

# ENTREES

**SPAGHETTI & MEATBALLS 480 CAL** \$7.89

Spaghetti cooked to perfection, covered in marinara sauce, meatballs, and topped with grated Parmesan cheese.

**RIGATONI ALFREDO WITH CHICKEN 420 CAL** \$8.89

Rigatoni tossed in cauliflower Alfredo sauce, rosemary grilled chicken, asparagus and breadcrumbs.  
*Vegan chick'n strips available for substitution*

# SALADS

**FARRO CAESAR SALAD 470 CAL** \$6.89

Fresh romaine lettuce, mushrooms, asparagus, farro, arugula, kalamata olives and Parmesan tossed in Caesar dressing.

**ROSEMARY GRILLED CHICKEN CAESAR SALAD 375 CAL** \$8.09

Rosemary grilled chicken on a bed of romaine lettuce, topped with croutons, Parmesan cheese and Caesar dressing.

**CAPRESE AND ARUGULA SALAD 180 CAL** \$6.89

A combination of roasted grape tomatoes, arugula, fresh mozzarella and kosher salt.

# RUSTIC FLATBREADS

**CLASSIC CHEESE FLATBREAD 600 CAL** \$6.69

Hand-stretched pizza dough layered with savory tomato sauce, shredded mozzarella, fresh basil and oregano.

**PEPPERONI FLATBREAD 634 CAL** \$6.99

Hand-stretched pizza dough covered in sliced pepperoni on top of savory tomato sauce, mozzarella cheese, fresh basil and oregano.

**VEGAN CHICK'N FLATBREAD 428 CAL** \$6.99

Hand-stretched pizza dough layered with savory tomato sauce, vegan Daiya cheese, Gardein chick'n strips, fresh basil and oregano.

# MELTS

**MEATBALL PARMESAN MELT 730 CAL** \$6.49

Meatballs smothered in marinara sauce, shredded mozzarella and Parmesan cheeses, served on a toasted sub roll.

**CHICKEN PARMESAN MELT 1500 CAL** \$6.99

Grilled chicken breast, covered in marinara sauce and provolone cheese on a toasted sub roll.

**EGGPLANT PARMESAN MELT 624 CAL** \$6.49

Crispy breaded eggplant, pizza sauce, and mozzarella in a long roll.