



## LUNCH MENU

### ANTIPASTI

#### Antipasto di Mare

*Marinated mixed seafood on a bed of greens*

#### Gamberelli

*Shrimps sautéed in a spicy tomato basil sauce*

#### Bruschetta

**Garlic Bread with cheese**

### INSALATE

#### Insalata Caprese

*Bufalo mozzarella cheese, tomatoes, fresh basil and extra virgin olive oil*

#### Insalata Cesare (grain fed chicken option available)

*Romaine hearts, parmesan cheese, seasoned croutons, bacon and caesar dressing*

#### Insalata Greco (grain fed chicken option available)

*Romaine hearts, tomato, cucumber, onion, black olives, feta cheese and balsamic vinaigrette*

#### Insalata Mista (grain fed chicken option available)

*Baby spring mix with tomato, cucumber and balsamic vinaigrette*

### PIZZA

**Personal pizza made with whole grain crust (small Cesare or Mista salad add-on available)**

**\*Preparation time is 15 minutes or more**

#### Calabrese

*Salume, roasted red peppers, tomato sauce with mozzarella & gorgonzola cheeses*

#### Carnivoro

*Pepperoni, bacon, ground beef, mushrooms, tomato sauce and mozzarella cheese*

#### Patate alla Crema

*Roasted potatoes, onions and rosemary, extra virgin olive oil and cream with mozzarella & parmesan cheeses*

#### Primavera

*Eggplant, zucchini, sweet red peppers, diced tomato, onion, garlic and extra virgin olive oil with mozzarella cheese*

#### Prosciutto e Funghi

*Parma prosciutto, mushrooms, tomato sauce and mozzarella cheese*

#### Ricotta con Spinaci

*Spinaci and roasted red peppers, tomato sauce with mozzarella & ricotta cheeses*

### ZUPPA

#### Pasta e Fagioli

*Mixed vegetables, beans & pasta in a tomato base*

#### Zuppa del Giorno

*Ask your server for the special of the day*

### PASTA

#### Fettuccine Alfredo (grain fed chicken option available)

*Fettuccine in a parmesan cream sauce*

#### Fusilli Primavera

*Fusilli with seasonal vegetables in a tomato basil sauce*

#### Lasagna al Forno (meat or vegetable)

*Lasagna (meat or vegetable) in a tomato basil sauce, oven baked with mozzarella & parmesan cheeses*

#### Penne alla Vodka

*Penne with bacon and onions in a vodka rosé sauce*

#### Penne Arrabbiata

*Penne in a spicy tomato basil sauce*

#### Pennoni con Salsiccia

*Pennoni with Italian sausage, black olives & rapini in a spicy tomato basil sauce*

#### Risotto Primavera

*Arborio rice with seasonal vegetables in a tomato basil sauce*

#### Spaghetti Bolognese

*Spaghetti with ground veal in a tomato basil sauce*

#### Spaghetti Polpette

*Spaghetti with meatballs in a tomato basil sauce*

### PIATTI

#### Filetto di Salmone

*Fillet of Norwegian salmon prepared with lemon butter sauce*

#### Pollo Parmigiana

*Breaded chicken breast served with tomato sauce and finished with mozzarella & parmesan cheeses*

#### Vitello Parmigiana

*Breaded veal cutlet served with tomato sauce and finished with mozzarella & parmesan cheeses*

**All main dishes are served with seasonal vegetables and potatoes. Ask your server.**

**All pasta cooked al dente (to the right bite).**

Ask your Server for special requests and chef creations of the day.

\* Food allergies may limit your selection.

\* No food enhanced flavour.