Appetizers
Baked Stuffed Clams $12.00
Fried Calamari $12/18
Caprese $10/16
Mozzarella Sticks $7/13
Chicken Wings $7/13

Heroes
Meatball Parmigiana $8.95
Sausage & Pepper Parm $9.50
Sausage & Pepper $8.95
Veal Parmigiana $9.95
Chicken Parmigiana $9.50
Eggplant Parmigiana $8.95
Pepper & Eggs $7.50
Shrimp Parm $9.95
Broccoli Rabe & Grilled Chicken $9.50
Garlic & Oil with Cheese

Salads

Small/Large
Seafood Salad: $11.00
Mixed Greens, Shrimp, Calamari, Broccoli
Black Olives, Fresh Garlic, Fresh Lemon Juice
Grilled Salmon Salad: $11.00
Grilled Salmon over Mixed Greens, Tomato,
Onions, Cucumber with House Vinaigrette

Garden Salad: $5.50/7.95
Mixed Greens, Onions, Tomato, Olives
with House Vinaigrette
Add to Any Salad: Blue Cheese $1/
Gorgonzola $2/ Grilled Chicken $4/
Chicken Cutlet $4/ Shrimp $5

Combo

Cup of Soup and Garden Salad $8.95
New England Clam Chowder, Soup du Jour, or Pasta Fagioli
Pizza Slice and Garden Salad $7.50

Pizza Slice with Fries $7.50
Add Toppings $.50
**Lunch Portion Pasta**

Spaghetti - Tomato* or Marinara* $7.50  
Penne - Tomato* or Marinara* $7.50  
Other sauces Available at Extra Charge: Garlic & Oil* $1, Meatsauce* $2, Bolognese* $2, Vodka* $2, Alfredo* $2, Clam* $5

Baked Penne $8.50  
Ravioli $8.95  
Manicotti $8.95  
Stuffed Shells $8.95  
Lasagna $9.95  
Cavatelli Bolognese $8.95

Whole Wheat Penne add $2.00  
Gluten-Free Penne add $3.00  
*Sauces Available Gluten-Free

---

**Lunch Portions Entrees**

**Veal Parmigiana** $14.00  
**Veal Milanese** $13.00  
**Eggplant Parmigiana** $13.00  
**Fried Shrimp** $14.00  
**Shrimp Francese*** $14.00  
**Fried Fillet of Sole** $14.00  
**Chicken Parmigiana** $12.00  
**Chicken Milanese** $11.00  
**Chicken Marsala*** $13.00  
**Chicken Francese*** $13.00  
**Grilled Chicken*** $12.00

Above Entrees served with choice of: Spaghetti, Penne, Vegetable, Garden Salad, or Cup of Soup

---

Lunch Menu Monday-Saturday 11:00 am - 3:00pm