

Appetizers

- Monterey Bay Calamari** *fried in organic California rice oil* 9.5
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 *(organic), Carrot Confetti and Aged Italian Parmesan* 7
Roman Holiday *with organic 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

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 15

Choose a homemade sauce:

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

Specialty Pasta Dishes

- Linguine with Baby Clams** 14
Meat Lasagna with Vegetables 16
Eggplant Parmigiana *with vegetables* 14
Penne Natale *chard, feta, & sun-dried tomatoes* 14
Penne Primavera *with seasonal fresh vegetables* 14
Organic Soft Polenta *with sautéed seasonal vegetables* 14
Homemade Crepe Cannelloni *(meat) with vegetables* 16
Seafood Fettuccine *prawns, fresh salmon, snapper & bay shrimp* 18
Niman Ranch Spaghetti & Meatballs *with fresh mushrooms & basil* 15

Risotto fresh mixed mushrooms, grilled asparagus and roasted red pepper 18
Gnocchi Northern Italian Style (*homemade*) with pancetta, spinach & mushrooms in a light 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 Risotto sautéed vine ripe tomatoes, basil, garlic mushrooms in a white wine sauce 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 Lemon Chicken, half boneless chicken grilled under a brick
with lemon butter & white wine sauce 18

Meat / Carne

New York Steak Prime 14oz 26

Hanger Steak Grass Fed with peppercorn zinfandel demi-glaze sauce 24

Pepper Steak Prime

14oz New York with cracked peppercorn zinfandel demi-glaze sauce 27

Niman Ranch Pork Chop topped with caramelized onions, fresh mushrooms, crumbed gorgonzola 25

Side Orders

Made To Order Bordenave's Sourdough Garlic Bread 5

Fresh Seasonal Mixed Vegetables 4.5 locally sourced (when available)

Organic Swiss Chard (when available) 5

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)