

Salads

Stagione	 	\$9.00
Mixed greens, tomatoes, carrots & cucumbers with balsamic dressing		
Bietole	 	\$11.25
Mixed greens, roasted red beets, goat cheese, toasted walnuts, roasted corn & tomatoes with honey dijon dressing		
Tricolore	 	\$11.75
Radicchio, baby arugula, endive, Gaeta olives & shaved parmigiano with balsamic dressing		
Insalata Di Pere	 	\$11.75
Mixed greens, pears, gorgonzola & toasted pecans with lime dressing		
Insalata con Funghi	 	\$11.75
Mixed greens, portobello mushrooms, roasted peppers, toasted sunflower seeds & mozzarella with balsamic dressing		
Caesar		\$9.75
Romaine hearts, ciabatta croutons, shaved Parmigiano & Caesar dressing choice of: <i>Chicken</i> \$12.50 <i>Roasted Turkey</i> \$13.25 <i>Shrimp</i> \$14.00 <i>Steak</i> \$14.50		
Insalata di Spinaci e Quinoa <i>New</i>	 	\$12.50
Baby spinach, red beets, quinoa, red onions, shredded mozzarella, roasted chickpeas, Avocado and chia seeds with lime dressing		
Insalata di Cavolo e Broccoli <i>New</i>	 	\$12.50
Baby kale, carrots, steamed broccoli florets, raisins, hard boiled egg, shredded mozzarella, sunflower seeds, red onions, cherry tomatoes and chia seeds with balsamic dressing		
Insalata di Fagioli e Avocado <i>New</i>	 	\$12.50
Romaine hearts, sautéed black beans, roasted corn, quinoa, avocado, cilantro, hot roasted peppers, sun-dried tomato and red onions in a lime dressing		
Insalata di Ceci e Zucca <i>New</i>	 	\$12.50
Mixed greens, roasted chick peas, shredded mozzarella, butternut squash, red beets, toasted walnuts, cherry tomatoes and chia seeds with balsamic dressing		
Insalatina con Platano e Noci <i>New</i>		\$12.50
Mixed greens, roasted chick peas, shredded mozzarella, walnuts, plantains, sun-dried tomatoes, red onions and avocado with balsamic dressing		
Insalata di Platano e Avocado <i>New</i>		\$12.50
Iceberg lettuce, avocado, hard boiled egg, plantains, roasted chick peas, hot roasted peppers, black olives, fresh tomatoes, red onions and chia seeds with raspberry dressing		
Roasted Turkey		
Tacchino e Avocado		\$13.75
Roasted turkey, mixed greens, shredded mozzarella, tomatoes, avocado, sautéed mushrooms & roasted hot peppers with balsamic dressing		
Steak		
Bistecca e Zola		\$14.50
Roasted angus steak, mixed greens, cherry tomatoes, Gaeta olives, marinated red onions & gorgonzola with balsamic dressing		
Salmon		
Salmone e Guacamole	 	\$14.75
Roasted salmon, mixed greens, guacamole, hearts of palm & toasted sunflower seeds with honey dijon dressing		
Salmone e Pere	 	\$14.75
Roasted salmon, baby spinach, endive, pears, toasted pecans, roasted beets & cherry tomatoes with raspberry vinaigrette		
Seafood		
Insalata di Calamari	 	\$14.00
Grilled calamari, mixed greens, olives, capers, sundried tomatoes & scallions with lime dressing		
Grilled Shrimp		
Romana con Gamberoni	 	\$14.50
Grilled shrimp, romaine hearts, fresh mozzarella, raisins, toasted walnuts & tomatoes with balsamic dressing		
Gamberoni e Guacamole	 	\$14.50
Grilled shrimp, iceberg lettuce, guacamole, toasted almonds, cherry tomatoes & roasted hot peppers with lime dressing		
Insalata di Mango e Gamberi	 	\$14.50
Roasted shrimp, fresh mango, Iceberg lettuce, cherry tomatoes & fresh mozzarella with raspberry vinaigrette		
Grilled Chicken		
Avocado Salad		\$13.25
Grilled chicken, iceberg lettuce, shredded mozzarella, avocado, toasted almonds & cherry tomatoes with balsamic dressing		
Rucola Caprino e Pollo		\$12.75
Grilled chicken, baby arugula, goat cheese, sundried tomatoes & toasted walnuts with balsamic dressing		
Rucola e Farro		\$12.75
Grilled chicken, baby arugula, barley, cherry tomatoes, gorgonzola, roasted hot peppers & hearts of palm with honey dijon dressing		
Insalatina di Pollo		\$12.50
Grilled chicken, mixed greens, Gaeta olives, red onions, carrots & toasted almonds with balsamic dressing		
Pollo e Guacamole		\$13.50
Grilled chicken, iceberg lettuce, guacamole, roasted hot peppers, shredded mozzarella & cherry tomatoes with lime dressing		
Insalata di Pomodoro		\$12.50
Grilled chicken, Iceberg lettuce, fresh tomatoes, red onions, black olives, basil & fresh mozzarella, with balsamic dressing		
Insalata di Carciofi		\$13.00
Artichoke hearts, baby arugula, grilled chicken, gluten free quinoa, fresh tomatoes, hot peppers, red onions, & fresh mozzarella with balsamic dressing		
Insalata di Quinoa		\$13.50
Gluten free quinoa, grilled chicken, romaine hearts, fresh tomatoes, avocado, black olives, almonds, & cucumber with mango dressing		
Insalata di Cavolo		\$13.00
Chopped organic baby kale, grilled chicken, red beets, fresh mango, avocado & pecans with honey dijon dressing		
Insalata di Mango		\$13.25
Chopped organic baby kale, fresh mango, grilled chicken, gluten free quinoa, cherry tomatoes, almonds & shredded mozzarella with mango dressing		
Chicken Cutlet		
Parma Salad		\$12.75
Chicken cutlet, romaine hearts, tomatoes, Gaeta olives, red onions, roasted peppers & shaved Parmigiano with balsamic dressing		
Sal Salad		\$12.50
Chicken cutlet, mixed greens, red onions & tomatoes with roasted garlic vinaigrette		
Di Rosa Salad		\$12.50
Chicken cutlet, mixed greens, tomatoes & goat cheese with balsamic dressing		
Susan Salad		\$12.75
Chicken cutlet, mixed greens, red onions, roasted hot peppers, roasted corn, gorgonzola & tomatoes with balsamic dressing		

