

Executive Chef George Edward Kretzu was born in Port Alegre, Brazil. His mother and father were both Master Chefs who owned and operated a culinary academy, the Montreal School of Culinary Arts, in Vienna, allowing our chef to begin developing his natural talent at an early age. Along the way, George worked as a butcher, giving him the experience he needed to select and prepare quality meats. While working for Hagen-Dazs, George became part of the President's Club as one of the top salesman in the country for five years. Also curious to learn more about the native fishing trade he opted to work on a fishing vessel, where he learned what he needed to know about the native fishing trade.

Formerly of DG Basil's in Bricktown, Chef George also worked his culinary magic at Bella Napoli in New York City. He spent many successful years as the Executive Chef and owner of George's Grill and Moon River in Bricktown, and has since moved his pallet-pleasing talents to Arugula. Among his accomplishments, we can add Promotional Executive Chef for the Black Tiger Shrimp Company and member of Strathmore's Who's Who, a distinct recognition in the restaurant industry.

When he is not working passionately to amaze his guests with countless creative dishes, he makes time to enjoy his hobbies; Chef George is a certified scuba and sky diver, enjoys flying small aircraft locally and is a Harley-Davidson owner.



Bon Appetite!

OUR DISHES ARE COOKED TO PERFECTION WITHOUT THE USE OF SALT.
ASK YOUR WAITER OR WAITRESS FOR DETAILS.

ON PREMISE & OFF-SITE CATERING AVAILABLE. ASK FOR DETAILS.

Welcome to



Arugula

MODERN CUISINE

FROM

Executive Chef George Edward

Appetizers

BRAZILIAN CHICKEN WINGS

Lightly spicy with distilled vinegar sauce with garlic & butter



BURRATA BLACK TRUFFLES

Homemade mozzarella Burrata with diced garden tomatoes, fruit & seasonings served with toast points, topped with dark chocolate



TUNA TARTARE

100% Sushi grade tuna with black pepper, fresh fruit & extra virgin olive oil topped with charred lentils



GRILLED SHRIMP

Grilled shrimp served with a cocktail chutney & fresh lemon wedges with toast points



ESCARGOT

Fresh escargot on a natural shell with a lemon white garlic sauce & garlic bread



BLACK MUSSELS

Mussels sautéed with chirizo, lightly spicy tarragon lemon wine sauce



CLAMS CASINO

Fresh clams, topped with hickory smoked bacon & baked till crisp



CRAB & SPINACH DIP

Baked with cheese & served with toast points



EGGPLANT TOWER

Eggplant with homemade ricotta, melted mozzarella & plum tomato basil sauce



CALAMARI

Fresh golden calamari with our homemade tomato sauce served with lemon wedges & bang-bang dipping sauce



SCALLOPS ROCKEFELLER

Bay scallops baked to a golden brown with spinach & a Pernot cheese sauce



CRAB CAKE

Imperial crab cake served with garlic lemon crab cream sauce



Meat & Fish

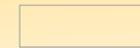
8 OZ FILET MIGNON

Grilled filet mignon with mashed potatoes sautéed vegetables & au jus



BRAISED BEEF

Oven roasted, extremely tender beef in a dark demi-glaze



RIB EYE

Served with mashed potatoes, vegetables & au jus



HAND-CUT PORK CHOPS

Served with potatoes, fresh sautéed vegetables & a natural gray



BEEF SHANK OSSUMBOCCO

Served with mashed potatoes topped with a dark port wine sauce



ARGENTINIA

Marinated grilled boneless pork tenderloin served with spinach mashed potatoes, chimicurri sauce & a fresh lemon wedge



BEEF CHEEKS

Tender beef cheeks oven roasted osumbuco style with garlic mashed potatoes topped with vinegar potato petals



CARNITAS

Shredded pork, served over rice with black bean sauce topped with pico de galo, guacamole, sour cream & salsa verde



ITALIAN BOLOGNESE

Black Angus ground beef with a plum tomato sauce & Italian spices over pasta



LAMB OSSO BUCCO

Twin lamb shanks with carrots, potatoes & onions served with a sauvignon wine demi glaze



MARISCADA

Combination of seafood with sausage & chorizo in a natural fresh broth tossed with rice



SCHNITZEL MILANESE

Golden crisp thinly sliced cutlet served with fresh lemon wedges & vinegar potato petals



PIRATE GROG STEW

Combination of mixed seafood, fish filet, sausage, potatoes & vegetables in a New England cream sauce



NEW ZEALAND RACK OF LAMB

Served with mashed potatoes, bacon wrapped apples, topped with spinach & a brandy demi glaze



CRISPY PASTA

Golden crisp pasta with a light garlic sauce & melted provolone surrounded by Ricotta pot cheese



LAZY LASAGNA

Fresh baked lasagna rigatoni with ground beef, ricotta, mozzarella, diced tomato & Italian herbs



ITALIAN VODKA

Plum tomato, pancetta, pecorino cheese, vodka cream sauce tossed with pasta



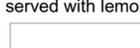
LINGUINI ALA OILIO

Linguini tossed with fresh garlic, extra virgin olive oil served with spinach pesto, herbs & spices



GRANDMA TORTELLINI

Homemade jumbo cheese tortellini sautéed in garlic until crisp, tomato, basil, beans & extra virgin olive oil served with lemon wedges



TWO PEAS IN A POD

Old fashioned sautéed onions with fresh young peas, diced tomato tossed with pasta & extra virgin olive oil



VEAL CREOLE

Veal scaloppini with shrimp, diced tomatoes, okra served with a shrimp sherry-Cajun cream sauce over pasta



2 SURF & 1 TURF

Grilled filet mignon topped with lobster francese & jumbo shrimp over mashed potatoes served with a lemon garlic wine sauce



VEAL SALTIMBOCCA

Scallopini with roasted peppers, fresh spinach, prosciutto, melted cheese in a Port wine dark demi-glaze over pasta



VEAL CHOPS

Double cut grilled veal chop served with mashed potatoes, spinach, garlic topped with a veal port wine demi glaze



JAMBALAYA ENTUFE

Louisiana style with chicken, shrimp, sausage, beans, corn, Cajun spices over yellow rice



SALMON ROCKEFELLER

Salmon medallions with spinach pernot in a light cream sauce over pasta



Soups

STRECHATELLI | EGGPLANT & SPINACH | FRENCH ONION | SOUP OF THE DAY



Chicken

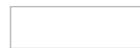
GODIVA

Golden crisp sea salted caramel chicken with mashed potato served with godiva white chocolate sauce Gaucho



STUFFED BRACIOLE

Poached chicken breast stuffed with homemade ricotta, greens, turkey bacon, madeira wine sauce over pasta topped with spinach pesto



CHICKEN MURPHY

Diced chicken with potatoes, peppers & onions in a port wine sauce served hot, mild or sweet



HEALTHY CHICKEN

Grilled chicken with crispy fresh garden vegetables & spinach sautéed with garlic & olive oil over rice



OLD FASHIONED CHICKEN PARM

Lightly breaded chicken breast with fresh plum tomato sauce and melted cheese served over pasta



CHICKEN FRANCHAISE

Chicken breast in a light egg batter with a lemon wine sauce over pasta



TORO TORO

Steamed chicken with edamame, cabbage, raisins, carrots, black beans tossed with garlic ginger lemon avocado pesto & rice noodles



MAMA MARIA

Sliced grilled chicken breast, imported prosciutto, spinach, garlic, roasted peppers, vidalia onions & mozzarella, sautéed with extra virgin olive oil & tossed with pasta



INDIA

Chicken with honey apple curry coconut sauce served with yellow rice & topped with charred lentils



HAVANA

Chicken diced chorizo okra sweet plantains black beans & seasoned rice balls in a black demi glaze



SOUTHWESTERN BOWL

Chicken with rice & beans served in a tortilla bowl topped with watermelon chutney, sunflower seeds & a cilantro avocado sauce. Served with a side of salsa verde



DIVINO

Bay scallops and shrimp in a light vanilla lobster cream sauce tossed with pasta, young peas & fresh diced tomatoes



NANTUCKET

Pan fry white fish filet served with potato crustini, fresh herbs, & vegetables in a white New England sauce



SHRIMP SHRIMP

Jumbo shrimp, rock shrimp, Vidalia onions, garlic, broccoli & roasted peppers with a lemon shrimp cream sauce tossed over pasta



TIGER SHRIMP

Black Tiger shrimp sautéed with garlic, basil, extra virgin olive oil & filletto pomodoro over pasta & sprinkled with grated cheese



BASSA

Mild & sweet white fish filet pan seared until golden crisp, mixed vegetables, garlic & oil over rice & fresh lemon wedges



TUNA STEAK

Sushi grade tuna pan seared with a medley of vegetables served with a ginger-orange coconut cream sauce over rice



CLAMS

Fresh wild clams with Imperial baby clams, sliced garlic served with a choice of red or white sauce over pasta



ZUPA DE PECHE

A mix of fresh seafood with a plum tomato sauce & herbs served hot or sweet over pasta



SLOW ROASTED PORK

Double cut slow roasted pork (36 hrs), with potato in a natural succulent gravy

