

# LUNCH

## POWER BOWLS

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<b>Potenza</b> . . . . .	<b>\$16.50</b>
<i>power grain mix, chicken, mushrooms, spicy cashew vinaigrette, bacon</i>	
<i>+ ADD toasted macadamias + \$1</i>	
<b>Piatto del Capo</b> . . . . .	<b>\$16.50</b>
<i>arugula, 1/2 power grain, chicken, pesto, spiced pecans</i>	
<b>Squisito</b> . . . . .	<b>\$19.50</b>
<i>power grain mix, grilled shrimp, roasted zucchini, calabrian chili aioli, crispy pancetta</i>	
<i>+ ADD squash +\$1 ADD eggplant + \$1</i>	
<b>Bramoso</b> . . . . .	<b>\$19.50</b>
<i>power grain mix, grilled shrimp, roasted eggplant, house italian, spiced pecans</i>	

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## SOUP & SALADS

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<b>Italian Wedding Soup</b> . . . . .	<b>\$9.75</b>
<i>kale, italian sausage, pasta, parmigiano-reggiano, bone broth</i>	
<b>Jumbo Lump Crab Bisque</b> . . . . .	<b>\$11.75</b>
<i>jumbo lump crab, sherry, white wine, cream crab consommé</i>	
<b>House Salad</b> . . . . .	<b>\$9.75</b>
<i>romaine, roasted tomatoes, shallot, pepperocini, parmigiano-reggiano, house dressing</i>	
<b>Arugula</b> . . . . .	<b>\$11.75</b>
<i>goat cheese, apple, toasted macadamia nuts, blackberry balsamic vinaigrette</i>	
<b>Caesar</b> . . . . .	<b>\$10.75</b>
<i>crispy romaine, garlic croutons, parmigiano-reggiano</i>	
<b>Cobb</b> . . . . .	<b>\$18.75</b>
<i>romaine &amp; kale mix, grilled marinated chicken, bacon, avocado, seasoned tomatoes, bbq marcona almonds, bleu cheese, cucumber, house ranch &amp; house vinaigrette</i>	

## PIZZA 10" / 16" size options

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<b>Cheese</b> . . . . .	<b>\$16.50   \$23.50</b>
<i>Red Sauce, Mozzarella, Fresh Basil</i>	
<b>Pep</b> . . . . .	<b>\$19.50   \$26.50</b>
<i>Red Sauce, Pepperoni, Mozzarella</i>	
<b>Carnivore</b> . . . . .	<b>\$23.50   \$32.50</b>
<i>Red Sauce, Italian Sausage, Pepperoni, Sopressata, Copa, Meatball, Mozzarella</i>	
<b>Caliente</b> . . . . .	<b>\$21.50   \$28.50</b>
<i>Red Sauce, Italian Sausage, Onions, Peppers, House Pickled Jalapeños, Pesto Swirl</i>	
<b>Buffalo Italiano</b> . . . . .	<b>\$22.50   \$29.50</b>
<i>White Sauce, Chicken, Red onions, Provolone, Mozzarella, Ranch, House Garlic Buffalo Sauce, Bleu Cheese Crumble</i>	

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## WRAPS & SANDWICHES

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<i>served with choice of house kettle chips, side house or caesar or fruit cup</i>	
<b>Chicken Caesar Wrap</b> . . . . .	<b>\$16.75</b>
<i>slow roasted chicken, caesar aioli, crispy romaine</i>	
<b>Chicken Salad</b> . . . . .	<b>\$14.75</b>
<i>house made roasted chicken salad, arugula, tomato, house pesto</i>	
<b>Grinder</b> . . . . .	<b>\$16.75</b>
<i>classic italian imported meats, aged provolone, arugula, pepperoncini, house italian on ciabatta</i>	
<b>Chicken Parmesan Sliders</b> . . . . .	<b>\$14.75</b>
<i>Hand Breaded Chicken, Housemade Mozzarella, Red Sauce, on Homemade Tigelle</i>	
<b>Meatball Sliders</b> . . . . .	<b>\$15.75</b>
<i>Nonna's Meatballs, Housemade Mozzarella, Red Sauce on Homemade Tigelle</i>	