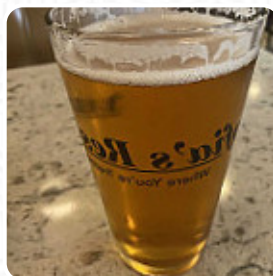




Sofia's Menu

<https://menuweb.menu>

136 Prospect Hill Road, East Windsor, 06088, United States Of America
+18606239477 - <http://www.sofiasrestaurantct.com/>



The place from East Windsor offers **214** different **menus and drinks on [the menu](https://menuweb.menu)** at an average price of \$17.4. Sophia's Restaurant has garnered mixed reviews from patrons, reflecting a notable decline in consistency and quality. Longtime customers express disappointment over recent visits, highlighting issues such as overcooked seafood, dry dishes, and unresponsive service. Although some diners have enjoyed recent upgrades to salads and rolls, others lament the restaurant's increased prices for mediocre offerings. That said, loyal patrons still find value in the diverse menu and generous portion sizes. With a nostalgic ambiance and friendly staff, Sophia's remains a beloved destination for many, though some feel it no longer lives up to its potential.

Sofia's Menu



Non Alcoholic Drinks

ICED TEA \$2.1

Meat Dishes

MEATBALLS \$3.9

Main Dishes

PASTA WITH PESTO \$19.2

Drinks

RASPBERRY ICED TEA \$2.2

Appetizer

SEAFOOD PLATTER \$25.2

Fish

FRIED CALAMARI DINNER \$20.5

Chicken Dishes

CHICKEN PARMIGIANA \$22.5

Starters

CHICKEN FRANCAISE \$23.7

Hamburgers

DELUXE CHEESEBURGER \$13.5

Empfehlungen Vom Koch

CHICKEN CHEESE \$15.3

Calzone

CALZONE \$16.8

Subs

CHICKEN AND CHEESE \$11.6

Chicken Wings

WINGS

Hot Sandwiches

TURKEY REUBEN \$15.3

Ribs

PRIME RIB

Paninis & Wraps

TUNA CHEESE \$15.3

Kid's Menu

KIDS CHEESE RAVIOLI \$9.8

House Specials

FISH-N-CHIPS \$20.3

Calzones

SMALL 1 ITEM \$14.3

Egg Preparations

PEPPER EGG \$9.8

Italian

CHICKEN MARSALA \$23.7

Kids Meals

KIDS PASTA WITH SAUCE \$8.1

Sofia's Menu



Appetizers And Salads

LARGE TUNA SALAD PLATE \$16.0

Sautéed Dishes

VEAL FRANCAISE \$24.0

Menu International

HAM CHEESE CLUB \$15.3

Kids' Meals

KIDS LASAGNA \$9.8

Steaks & Chops

NEW YORK STRIP STEAK \$27.9

Specialty Dinners

VEAL PICCATA \$24.0

Cold

HAM WITH CHEESE \$14.4

Italian Specialties

CHICKEN PICCATA \$23.7

Sandwich Board

TUNA AND CHEESE \$11.6

German Specialties

FRIKADELLE

Seafood Entrees

BAKED STUFFED JUMBO SHRIMP \$26.9

Just For Kids

KIDS PASTA WITH MEATBALL \$9.8

Wood Oven Pizza

CAPICOLA

Veal

VEAL MARSALA \$24.0

Grilled Fajitas

SHRIMP CHICKEN COMBO \$27.0

Triple Decker Clubs

CORNERED BEEF CLUB \$15.3

Seafood Dinners

FRIED SHRIMP DINNER \$24.0

Option - Meal Deal

CHICKEN WITH CHEESE \$15.3

Traditional Dinners

MEATBALLS AND PEPPERS
PARMIGIANA \$21.0

Vitello (Veal)

SERVED WITH PASTA \$24.0

Vegan & Vegetarian

MEDIUM MOZZARELLA PIZZA \$17.6

Dinner - Appetizers

STUFFED EGGPLANT WITH
RICOTTA CHEESE \$21.6

Sofia's Menu



Pub Specials

GRILLED SHRIMP CAESAR SALAD \$25.0

Geja's Premier Fondue Dinners

BONELESS CHICKEN BREAST \$23.1

Apetizers

FRIED APPETIZER PLATTER \$16.5

Vegetables & Stir Fry

SCALLOPS BROCCOLI \$27.0

Sandwiches And Salads - Gourmet Case Sandwiches

ROAST BEEF REUBEN \$15.3

Craving Creations (Sandwich)

SOFIA'S SPECIAL \$19.5

Pasta - Lunch

PASTA WITH SHRIMP SAUCE \$27.0

Veal & Beef Dishes

VEAL PARMIGIANA

Seafood - Dinner

BAKED SCROD \$25.2

New York Deli Sandwiches

GENOA SALAMI \$11.1

Polo (Chicken)

FILET OF CHICKEN WITH BROCCOL \$24.0

Hamburger Specials

SOFIA'S SPECIAL HAMBURGER \$13.5

Egg Foo Young (3)

MEATLESS \$8.4

Sandwiches And House Specialties

PEPPER AND EGG

Reuben Your Way!

CORNERD BEEF REUBEN \$15.3

Sofia's Specialty Pizzas

SOFIA'S CLAM AND GARLIC

Snacks Without Sides

FRIED MOZZARELLA \$12.0

Love From The Grill

GRILLED PORK CHOPS \$25.2

Main Courses

VEAL CUTLET \$11.1

Sofia's Menu



LASAGNA

Vegetarian

SPINACH TART \$3.6

GREEN BEANS

Salad

MOZZARELLA SALAD \$15.3

COLE SLAW \$1.5

Starters & Salads

ANTIPASTO \$12.0

FRENCH FRIES \$4.8

Tapas

BAKED SCALLOPS \$26.9

EGGPLANT TAPAS \$9.9

Main Course

HOT DOG WITH FRENCH FRIES \$8.7

FRIED CLAMS \$21.0

Seafood Dishes

FRIED CALAMARI \$15.5

SHRIMP AND CHICKEN COMBO \$24.6

Baked

EGGPLANT PARMIGIANA \$21.6

LASAGNA \$8.8

Hot Subs

SAUSAGE PEPPERS PARMIGIANA \$21.6

GRILLED CHICKEN CHEESE \$15.3

Italian Dinners

SOFIA'S SPECIAL COMBO \$24.0

MEATBALLS PEPPERS
PARMIGIANA \$21.6

Pesce (Seafood)

SCALLOPS MUSHROOMS \$27.0

SCROD ALLA SOFIA'S \$25.2

Pesce Fritta

FRIED SHRIMP DINNER (10 LARGE
SHRIMP) \$24.0

FRIED SCALLOPS (LARGE SEA
SCALLOPS) \$24.3

Fish Dishes

CALAMARI MARINARA \$23.1

CALAMARI LUCIANO \$23.4

FISH & CHIPS

Dessert

CANNOLI \$4.2

ASSORTED CAKES \$6.0

TIRAMISU \$5.5

Beverages

SOFIA'S BRAND SWEETENED ICED
TEA \$2.4

UNSWEETENED ICED TEA \$2.2

SOFIA'S BRAND CREAM SODA \$2.5

Hot Oven Grinders

COMBINATION SALAMI HAM \$11.1

CAPICOLA (HOT HAM) \$11.1

Sofia's Menu



COMBINATION SALAMI AND HAM

Soups

GRILLED SALMON SALAD	\$24.0
SOUP OF THE DAY	\$4.2
FISH SOUP	\$60.0
NEW ENGLAND CLAM CHOWDER	

Burger

CHEESEBURGER	\$9.9
PIZZA BURGER	\$13.5
DELUXE HAMBURGER	\$12.5
BLUE BURGER	\$13.5

Side Dishes

CLAM CHOWDER	
POTATO SKINS	\$12.0
ONION RINGS	\$4.8
RICE	

Kids Menu

PASTA WITH TOMATO SAUCE	\$14.6
KIDS PASTA WITH SAUSAGE	\$9.8
KIDS CHICKEN FINGERS WITH FRENCH FRIES	\$13.0
KIDS MEAT RAVIOLI	\$9.8

Sofia's Specialty Pizzas

	SOFIA'S HAWAIIAN	\$15.6
	SOFIA'S VEGETARIAN SPECIAL	\$19.5
	SOFIA'S BROCCOLI	\$15.6
	SOFIA'S CLAM GARLIC	\$15.6

Restaurant Category

- ITALIAN
- GREEK
- GLUTEN FREE
- VEGAN

Uncategorized

PASTA WITH RED CLAM SAUCE	\$20.7
PASTA WITH WHITE CLAM SAUCE	\$20.7
SAUSAGE AND PEPPERS PARMIGIANA	\$21.0
PASTA WITH MEATBALL	\$17.2

Chicken

	CHICKEN CUTLET	\$11.1
	GRILLED CHICKEN	\$15.3
	FRIED CHICKEN	\$16.8
	GRILLED CHICKEN AND CHEESE	\$11.6
	CHICKEN CACCIATORE	\$23.1

Salads

	TOSSED SALAD	\$3.8
	GRILLED CHICKEN CAESAR SALAD	\$22.8
	GRILLED STEAK CAESAR SALAD	\$26.0
	GREEK SALAD	\$12.3
	BUFFALO CHICKEN SALAD	\$22.8
	CALAMARI SALAD	\$19.2
	TURKEY SALAD	\$18.0

Seafood

SHRIMP SCAMPI	\$27.0
SHRIMP VENEZIANA	\$28.3

Sofia's Menu



SHRIMP PARMIGIANA \$25.5
CALAMARI
SCALLOPS AND BROCCOLI \$24.6

FRIED FILET OF SOLE \$20.7
STUFFED SHELLS \$21.6
SCALLOPS AND MUSHROOMS \$24.6

Pizza

COMBINATION OF ANY 2 ITEMS (MEDIUM) \$19.5
1 ITEM (MEDIUM) \$17.9
COMBINATION OF ANY 3 ITEMS (LARGE) \$24.0
COMBINATION OF ANY 4 ITEMS (LARGE) \$26.0
COMBINATION OF ANY 3 ITEMS (MEDIUM) \$21.1
1 ITEM (SMALL) \$14.3
COMBINATION OF ANY 3 ITEMS (SMALL) \$16.9
COMBINATION OF ANY 4 ITEMS (MEDIUM) \$22.8
COMBINATION OF ANY 4 ITEMS (SMALL) \$18.2

New York Style Calzones

CALZONE WITH RICOTTA PEPPERONI \$16.8
CALZONE WITH RICOTTA SAUSAGE \$16.8
CALZONE WITH RICOTTA CHEESE \$16.8
CALZONE WITH RICOTTA SPINACH \$16.8
CALZONE WITH RICOTTA BROCCOLI \$16.8
CALZONE WITH RICOTTA AND PEPPERONI \$12.9



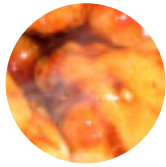
CALZONE WITH RICOTTA AND BROCCOLI \$12.9
CALZONE WITH RICOTTA AND SPINACH \$12.9
CALZONE WITH RICOTTA AND SAUSAGE \$12.9

Popular Items



MOZZARELLA PIZZA (LARGE) \$18.2
COMBINATION OF ANY 2 ITEMS (LARGE) \$22.1
MOZZARELLA PIZZA (SMALL) \$13.0
CHICKEN PARMIGAINA \$11.1
1 ITEM (LARGE) \$20.1
COMBINATION OF ANY 2 ITEMS (SMALL) \$15.6
GRILLED CHICKEN WITH CHEESE \$14.4
MOZZARELLA PIZZA (MEDIUM) \$17.4
SMALL MOZZARELLA PIZZA \$13.0
LARGE MOZZARELLA PIZZA \$19.2

Entrées



BBQ WINGS \$17.4
GARLIC BREAD TOPPED WITH MOZZARELLA \$6.0
STUFFED JALAPEÑO PEPPERS \$12.0
TUNA SALAD PLATE (LARGE) \$14.1
GARLIC BREAD \$4.5
SHRIMP COCKTAIL \$4.5
CLAM SOUP \$22.8
MUSSELS SOUP \$21.6
FRIED SCALLOPS \$23.7
CHICKEN FINGERS WITH FRENCH FRIES \$11.1

Sofia's Menu



TOMATO CREAM SOUP

Pizzas

SMALL COMBINATION OF ANY 2 ITEMS	\$15.6
MEDIUM COMBINATION OF ANY 2 ITEMS	\$20.8
LARGE COMBINATION OF ANY 2 ITEMS	\$23.1
SMALL COMBINATION OF ANY 4 ITEMS	\$18.2
MEDIUM COMBINATION OF ANY 4 ITEMS	\$24.1
LARGE COMBINATION OF ANY 4 ITEMS	\$27.0
MEDIUM 1 ITEM	\$19.2
LARGE 1 ITEM	\$21.1
SMALL COMBINATION OF ANY 3 ITEMS	\$16.9
MEDIUM COMBINATION OF ANY 3 ITEMS	\$22.4
LARGE COMBINATION OF ANY 3 ITEMS	\$25.0

These Types Of Dishes Are Being Served



- PASTA
- MUSSELS
- BURGER
- FISH
- SPAGHETTI
- CHICKEN
- PIZZA

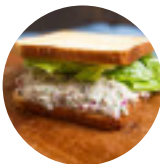
TUNA STEAK	\$11.0
TURKEY	\$11.1
ROAST BEEF	\$11.1

SALAD

DESSERTS

MEAT

Sandwiches



TUNA FISH	\$11.1
PASTRAMI SANDWICH	\$11.1
TURKEY WITH CHEESE	\$14.4
TUNA WITH CHEESE	\$15.3
GRILLED BBQ CHICKEN WITH CHEESE	\$15.3
ROAST BEEF WITH CHEESE	\$14.4
PASTRAMI WITH CHEESE	\$15.3
FISH FILET WITH CHEESE	\$15.3
PASTRAMI REUBEN	\$15.3
TURKEY CLUB	\$15.3
TUNA CLUB	\$15.3
PASTRAMI CLUB	\$15.3
ROAST BEEF CLUB	\$15.3
HAM AND CHEESE	\$11.6
HAM AND CHEESE CLUB	\$14.0

Ingredients Used



GRILLED SHRIMP	\$24.1
HAM	\$11.1
SAUSAGE	\$11.1
TUNA	\$15.3
BROCCOLI	\$3.6
SCALLOPS	
JALAPENOS	
CHEESE	
FETA	
FETA CHEESE	

Sofia's Menu



PARMIGIANA
SEAFOOD
BUTTER
TOMATO
TORTELLINI
BEANS
TOMATOES
MUSHROOMS
PEAS
BEEF

Pasta



FETTUCCINE ALFREDO WITH CHICKEN	\$25.0
PASTA WITH MEATSAUCE	\$17.2
PASTA ALA CARBONARA ALFREDO	\$24.6
FETTUCCINE ALFREDO WITH SHRIMP	\$24.0
PASTA WITH BROCCOLI	\$21.9
PASTA AGLIO OLIO	\$19.2
PASTA WITH SAUSAGE	\$17.2
PASTA WITH MUSHROOM MARINARA SAUCE	\$18.3
FETTUCCINE PRIMAVERA	\$24.6

PASTA WITH EGGPLANT SAUCE FRESH	\$22.8
PASTA WITH MUSHROOM PEPPER	\$22.8
PASTA WITH RED LOBSTER SAUCE	\$27.2
PASTA WITH WHITE LOBSTER SAUCE	\$28.0
PASTA ALA MILANESE	\$22.8
SOFIA'S OWN BAKED LASAGNA	\$21.6
BAKED CHEESE RAVIOLI	\$21.6
BAKED SHELLS SORRENTINO WITH RICOTTA	\$21.6
BAKED MEAT RAVIOLI	\$21.6
BAKED SHELLS SICILIANO WITH RICOTTA EGGPLANT	\$21.6
PASTA WITH SAUCE	\$7.5
MEAT RAVIOLI	\$8.8
RAVIOLI	
LINGUINE	
PASTA ALFREDO	
CARBONARA	
FETTUCCINE	
FETTUCCINE ALFREDO	
BAKED SHELLS SICILIANO WITH RICOTTA AND EGGPLANT	\$19.4
PASTA WITH MUSHROOM AND MARINARA SAUCE	\$18.5
PASTA WITH MUSHROOM AND PEPPER	\$22.0

Sofia's Menu



Sofia's

136 Prospect Hill Road, East
Windsor, 06088, United States Of
America

Opening Hours:

Monday 11:00-21:00
Tuesday 11:00-21:00
Wednesday 11:00-21:00
Thursday 11:00-21:00
Friday 11:00-21:00
Saturday 11:00-21:00
Sunday 11:00-20:30

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