

## Healthy Alternatives

All are served with soup or house salad. House Caesar available for \$1.95

**Grilled Chicken Parmigiana** ..... \$15.99  
served with your choice of steamed broccoli OR steamed spinach

**Rosemary Chicken** ..... \$15.99  
chicken breast marinated in olive oil, garlic & rosemary, grilled & served over sautéed veggies

**Grilled Chicken Primavera** ..... \$16.99  
roasted red peppers, artichokes & fresh spinach sautéed in garlic & oil, tossed with whole wheat penne, topped with grilled chicken

**Grilled Shrimp** ..... \$18.99  
sautéed with asparagus, tomatoes, garlic & oil served over whole wheat spaghetti OR ziti

**Mixed Grille** ..... \$20.99  
shrimp, scallops & salmon simply grilled in olive oil, pesto, salt & pepper, served over a bed of fresh spinach, cherry tomatoes & garlic

substitute whole wheat pasta with any entrée ..... \$1.00

substitute steamed broccoli OR spinach for any entrée side ..... \$1.00

substitute sautéed broccoli OR spinach, garlic & oil for any entrée side ..... \$1.00

## Gluten Free

Whereas this is our gluten free menu, we are NOT a gluten free establishment

### Spaghetti or Ziti

Tomato OR Marinara sauce ..... \$10.49

Mushroom Sauce ..... \$11.49

Broccoli, Garlic & Oil ..... \$11.49

**Baked Ziti** ..... \$12.99

gluten free ziti tossed with ricotta & Romano cheese, topped with mozzarella cheese & tomato sauce, baked to perfection

**Veggie Lovers Baked Ziti** ..... \$14.99

gluten free ziti mixed with tomato sauce, ricotta, broccoli, spinach & mushrooms, topped with mozzarella cheese & baked until golden brown

**Grilled Lemon Chicken** ..... \$16.99

grilled chicken with capers in a lemon white wine butter sauce, tossed with gluten free ziti & topped with Romano cheese

**Shrimp & Broccoli Alfredo** ..... \$19.99

sautéed shrimp & broccoli in our homemade cream sauce over gluten free spaghetti

**Personal Pizza** ..... \$9.49

Toppings ..... \$1.00