>Deep fried Italian rice balls with beef & peas, topped with marinara and Pecorino Romano</i>	10.50

SMALLER BITES

SHRIMP COCKTAIL <i>Served over mixed greens with cocktail sauce</i>	16.00
FRIED MOZZARELLA <i>Hand-breaded - Side of Marinara</i>	12.00
FRIED DOUGH <i>Served with marinara & grated cheese, cinnamon or sugar</i>	9.00
FRIED RAVIOLI (5) <i>Served w/ our vodka sauce</i>	13.50
SHORT RIB BEEF RAVIOLI (5) <i>Fried, served with a side of marinara</i>	13.50

SOUPS

House Made Soups
Chicken Cup 4.25 Bowl 5.75
French Onion Crock 6.50
Spicy Chili Crock 8.00
Ask about our soup of the day!

WINGS

Choice of buffalo, teriyaki, bbq, honey bbq or garlic parmesan.

10 Pce 16.00	20 Pce 31.50
30 Pce 47.00	40 Pce 62.00
80 Pce 119.00	100 Pce 142.00

SIDES

FRIES *Steak, Curly, Sweet Potato or Onion Rings 5.50*
With Melted Cheddar 6.75
With Chili 7.00

HOMEMADE KETTLE CHIPS 4.50
Side Salsa

PASTA
Penne, Linguini or Fettuccine Topped with your choice of marinara, bolognese, alfredo, pesto or oil & garlic sauce 9.25

MEATBALLS OR SAUSAGE 6.00

GARLIC BREAD *w/ mozz* 7.75

* Thoroughly cooking meats, poultry, seafood, shellfish or egg reduces the risk of food borne illness. Connecticut Public Health Code 19-13-B42 (m)(1)(f)



SALADS

Salad Additions - Prices do not include family style additions All items available grilled, blackened or buffalo style Grilled or Cutlet Chicken Breast 5.50 (sm) / 6.50 (lg) Steak 9.00 Shrimp 13.50 Salmon 13.50 Tuna Salad 5.00, Feta, Fresh Mozzarella, Shredded Mozzarella 3.00, or Fried Goat Cheese Balls 3.50 - Dressings on Final Page of Menu

GARDEN SALAD *Mixed greens, black olives, onions, green peppers, cherry tomatoes. house made garlic-parmesan croutons
Sm 7.00 Lg 9.00 Family Style 26.00*

CHEF'S SALAD *Mixed greens, ham, turkey, American cheese, swiss cheese, hard boiled eggs, cherry tomatoes, house made garlic parmesan croutons ONE SIZE 14.00*

CAESAR SALAD *Crisp Romaine lettuce, fresh Pecorino Romano cheese, house made garlic parmesan croutons.
Sm 7.00 Lg 9.00 Family Style 26.00*

FRESH SPINACH SALAD *Blueberries, candied walnuts, feta cheese & red onions.
Sm 8.50 Lg 10.50 Family Style 29.00*

243 STATE STREET SALAD *Mixed greens tossed with crumbled gorgonzola, tomatoes, sliced avocados, dried cranberries & sliced almonds.
Sm 9.00 Lg 11.00 Family Style 30.00*

CAPRESE SALAD *Fresh mozzarella, fresh basil, tomato, roasted peppers, kalamata olives, drizzled with balsamic glaze & olive oil.
ONE SIZE 14.00*

COLD ANTIPASTO *Mixed greens topped with red onion, tomato, salami, provolone cheese, ham, turkey, kalamata olives & tuna
ONE SIZE 14.00*

SANDWICHES, WRAPS, GRINDERS

All Platters are served w/ cole slaw, a pickle & choice of steak fries, house made kettle chips, curly fries, sweet potato fries, onion rings or mashed potatoes. Available on a hard roll, in a wrap or on white, wheat or rye bread, Optional gluten free wrap w/ upcharge Additions: mushrooms, onions, peppers, sauerkraut, avocado, olives, cheese, bacon, egg, fresh mozzarella, feta cheese.

BROCCOLI RABE & SAUSAGE *Broccoli rabe, sweet Longhini sausage, extra virgin olive oil, fresh garlic & a touch of crushed red pepper. Topped w/ parmesan cheese
Platter 15.50 Grinder 13.50*

PICK YOUR PARMESAN *Chicken, Eggplant, Meatball or Sausage topped w/ our house made marinara sauce, melted mozz & parmesan cheese
Platter 15.00 Grinder 13.00*

PRIME RIB AU JUS *Open faced shaved prime rib topped w/ Swiss cheese & sauteed onions. Served w/ a side of au jus Platter 16.25 Grinder 14.25*

COLD CUT COMBO *Pepperoni, Salami, Ham, Turkey, Fresh Mozzarella, roasted peppers, lettuce, tomato, extra virgin olive oil & balsamic.
Platter 15.00 Grinder 13.00*

MEATLOAF wrapped in bacon *House made topped with Lettuce, Tomato and Gravy Platter 15.50 Grinder 13.50*

PASTRAMI AND SWISS *Take your pick of 2 deli classics. "The Melt" topped with sliced tomatoes & raw onions or "The Rueben" topped with sauerkraut & thousand island dressing. Sandwiches served on Rye toast. Platter 15.00 Grinder 13.00*

PHILLY CHEESE STEAK *Shaved steak, American, grilled onions, mushrooms & green peppers Platter 15.00 Grinder 13.00*

ITALIAN CHICKEN *Marinated grilled chicken topped with mozzarella, tomatoes & roasted peppers Platter 15.00 Grinder 13.00*

LOBSTER ROLL *Picked lobster meat served hot w/ melted butter on a New England style bun Platter 27.00*

PICK YOUR COLD CUT *Salami, Turkey, Ham, or Roast Beef. Topped with Lettuce, Tomato, American Cheese, Mayo or Oil and Vinegar. Platter 15.00 Grinder 13.00*

CLASSICS

BLT *Topped with mayonnaise
Platter 15.00 Grinder 13.00*

EGG AND CHEESE
Platter 13.00 Grinder 11.25
add pastrami, ham or bacon 2.75

GRILLED CHEESE *American cheese topped w/ crispy bacon & tomato. Choice of White, wheat or rye toast
Platter 14.75*

VEGGIE *Mushrooms, olives, roasted peppers, onions, lettuce, tomato and cheese Platter 14.75 Grinder 12.75*

FRIED SOLE *Lettuce, tomato & tartar
Platter 15.25 Grinder 13.25*

BUFFALO CHICKEN *Breaded chicken tossed in our house made buffalo sauce. Topped w/ bleu cheese, lettuce & tomato
Platter 15.00 Grinder 13.00*

TUNA SALAD *Chopped celery, lettuce, tomato & onions
Platter 15.00 Grinder 13.00*



BURGERS AND DOGS

All burgers & hot dogs are served with cole slaw, a pickle & your choice of steak fries, house made kettle chips, curly fries, sweet potato fries, onion rings or mashed potatoes. Additions: mushrooms, onions, peppers, sauerkraut, avocado, olives, cheese, bacon, egg, fresh mozzarella, & feta cheese.

***THE COACH** 1/2lb burger wrapped in a grilled cheese, crispy bacon, & tomatoes. Platter 16.00

***CLASSIC CHEESEBURGER** 1/2lb burger, American cheese, lettuce & tomato. Platter 15.50

***TEXAS BURGER** 1/2lb burger, cheddar cheese, crispy bacon & BBQ sauce. Platter 16.00

WEST COAST Turkey burger, cheddar cheese, avocado, salsa & spicy tortilla strips Platter 16.25

SALMON BURGER Topped with avocado, lettuce, & tomato Platter 16.00

VEGAN BURGER (peppers, beans, rice, corn, onion, mushrooms & chillies) with lettuce & tomato - mixed veggie as side. Platter 16.00

FOOT LONG Hot Dog. Platter 12.00 **TWIN FOOT LONGS** Served with Kraut and Chili. Platter 16.50

CLASSIC TURKEY BURGER Lettuce, tomato, topped with American Cheese 16.00

ITALIAN SPECIALTIES

All pasta entrees are served with chicken soup or salad (other soup for a slight upcharge). Optional gluten free penne with up charge.

HOUSE MADE LASAGNA Pasta, Ricotta cheese, beef, sausage & our house made marinara sauce layered & topped with mozzarella 23.50

RICOTTA RAVIOLI Baked & topped with mozzarella cheese 21.50

BAKED PENNE Penne, ricotta, mozzarella & parmesan cheese. Topped with your choice of marinara or bolognese sauce 23.50

LINGUINI AND CLAMS Served with garlic & olive oil (white) or topped with our house made marinara sauce (red) 26.50

CHICKEN AND BROCCOLI FETTUCINE ALFREDO Pasta with grilled chicken & broccoli tossed in our house made Alfredo sauce 25.50

EGGPLANT ROLLATINI Breaded eggplant stuffed with mozzarella & ricotta cheese. Served over your choice of pasta. 24.50

PASTA BOMB Penne, oil & garlic sauce, grilled chicken, sweet Longhini sausage, broccoli & sundried tomatoes 25.00

PENNE ALLA VODKA 22.50

With Grilled Chicken 26.00 With Sauteed Shrimp 31.00

MAC AND CHEESE Elbow pasta smothered in our house made cheese sauce 18.50

Ham or Bacon 24.00 Buffalo Chicken 24.00 With Picked Lobster Meat 30.00

LINGUINE, PENNE OR FETTUCINE With your choice of our house made sauce: Marinara or Bolognese with Parmesan 20.00 With Meatballs or Sausage 25.50

BROCCOLI RABE DINNER

With chicken or sausage. Sauteed with extra virgin olive oil, fresh garlic, pecorino romano cheese and a touch of crushed red pepper. served with toast points. 27.50 (best served over pasta)

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Connecticut Public Health Code 19-13-B42 (m)(1)(f)



ENTREES

Entrees are served with chicken soup or salad (other soup for slight upcharge) & any one of the following: Penne, linguini, fettuccine, rice, baked potato, mashed potatoes, daily vegetables, steak fries, sweet potato fries, curly fries or onion rings.

CHICKEN AND VEAL

PARMESAN

Breaded cutlets topped with our house made marinara sauce & mozzarella cheese
Chicken 25.50 Veal 28.00

MARSALA

Sauteed cutlets with mushrooms in a light marsala wine sauce
Chicken 25.50 Veal 28.00

FRANCAIS

Egg battered cutlets sauteed in our white wine, lemon & butter sauce
Chicken 25.50 Veal 28.00

FLORENTINE

Egg battered cutlets sauteed with spinach, white wine, lemon & butter sauce
Chicken 25.50 Veal 28.00

SICILIANO

Breaded cutlet, with house made marinara sauce, hot cherry peppers, onions & pecorino cheese.
Chicken 26.00 Veal 28.50

243 STATE STREET DINNER

Sauteed cutlets, white wine, broccoli rabe, artichokes, hot cherry peppers, & white beans
Chicken 28.00 Veal 30.50

PICCATA

Sauteed cutlets in our white wine, lemon and butter sauce. Topped with fresh capers.
Chicken 25.50 Veal 28.00

FROM OUR GRILL

NEW YORK STRIP 12 oz

Strip steak seasoned & grilled to your preference
30.00

RIB EYE 16 oz.

Rib eye seasoned & grilled to your preference 31.00

BABY BACK RIBS

Slowly roasted & drenched in BBQ sauce
1/2 Rack 23.50 Full Rack 30.50

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SEAFOOD

SCALLOPS Jumbo sea scallops (broiled or fried) 30.00

SHRIMP SCAMPI

Jumbo shrimp sauteed with our white wine, garlic & lemon butter sauce. Best served over pasta. 29.00

SHRIMP FRADIAVLO

Jumbo shrimp tossed in our spicy marinara sauce. Best served over pasta. 29.00

SEAFOOD FRADIAVLO

Sauteed shrimp, scallops, clams & calamari, in our spicy marinara sauce. Best served over pasta. 33.00

SALMON DINNER

8 oz fresh Salmon served baked, blackened or grilled 29.00

SOLE DINNER Broiled, fried or stuffed (2) 28.00

FRIED SHRIMP DINNER

Jumbo shrimp hand-breaded & served with tartar sauce & lemon 29.00

SEAFOOD COMBO

Sole, Scallops and Shrimp (broiled or fried) 32.00

MEDITERRANEAN SHRIMP Jumbo shrimp (6) , cherry tomatoes & feta cheese over rice pilaf in a light butter sauce 29.00

BLACKENED PORK CHOP

10oz. Bone-in, French cut chop. Blackened & topped with melted Gorgonzola 23.00

MEATLOAF

Wrapped in bacon, house made, topped with gravy 23.00

BONELESS CHICKEN BREAST

Choice of Teriyaki, Honey Lemon, BBQ or Plain 23.50

PRIME RIB (FRI/SAT ONLY)

Prime rib of beef, roasted to your preference in our house made au jus King (14 oz) 32.00 Queen (10 oz) 28.00

PERSONAL PIZZAS
NOW AVAILABLE



YOUR CHOICE OF TOPPINGS

PIZZA

HOUSE TOPPINGS

Pepperoni, sausage, onion, meatball, sweet peppers, garlic, mushrooms, olives, hot peppers, thick crust

SPECIALTY TOPPINGS

Ham, ricotta, anchovies, feta, eggplant, fresh mozzarella, artichoke, roasted peppers, sun dried tomatoes, jalapeños, salami, bacon, extra cheese **Items with garlic:** fresh tomatoes, broccoli, spinach, clams.

CLASSICS

MOZZARELLA S 12.50 M 14.25 L 17.00

CALZONE Ricotta, mozzarella & a side of marinara sauce S 14.00 L 20.00 - Additional items extra

STUFFED BREAD Mozzarella & one house topping 11.00 Additional items extra. Side of marinara 2.00

PLAIN WITH GRATED CHEESE S 12.00 M 13.75 L 16.50

STUFF YOUR OWN COVERED PIE (MD ONLY) Top & bottom crust With mozzarella, one house topping, & side of marinara. ONE SIZE 17.50 - Adtl items extra **GLUTEN FREE CRUST (SM ONLY)** 14.75 or **CAULI- FLOWER PIZZA CRUST (GF) (MD ONLY)** 16.75

SPECIALTY

CHICKEN CUTLET *Parmesan, Buffalo or BBQ*
S 15.00 M 18.00 L 23.00

CLAMS CASINO *White pie, mozz, baby clams, extra virgin olive oil, garlic, bacon, & sweet peppers*
S 15.75 M 18.75 L 23.75

MASHED POTATO PIE *White pie, Monterey jack cheese, house made mashed potatoes, garlic, onions, & crispy bacon*
S 15.00 M 18.00 L 23.00

HAWAIIAN *Red pie, mozz, ham, pineapple & bacon*
S 15.00 M 18.00 L 23.00

VEGGIE *Red pie, mozz, onions, sweet peppers, & mushrooms*
S 15.00 M 18.00 L 23.00

SUPREME VEGGIE *Mozz, garlic, extra virgin olive oil, spinach, broccoli, eggplant, fresh tomato, roasted peppers & fresh basil. (Red or White)*
S 15.75 M 18.75 L 23.75

LASAGNA *Red pie, mozzarella, ricotta, sausage & meatballs*
S 15.25 M 18.25 L 23.25

BROCCOLI RABE AND SAUSAGE *White pie, mozzarella, broccoli rabe, sweet Longhini sausage, garlic & olive oil*
S 15.50 M 18.50 L 23.50

PESTO *White pie, fresh mozz, grilled chicken & garlic pesto sauce.*
S 15.00 M 18.00 L 23.00

BLT *Mozz, bacon, ranch dressing, topped with lettuce & tomato*
S 15.50 M 18.50 L 23.50

S'MORES PIE *Nutella, marshmallows, crushed grahams on our pizza crust*
S 14.00 M 17.00 L 22.00

LOBSTER PIE *Mozzarella, hand picked lobster meat, Parmesan, garlic with lemon wedges.*
S 22.00 M 26.00 L 31.00

CHICKEN BACON RANCH *Chicken cutlet, bacon with ranch drizzle.*
S 15.75 M 18.75 L 23.75

SUPER *Red pie, mozz, pepperoni, bacon, sausage, onions, mushrooms & sweet peppers*
S 16.50 M 19.50 L 24.50

FRESH TOMATO CAPRESE *White pie, shredded mozz, fresh mozz, tomatoes, garlic, olive oil & fresh basil*
S 15.50 M 18.50 L 23.50

MARGHERITA *Red pie, fresh mozz, fresh basil, & Pecorino Romano Cheese*
S 14.50 M 17.50 L 22.50

MEATLOVERS *Red pie w/ mozz, sausage, pepperoni, meatballs, bacon & ham*
S 16.50 M 19.50 L 24.50

MAC AND CHEESE *White pie smothered in our house made mac-n-cheese*
S 15.50 M 18.50 L 23.50

FOUR CHEESE *Red pie, shredded mozz, fresh mozz, ricotta & parmesan*
S 15.50 M 18.50 L 23.50

PHILLY CHEESESTEAK *White pie, mozz, philly steak, onions, mushrooms & sweet peppers*
S 15.50 M 18.50 L 23.50

MCROO'S *Beef, onions, McRoo sauce & cheese topped with pickles*
S 15.50 M 18.50 L 23.50

SHRIMP SCAMPI *Shrimp, mozzarella, & garlic, white*
S 15.50 M 18.50 L 23.50

SEAFOOD *Shrimp, clams, calamari, scallops, mozzarella, & garlic, white*
S 16.50 M 19.50 L 24.50

MEXICAN *Mozzarella, Sour cream, jalapenos, onions & house made Mexican Beef. White topped with lettuce*
S 15.50 M 18.50 L 23.50

BUFFALO SHRIMP *Mozzarella cheese and spicy shrimp*
S 15.50 M 18.50 L 23.50

MEDITERRANEAN PIE *Spinach, feta, garlic, cherry tomatoes & grilled chicken (white)*
S 15.75 M 18.75 L 23.75



CHILDREN'S MENU

Suitable for ages 8 and under.

SMALL PRICES FOR SMALL EATERS!

\$13.00 includes meal and a fountain soda, juice or milk.

*Grilled Cheese Platter Hot Dog Platter
J Roo's Chicken Tender Platter Mac n Cheese
Linguini or Ziti and Meatball Ricotta Ravioli*

SODA

FOUNTAIN

*Coke
Orange
Sprite
Root beer
Diet Coke
Club soda
Ginger ale*

BOTTLED

*FOXON PARK
BOTTLED SODA*

JUICES + TEAS

*Unsweetened iced tea
Lemonade*

*Pineapple juice
Apple juice
Orange juice
Cranberry juice*

OTHER

*Milk
Chocolate milk
Coffee
Tea*

DESSERT

*Chocolate Lovin Cake - Carrot Cake - Cheesecake
Lemon Meringue Pie - Ice Cream - Chocolate Reese's Peanut Butter Pie
Tiramisu - Oreo Cookie Pie - Gluten Free Flourless Chocolate Cake*

*Mini Cannoli
Apple Crumble with Ice Cream*

*IN HOUSE BUFFET PACKAGES STARTING AT
\$26 Per Person Plus Tax + Tip*

Salad Dressings: Ranch, Blue Cheese, Peppercorn, 1000 Island, Honey Mustard, Caesar, Italian, Raspberry, Lemon or Balsamic Vinaigrette.

Event and Catering Inquiries: events@jroosrestaurant.com

Marketing: community@jroosrestaurant.com

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We Deliver!

** Tax and Tip not included in price **