

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 *dinner salad* 5.5
Roasted Beet Salad *with walnuts & goat cheese* 12
Arugula Salad, *carrot confetti and aged Italian parmesan* 9
Roman Holiday *with arugula, artichoke, sundried tomatoes, & natural hanger steak* 16
Grilled Asparagus Salad *with roasted red pepper, shaved Parmesan cheese, baby greens & balsamic vinaigrette* 12
(sorry no splits on salads)

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 15

Choose a homemade sauce:

Napolitana, Pesto, Bolognese, Rosa // Alfredo & Pomodori add 1.00

Specialty Pasta Dishes

- Carbonara** 17
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* 16
Organic Soft Polenta with sautéed seasonal vegetables 14
Homemade Crepe Cannelloni (meat) with vegetables 17
Niman Ranch Spaghetti & Meatballs with fresh mushrooms & basil 18
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 20

Fillet of Sole "la Melagrana," pomegranate sauce & risotto 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 Rosemary Chicken, half boneless chicken grilled under a brick
with garlic, rosemary & white wine sauce 20

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) 7

We prepare our food without hydrogenated oils. We use California rice oil in our fryer & extra virgin olive oil in our salad dressings. \$3.00 charge for split on entrees, not all dishes can be split as your waiter and no splits on salads.