

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 *(organic), Carrot Confetti and Aged Italian Parmesan* 9
Roman Holiday *with organic arugula, artichoke, sundried tomatoes, & natural hanger steak* 16
Grilled Asparagus Salad *with roasted red pepper, shaved Parmesan cheese, baby greens & balsamic vinaigrette* 12
(no splits on salads)

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 your homemade sauce:
Napolitana, Pesto, Bolognese, Rosa, also (Pomodori & Alfredo, add 1.00)

Specialty Pasta Dishes

- Carbonara 17
Meat Lasagna with Vegetables 16
Eggplant Parmigiana *with vegetables* 16
Bill's Penne Natale *chard, feta, & sun-dried tomatoes* 16
Penne Primavera *with seasonal fresh vegetables* 14
Organic Soft Polenta *with sautéed seasonal vegetables* 14
Homemade Crepe Cannelloni *(meat) with vegetables* 17
Niman Ranch Spaghetti & Meatballs *with fresh mushrooms & basil* 18
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 are 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 20

Fillet of Sole Risotto sautéed vine ripe tomatoes, basil, garlic mushrooms in a white wine sauce 19

Fresh Salmon Piccata broiled with lemon, capers & butter sauce 19

Monterey Bay Calamari Steak Doré battered & fried with lemon & butter 18

Monterey Bay Calamari Sauté baby squid sautéed with garlic, mushrooms, tomato & white wine 18

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 20

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, crumbled gorgonzola 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) 7

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 any salad)

Not all dishes can be split ask your waiter)