



A Mediterranean Recipe for a Healthy Life



BENESSERE APPROVED LUNCH MENU SELECTIONS

INSALATE

MISTA

local organic garden greens, avocado, shaved fennel, vine-ripened roma tomatoes, balsamic dressing

FRUTTI DI MARE

baby arugula, mussels, calamari, lobster, shrimp, bay scallops, chickpeas, potatoes, lemon vinaigrette

QUINOA

quinoa, avocado, grapefruit, kale, yellow & red tomatoes, red onion, chickpeas, toasted pumpkin seeds, evoo

ANTIPASTI

CARPACCIO

black pepper crusted beef carpaccio, rucola salad, enoki mushrooms, shaved pecorino cheese

BRUSCHETTA

diced plum tomato, avocado, shaved parmesan, basil, garlic

TONNO TARTARA

fresh tuna tartare, bell pepper dressing, avocado, peas, sprouts, watermelon radish

PANINI

POLLO

roasted chicken breast, fontina cheese, roasted bell peppers, romaine lettuce, italian dressing

VEGETARIANO

grilled bell pepper, zucchini, eggplants & rucola salad in lemon dressing

ITALIAN DURUM PASTA & RICE

CAPELLINI POMODORO

angel hair pasta, homemade tomato basil sauce

CARNE & PESCI

SALMONE

grilled salmon, sautéed brussel sprouts, sun-dried tomato sauce

PESCE SPADA

pine nut raisins crusted swordfish, cherry tomatoes, black olives, capers & fennel, onion salad

BISTECCA

sliced 8oz. grilled skirt steak, roasted zucchini, eggplant, onion, red bell pepper

CONTORINI

broccoli, garlic, red pepper and sautéed asparagus



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BENESSERE APPROVED DINNER MENU SELECTIONS

INSALATE

MISTA

local organic garden greens, avocado, shaved fennel, vine-ripened roma tomatoes, balsamic dressing

FRUTTI DI MARE

baby arugula, mussels, calamari, lobster, shrimp, bay scallops, chickpeas, potatoes, lemon vinaigrette

QUINOA

quinoa, avocado, grapefruit, kale, yellow & red tomatoes, red onion, chickpeas, toasted pumpkin seeds, evoo

ANTIPASTI

CARPACCIO DI CARNE "RIPIENO"

beef carpaccio, baby lettuce, enoki mushroom, parmesan cheese, avocado, parmesan tuille mustard dressing

TONNO

fresh tuna tartare, bell pepper dressing, avocado, peas, sprouts, watermelon radish

MELANZANE

wood oven baked eggplant, mozzarella, aged grana padano, tomato sauce, evoo

BRUSCHETTA

diced plum tomato, avocado, shaved parmesan, basil, garlic

CONTORINI

broccolini, garlic, red pepper, sautéed asparagus

ITALIAN DURUM PASTA & RICE

CAPELLINI

angel hair pasta, homemade tomato basil sauce

CARNE & PESCI

PESCE SPADA

pine nut raisin crusted swordfish, cherry tomatoes, black olives, capers & fennel, onion salad

POLIPO

wood roasted spanish octopus, fennel olive tomato salad

ZUPPA DI PESCE

shrimp, scallops, calamari, clams, mussels, garlic crostini, vine-ripened tomato broth

AGNELLO

grilled marinated lamb chops, tomato gratin

POLLO MATTONE

semi boneless wood roasted chicken, baby arugula salad, grape tomatoes, shaved red onion, lemon vinaigrette dressing