



APPETIZERS

- 🌿 Octopus and Sicilian style potatoes, black olives and parsley garlic vinaigrette
- 🌿🍏 Arugula salad with prosciutto, fresh mozzarella, tomato and dried fruit, balsamic vinaigrette
- 🍏 "Caprese" salad with tomato, Mozzarella cheese and green pesto
- 🌿🍏 Lettuce heart, marinated artichoke and confit eggplant with balsamic vinaigrette

SOUP

Minestrone: tomato, onion, chicken broth, pasta, celery and potatoes

"FOCACCIA" SANDWICH

Chicken breast focaccia club sandwich

Grilled turkey focaccia, spinach and fresh mozzarella cheese



PASTAS

Spaghetti, penne rigate, farfalle or fettuccini*

*GLUTEN FREE PASTA AVAILABLE

AVAILABLE SAUCES TO MATCH YOUR PASTA:

- Pomodoro
- Green or red pesto sauce
- Bolognese ground beef
- Alfredo with mushroom and chicken
- Arrabiata

FOUR CHEESES

Blue, parmesan, mozzarella and provolone

PIZZAS

MARGHERITA

Tomato sauce, fresh tomato, Mozzarella cheese and oregano

COUNTRY-SIDE

Tomato sauce, fresh tomato, grilled vegetables, black olives, mozzarella cheese and oregano

4 SEASONS

Tomato sauce, mushrooms, artichoke, york ham, pepperoni, black olives, mozzarella and oregano

PEPPERONI

Tomato sauce, pepperoni and Mozzarella cheese

YEAH MAN!

Tomato sauce, jerk sausage, pepperoni, bell pepper and onions stew, fried plantain

MAIN COURSES

MEAT

- 🍏 Chicken breast with lime and thyme accompanied with white rice

Traditional beef lasagna with vegetables and Mozzarella cheese

FISH AND SEAFOOD

- 🌿🍏 Grilled red tuna with bell peppers, garlic and parsley
- 🌿🍏 Salmon filet with basil virgin sauce

DESSERTS

- 🥛 “Arabica” coffee traditional tiramisu
- 🥛 Seasonal fruit soup with almond biscotti
- 🥛 Limoncello cream with “baci de dama” cookie
- 🥛 Stracciatella ice cream with chocolate sauce and raisin cookie

🍏 These are healthy dishes which help in maintaining a balanced diet

🌿 These are gluten free dishes

🥛 This dish contains dairy and/or milk

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.



WHOLE FOOD PLANT- BASED MENU

APPETIZERS

- Sicilian potato salad in garlic and parsley salad, black olives
- 🍏🍏🍏 Caprese salad with tomato, mozzarella cheese and green pesto

“FOCACCIA” SANDWICH

- Spinach and fresh Mozzarella cheese Focaccia with potatoes and curry sauce

SOUP

- Tomato soup with thyme and extra virgen olive oil

MAIN COURSES

PASTA*

- Spaghetti, penne rigate, farfalle or fettuccini
- Green and red pesto sauce, napolitan tomato, putanesca, arrabiata, four cheeses or mushroom Alfredo sauce

*GLUTEN FREE PASTA AVAILABLE

PIZZAS

- 🍷 MARGHERITA
Tomato sauce, fresh tomato, Mozzarella cheese and oregano
- 🍷 COUNTRY-SIDE
Tomato sauce, fresh tomato, grilled vegetables, black olives, mozzarella cheese and oregano
- 🍷 VEGETARIAN PIZZA
Tomato sauce, mozzarella cheese, black olive, mushroom, red bell pepper, arugula, red onion with fresh arugula leaves

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EXCELLENCE

OYSTER BAY, JAMAICA