

# TWISTED ITALIAN LUNCH SPECIALS

## PICK A PASTA / PICK A SALAD \$13.50

CHOOSE A LUNCH SIZE PORTION OF ONE OF OUR PASTAS ALONG WITH A SMALLER VERSION OF ONE OF OUR SIGNATURE SALADS

\* Add on: Chicken \$4, Italian Sausage \$4, Meatball (1) \$2.25, Shrimp (5) \$6, Salmon \$6.50 \*

### CHOOSE A PASTA

SPAGHETTI & MEATBALLS -- FETTUCCHINE ALFREDO  
PENNE FRA DIAVOLA -- PASTA FRESCA --  
MEDITERRANEAN PASTA -- SPAGHETTI & MEATSAUCE  
QUEEN LASAGNA (HOUSE, BEEF OR VEGGIE)  
PERSONAL PIZZA (+2 TOPPINGS)

### CHOOSE A SIDE SALAD \*

CAESAR -- TWISTED CITRUS  
MEDITERRANEAN -- BACON PEAR  
ITALIAN SALAD -- HOUSE SALAD  
STRAWBERRY GOAT CHEESE

SEE FULL MENU FOR DESCRIPTIONS OF PASTAS & SALADS

## SANDWICH OPTIONS \$12.25

PICK ONE OF SELECT ITALIAN SANDWICHES FROM BELOW. SERVED WITH YOUR CHOICE OF SIDE (GARLIC OR REGULAR FRIES, SALAD (CAESAR, HOUSE OR ITALIAN)).

### CHOOSE A SANDWICH

SAUSAGE & PEPPERS SANDWICH -- ITALIAN STACK  
MEATBALL SANDWICH -- ITALIAN BEEF JUNIOR (FULL SIZE 13.25)  
CHICKEN PESTO SANDWICH

SEE FULL MENU FOR DESCRIPTION OF SANDWICHES

## SALMON WITH GRILLED VEGGIES \$13.95

A 4 OZ ATLANTIC SALMON, FRESH GRILLED VEGGIES, WITH A SIDE OF ANGEL HAIR PASTA IN A GARLIC PARMESAN WINE SAUCE WITH CAPERS.

## SOUP AND SALAD \$10.25

BOWL OF HOUSE MADE SOUP AND CHOICE OF SIGNATURE SIDE SALAD \*

## PROTEIN & VEGGIE BAKES WITH SALAD\* \$13.25

KETO FRIENDLY AND GLUTEN FREE. COMBINATIONS OF PROTEIN & FRESH VEGGIES COMBINED WITH SAUCE AND MELTED MOZZARELLA. PAIRED WITH YOUR CHOICE OF SIDE SALAD \*.

### **SUPREME SAUSAGE & PEPPERS BAKE**

MARINARA, ITALIAN SAUSAGE, PEPPERONI, GREEN PEPPERS, ONIONS, BLACK OLIVES, MUSHROOMS, BRUSHETTA MIX, MELTED MOZZARELLA. WITH CHOICE OF SALAD.

### **CHIPOTLE PESTO CHICKEN BAKE**

CHICKEN BREAST OVER A LIGHT LAYER OF GF ALFREDO SAUCE TOPPED WITH ROASTED RED PEPPERS, BLACK OLIVES, ASPARGUS, MUSHROOMS, GREEN PEPPERS, BRUSHETTA MIX, MELTED MOZZARELLA AND CHIPOTLE PESTO. WITH CHOICE OF SALAD.

### **CHEESY BROCCOLI CHICKEN BAKE**

CHICKEN BREAST OVER A LIGHT LAYER OF GF ALFREDO SAUCE, TOPPED WITH DICED TOMATO, SPINACH, ASPARAGUS, BROCCOLI, ROASTED RED PEPPERS AND MELTED AMERICAN, PARMESAN AND MOZZARELLA CHEESE. WITH CHOICE OF SALAD. (ADD BACON +.50)

11:30 AM - 4:00PM TUESDAY - SUNDAY