

Appetizers

- Monterey Bay Calamari** *fried in organic California rice oil* 10
Polenta Crepe *handmade with spinach and mushrooms in a basil cream sauce* 8
Grilled Eggplant Mozzarella *with fresh mushrooms in a tomato sauce with dash of cream* 8

Soups

- Homemade New England Clam Chowder** 6
Homemade Northern Italian Minestrone *(100% vegan)* 5.5

Salads

- Caesar** *5 small and 8 regular*
Always Organic Mixed Green 5.5
Roasted Beet Salad *with walnuts & goat cheese* 12
Arugula Salad, Carrot Confetti and Aged Italian Parmesan 8
Roman Holiday *with arugula, artichoke, sundried tomatoes, & natural hanger steak* 15.5
Grilled Asparagus Salad *with roasted red pepper, shaved Parmesan cheese, baby greens & balsamic vinaigrette* 12

These items can be added to salad or pasta

Fresh Salmon 8, Grilled Prawns 8, Bay Shrimp 7, Grilled Chicken 6,
or Natural Hanger Steak 8

Pasta your way!

Penne, Capellini, Spaghetti, Linguine, Fettuccine or Gluten Free Penne Pasta 14

or

Gnocchi (Homemade), Meat Tortellini, Cheese or Meat Ravioli 14

Choose a homemade sauce:

Napolitana, Alfredo, Pesto, Bolognese, Rosa, Pomodori or Carbonara @16

Specialty Pasta Dishes

- Meat Lasagna** *with vegetables* 16
Eggplant Parmigiana *with vegetables* 16
Penne Primavera *with seasonal fresh vegetables* 14
Bill's Penne Natale *chard, feta, & sun-dried tomatoes* 15
Organic Soft Polenta *with sautéed seasonal vegetables* 14
Homemade Crepe Cannelloni *(meat) with vegetables* 17
Niman Ranch Spaghetti & Meatballs *with fresh mushrooms & basil* 16
Autumn Risotto *butternut squash, mushrooms, roasted red peppers, peas, & bay shrimp* 18
Gnocchi Northern Italian Style *(homemade) with Italian sausage, mushrooms in a tomato cream sauce* 18

Entrées

Entrées served with penne napolitana & fresh seasonal vegetables
Meat/Carne dishes served with potatoes & fresh seasonal vegetables

Veal / Vitello

- Veal Piccata** lemon, capers & butter sauce 23
Veal Parmigiana breaded & fried with mozzarella, in a marinara sauce 23
Veal Saltimbocca prosciutto, mozzarella, marsala, white wine, mushrooms, & sage 24

Fish / Pesce

- Prawn Scampi** garlic, lemon, butter & white wine 18
Fillet of Sole "la Melagrana," pomegranate sauce & risotto 18
Fresh Salmon Piccata broiled with lemon, capers & butter sauce 18
Monterey Bay Calamari Steak Doré battered & fried with lemon & butter 17
Monterey Bay Calamari Sauté baby squid sautéed with garlic, mushrooms, tomato & white wine 17

Chicken / Pollo

- Chicken Piccata** lemon, capers & butter sauce 17
Chicken Parmigiana breaded & fried with Italian mozzarella & marinara sauce 17
Fradelizio's Italian Brick Rosemary Chicken, half boneless chicken grilled under a brick
with garlic rosemary & white wine sauce 18

Meat / Carne

- New York Steak** 14oz 26
Niman Ranch Meatloaf with wild porcini mushroom gravy 18
Hanger Steak Grass Fed with peppercorn zinfandel demi-glaze sauce 24
Pepper Steak 14oz New York with cracked peppercorn zinfandel demi-glaze sauce 27
Niman Ranch Pork Chop stuffed with pinenuts, roasted butternut squash & garlic 25

Side Orders

- Made To Order Bordenave's Sourdough Garlic Bread** 6
Fresh Seasonal Mixed Vegetables 5, locally sourced (when available)
Organic Swiss Chard (when available) 6

We prepare our food without hydrogenated oils. We use California rice oil in our fryer and
extra virgin olive oil in our salad dressings.

\$3.00 charge for split entrees (*no splits on salads*)