

~Appetizers~

Asian Sampler

Spring Roll, Orange Chicken & Spicy Beef Skewer, Tempura Shrimp, Cocktail Sauce,
Sweet & Spice Orange Sauce, Cucumber Jicama Relish

\$18.95

Crispy Calamari

Calamari, Chipotle Mayonnaise,
Marinara

\$16.95

Salmon Caviar Torte

Potato Pancake, Crème Fraiche,
Smoked Salmon, Caviar, Chives

\$11.95

Spicy Beef Skewers

Beef Tenderloin, Sweet & Spicy
Orange Sauce

\$13.95

Beef Carpaccio

Beef Tenderloin, Parmesan,
Capers, Arugula, Toasted Bread

\$19.95

Orange Chicken Skewers

Crispy Chicken, Sweet & Spicy
Orange Sauce

\$11.95

Prosciutto e Melon

Tuscan Melon, Parma Prosciutto,
Arugula, Balsamic Glaze

\$12.95

Ahi Tuna Burger

Ahi Tuna Steak, 1000 Island Dressing

\$18.95

Ahi Tuna Tartare

Ahi Tuna, Mango,
Avocado, Tortilla Chips

\$17.95

Shrimp Cocktail

Shrimp, Cocktail Sauce

\$19.95

Spicy Ahi Tuna Tartare

Ahi Tuna, Avocado, Tortilla Chips

\$19.95

Tempura Shrimp

Cucumber Jicama Relish

\$17.95

Tri-Meatballs

Chef's Special Recipe, Marinara

\$12.95

Crab Cake

Dijon Mustard Sauce

\$15.95

Thia Shrimp

Thai Curry Sauce, Papaya Salsa

\$16.95

~Salads~

Mediterranean Chopped Salad

Arugula, Couscous, Roma Tomato, Corn,
Smoked Salmon, Pepitas, Gorgonzola Cheese
Black Currant, Pesto Ranch

Reg. \$18.95 – Sm. \$11.95

Crispy Chicken Salad

Romaine Lettuce, Mesclun Mix, Beets,
Dates, Green Peas, Corn, Grapes,
Macadamia Nuts, Honey Mustard Vinaigrette

Reg. \$18.95 – Sm. \$11.95

Insalata di Finocchi

Arugula, Fennel, Artichoke Hearts,
Goat Cheese, Roasted Pine Nuts,
White Balsamic Vinaigrette

Reg. \$14.95 – Sm. \$8.95

Southwest Barbecue Chicken Salad

Field Greens, Jicama, Black Beans, Tomato,
Cilantro, Yellow Corn, Jalapeno Cheese,
Tortilla Strips, Spicy Vinaigrette Dressing

Reg. \$18.95 – Sm. \$11.95

Poke Salad

Ahi Tuna, Sesame Seeds, Cabbage,
Romaine Lettuce, Mesclun Mix,
Daikon Sprouts, Avocado, Snow Peas,
Crispy Wonton, Asian Vinaigrette Dressing

Reg. \$18.95 – Sm. \$11.95

Frank Salad

Chicken, Romaine Lettuce, Mesclun Mix, Dates
Goat Cheese, Avocado, Roma Tomato, Almonds,
Corn Bread Croutons, Spicy Mustard Vinaigrette

Reg. \$18.95 – Sm. \$11.95

Caprese

Fresh Buffalo Mozzarella,
Heirloom Tomatoes, Balsamic Glaze

\$12.95

Thai Chicken Salad

Napa Cabbage, Red Cabbage, Carrots, Cucumber,
Green Onion, Cilantro, Green & Yellow Zucchini,
Crispy Wonton, Cashews,

Thai Peanut Vinaigrette Dressing

Reg. \$18.95 – Sm. \$11.95

~ Thin Crust Gourmet Pizza \$16.95~

Italian Sausage Pizza

Italian Sausage (Sweet or Spicy), Mozzarella, Parmesan, Basil

Southwest

Barbecue Chicken, Caramelized Onions, Basil, Mozzarella, Cheddar Cheese

Vegetarian

Zucchini, Yellow Squash, Basil, Mushrooms, Cheddar Cheese, Parmesan

Italiano

Roma Tomato, Garlic, Basil, Mozzarella

Thai

Chicken, Cilantro, Green Onion, Carrots, Green & Yellow Zucchini, Mozzarella, Thai Peanut Sauce

Sicilian

Artichoke Hearts, Feta, Kalamata Olives, Basil, Mozzarella

~Entrée's ~

Choice of Starch: Baked Potato, Mashed Potato, Rice Pilaf, Capellini Marinara

~Pastas~

Beef Lasagna

Ground Beef, Sweet Italian Sausage, Mozzarella, Ricotta, Parmesan, Parsley, Marinara

\$20.95

Rigatoni with Italian Sausage

Choice Sweet or Spicy

Rigatoni, Sausage, Bell Pepper, Onion, Alfredo Gorgonzola, Marinara

\$20.95

Linguini Porcini

Porcini Mushrooms, White Wine, Linguini

\$20.95

Tortellini Prosciutto

Prosciutto, Green Peas,
Gorgonzola Cream Sauce, Tortellini

\$20.95

Frank's Pasta

Artichoke Hearts, Sun Dried Tomato,
Kalamata Olives, Spinach, Basil,
Feta, Parmesan, Linguini

\$24.95

Pasta Pomodoro

Roma Tomato, Basil, Garlic,
Olive Oil, White Wine, Chicken, Capellini

\$26.95

~Seafood~

Scampi

Shrimp, Garlic, Fresh Herbs,
Chardonnay Buerre Blanc

\$33.95

Thai Shrimp

Shrimp, Julienne Bell Pepper,
Carrots, Garlic, Capellini

\$28.95

Shrimp Linguini

Shrimp, Garlic, Cream, Pesto,
Parmesan, Linguini

\$28.95

Salmon Picatta

Salmon, Lemon, Capers,
Mushrooms, White Wine

\$33.95

Scallops with Spinach

Scallops, Mustard Cream Sauce,
Spinach

\$31.95

Clams Linguini

Baby Clams, Linguini,
White Wine, Garlic Bread

\$27.95

~Steaks~

Veal Milanese

Olive Oil, Marsala, Capellini Marinara

\$29.95

Veal Scaloppini

Lemon, Herbs, Mushrooms, White Wine

\$29.95

Filet Mignon

Shiitake Mushroom

\$39.95

Frank's Steak

New York, Frank's Sicilian Marinade

\$37.95

Meatloaf

Chef's Special Recipe, Shiitake Mushroom

\$26.95

Ground Sirloin Steak

Ground Sirloin, Sweet Onions

\$26.95

~Poultry ~

Sunny Chicken

Chicken, Kalamata Olives, Artichoke Hearts,
Sun Dried Tomato, Basil

\$25.95

Chicken Marsala

Chicken, Marsala, Mushrooms

\$25.95

Orange Chicken

Chicken, Sweet & Spicy Orange Sauce,
Steamed Rice

\$25.95

Chicken Parmesan

Chicken, Mozzarella,
Parmesan, Marinara

\$25.95

~Healthy and Delicious ~

Spinach Pomodoro

Roma Tomato, Basil, Garlic, Olive Oil, White Wine, Chicken, Spinach

Very Low Calories

Chicken \$26.95 - Salmon \$29.95 - Filet Mignon \$31.95

Seasonal Vegetables \$7.95

Mixed Green Salad \$8.95

Caesar Salad \$8.95