

HEALTHY EATING SELECTIONS

APPETIZERS

- Grilled Chicken Torino** ~ *Sautéed with capers in our white wine sauce, topped with melted mozzarella & served over spinach.*
- Insalata Italiano** ~ *Fresh mozzarella, roasted peppers, sun-dried tomatoes & pignoli nuts over baby greens. Available with pesto.*
- Fresh Mozzarella & Roasted Peppers** ~ *Garnished with tomatoes, fresh garlic & sun-dried tomatoes. Served over baby greens.*
- Eggplant Rollantini** ~ *Breaded & baked eggplant rolled with ricotta cheese, a touch of homemade red sauce, then topped with mozzarella cheese. Also available layered with spinach.*
- Cranberry, Pecan & Feta Crescents** ~ *Tender, flaky rolls filled with dried cranberries, pecans & feta cheese.*
- Vegetable Roll Tray** ~ *A variety of freshly made bite-size portions: Broccoli, sun-dried tomatoes & spinach; Eggplant, spinach & garlic; Mushrooms, roasted peppers & black olives.*
- Baked Stuffed Mushrooms** ~ *Fresh mushrooms with our seasoned filling topped with mozzarella cheese.*
- Vegetable Dip Tray** ~ *Cucumbers, cherry tomatoes, celery, sweet bell peppers, radishes, carrots, broccoli & cauliflower. Served with homemade vegetable dip.*
- Sesame Green Beans with Almonds** ~ *Tender, lightly sautéed beans topped with sesame seeds & sliced almonds.*
- Asparagus Fresco** ~ *Imported prosciutto, roasted peppers & provolone cheese wrapped around fresh asparagus. Served cold over baby greens with balsamic vinaigrette & garnished with sun-dried tomatoes.*
- Grilled or Steamed Vegetable Medley** ~ *Fresh broccoli, zucchini, cauliflower, sweet bell peppers & carrots.*

WHOLE WHEAT PASTA DISHES

You may substitute traditional pasta.

- Artichokes, Sun-Dried Tomatoes & Broccoli** ~ *Sautéed in our sherry wine-garlic sauce & topped with melted mozzarella cheese.*
- Eggplant, Spinach & Garlic** ~ *Breaded & baked eggplant, spinach & garlic with a touch of our homemade tomato-basil sauce & melted mozzarella cheese.*
- Eggplant Romano** ~ *Breaded & baked eggplant with roasted peppers sautéed in our sherry wine-garlic sauce.*
- Chicken Sorrento** ~ *Grilled chicken, sun-dried tomatoes & fresh mozzarella with our classic pesto sauce.*
- Lemon Chicken** ~ *Grilled chicken sautéed in our homemade butter-lemon sauce seasoned with herbs.*
- Grilled Chicken Francese** ~ *Grilled chicken sautéed in an imported white wine & lemon sauce.*
- Grilled Chicken Marsala** ~ *Sautéed with fresh mushrooms in our Marsala wine sauce.*
- Chicken Fiore** ~ *Grilled chicken, spinach & capers sautéed in our garlic-lemon sauce.*

ENTRÉES

All entrées may be enhanced with whole wheat, gluten-free or traditional pasta.

- Balsamic Chicken** ~ *Grilled chicken sautéed with garlic & onions in our balsamic reduction and topped with fresh mozzarella.*
- Chicken Primavera** ~ *Grilled chicken, broccoli, roasted peppers, cherry tomatoes & zucchini sautéed in fresh garlic & olive oil.*
- Chicken Fiore** ~ *Grilled chicken, spinach & capers sautéed in our garlic-lemon sauce.*
- Grilled Chicken Toscana** ~ *Chicken, imported prosciutto & roasted peppers over spinach in an imported white wine sauce topped with melted mozzarella cheese.*
- Chicken Feta** ~ *Grilled chicken, melted provolone cheese, feta cheese, red onions & balsamic vinegar over spinach or asparagus.*
- Grilled Chicken Piazza** ~ *Prepared with melted mozzarella cheese, bruschetta & pignoli nuts with balsamic vinegar. Served over spinach or asparagus.*
- Grilled Chicken Capri** ~ *Prepared with roasted peppers & fresh mozzarella with balsamic vinegar. Served over spinach or asparagus.*
- Tilapia or Salmon** ~ *Available with our homemade lemon-herb sauce or prepared in our rustic piccata sauce with grape tomatoes, mushrooms, onions, capers & fresh basil.*