

# FARRO SPECIALTIES

**Low Carb, Low Gluten, High Fiber, 100% Organic**

**This is 100% FARRO; a non-hybrid form of wheat, organically grown, without fertilizers, herbicides or other chemical substances. What differentiates FARRO is the husk, it closely resembles to Spelt, but is far more superior. Recent medical studies have revalued FARRO for its nutrition value. FARRO is whole meal, rich in natural fiber and vitamins A, B, C, E, magnesium and antioxidants (which have anti-stress properties). When compared to other grains, it absorbs less iron from the blood functions against some cancer forms, and does not put surplus glucose in the blood. Many people who are sensitive to hybridized wheat find that they can tolerate FARRO. More info about farro is on the take out menu & web site [www.ilfarro.com](http://www.ilfarro.com) All farro products are available on sale to take home.**

**Farrucci con Salmone e Finocchio** ..... \$18.99

Tubular Farro pasta with fresh Salmon, wild fennel, tomatoes, basil, garlic in a vodka sauce with touch of cream (pink sauce).

**Farrucci Della Casa** ..... \$18.99

Tubular Farro pasta with chicken, sun dried tomatoes, fresh tomato, extra virgin olive oil and garlic sauce.

**Ravioli di Farro al Zafferano**.....\$19.99

Homemade Farro ravioli filled with spinach and ricotta with fresh asparagus, roma tomatoes in a Saffron sauce with a sprinkle of pistachio.

**Fettucine con verdure d'orto**.....\$18.99

Farro fresh noodle with grilled zucchini, eggplant, fresh tomatoes, baby artichokes, garlic, basil & farro grain.

**Fili all' agro Sorrento**.....\$18.99

Farro Spaghetti with fresh tomato, basil, garlic, eggplant, tossed with fresh mozzarella.

**Farrilli all pesto e pollo**.....\$18.99

Spiral Farro pasta with chicken tender & pesto sauce.

**Fili con gamberoni alla diavola**..... \$19.99

Farro spaghetti with Tiger shrimp, white wine, garlic, red pepper, tomatoes & basil sauce.

## FARROTTO

**(Farro grain cooked like a risotto style)**

**Farrotto Forestiera** .....\$19.99

Tender chicken, spinach, mushrooms, asparagus, tomato, red onion, basil & parmesan cheese.

**Farrotto con Salsiccia**..... \$18.99

Italian sausages, fresh tomato, garlic, basil & parmesan cheese.

**Farrotto alla Milanese**..... \$19.99

Tiger shrimp, asparagus, in a saffron sauce. A must try one!

**Farrotto alla Barese**.....\$19.99

With Rapini broccoli, zucchini & garlic parmesan cheese.



**Ravioli di Farro  
al Zafferano**



**Fili con gamberoni  
alla diavola**



**Farrotto  
alla Milanese**

**All sales plus tax. Prices are subject to change.**