



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.