

APPETIZERS

Flash-Fried Calamari tossed in a sweet and spicy glaze with marinara 9.95

Mozzarella Caprese fresh Mozzarella, vine ripened tomatoes, basil, and cracked black pepper, finished with E.V.O.O 8.95

Angel Hair Crab Cakes golden lump crabmeat with spicy tomato jam and roasted red pepper & basil aioli 9.95

Grilled Calamari with caper-berries, red onions, and cherry peppers tossed with cilantro-lime vinaigrette 9.95

Stuffed Portobello with an herbed vegetable bread crumb stuffing, finished with Fontinella cream sauce 8.95

Garlic Bread with Mozzarella Tougias Bakery's batard layered with herbed garlic butter and mozzarella cheese 6.95

Carrozza fresh mozzarella between two slices of crusty bread dipped in egg batter and sautéed; served with a warm dressing of lemon juice, capers, anchovies, and tomatoes 7.95

SOUPS

Ralph's Cajun Chicken with Okra 5.95

Chef Ralph's Soup of the Day 5.95

SALADS

House Salad mixed greens, red cabbage, carrots, and chic peas with your choice of dressing: Italian, Creamy Gorgonzola, Creamy Fresh Herb, Balsamic Vinaigrette, (Lo-Cal) Tomato Basil Vinaigrette, or Lemon Oil with fresh Parmesan 4.95 / 6.95

Traditional or Spicy Caesar Salad romaine lettuce tossed with croutons, creamy garlic parmesan dressing, and a touch of anchovies 5.95 / 7.95

Traditional Chop Chop romaine, salami, basil, chickpeas, tomatoes, peppers, chicken, and Reggiano cheese tossed in zesty gorgonzola vinaigrette. (Vegetarian Version Available) 9.95

Italian Cobb Salad crisp romaine, cherry tomatoes, cucumbers, bacon, boiled egg, avocado, bleu cheese, and grilled chicken. 9.95

Roasted Beet Salad with arugula, grilled red onion, and garlic tossed in our vanilla vinaigrette. Finished with balsamic syrup & goat cheese. 8.95

OVEN BAKED SANDWICHES + WRAPS + FLAT BREADS

All items below come with a choice of a side dish. Ask your server for these weeks' selections!

The Spoleto breaded chicken, fresh mozzarella, oven dried tomatoes, fresh basil, pesto mayo & roasted red pepper mayo served on toasted focaccia 7.50

Chicken Caesar Wrap grilled chicken breast, romaine, croutons, parmesan cheese, & house made Caesar dressing (available with spicy Caesar dressing as well!) Served on a sun-dried tomato wrap 7.95

Honey Turkey BLT deli sliced turkey, tomato, Swiss cheese, hickory smoked bacon, mixed greens, and honey mustard! Served on a garlic & pesto wrap or rye bread 7.50

Spoleto Melt pesto crusted chicken, with tomato, melted cheddar, smoked bacon, crisp lettuce, on open face flat bread with chipotle ranch dip 7.50

Meatball Parmesan house made meatballs, topped with melted provolone cheese and marinara sauce 7.25

Chicken Parmesan breaded chicken breast, topped with our marinara and provolone cheese 7.25

Veggie Lovers Flat Bread with mushrooms, broccoli, Kalamata olives, artichoke hearts, and sun-dried tomatoes topped melted Pepper Jack cheese, served with chipotle ranch dressing 7.50

Grilled 8oz Angus Burger cooked to order, with choice of Provolone or Pepper Jack cheese, topped with tomato Brushetta, a side sweet potato fries. (Build your own version available as well) 7.95

Grilled Chicken Pesto with Gorgonzola cheese, arugula, grilled onions, on grilled rosemary focaccia bread 8.95

Crispy Chipotle Chicken Wrap lettuce, tomatoes, and cheddar cheese 7.95

PASTA

Chicken and Sausage Bowtie Pasta with roasted red peppers, peas, and mushrooms in a fresh sage and tomato cream sauce tossed over bowtie pasta 8.95

Rigatoni alla Bolognese choice ground beef, sweet & spicy sausage, simmered in rich tomato sauce tossed with rigatoni 8.95

Mushroom & Spinach Lasagna baked with mushrooms, ricotta, mozzarella, spinach, caramelized onions, and pesto cream 8.95

Linguini & Meatballs served in our freshly made marinara sauce over linguini 7.95

Ravioli Alla Vodka three cheese ravioli tossed in our vodka cream sauce 7.95

Grilled Chicken Spaghettini with pesto sauce, garlic and tomatoes with olive oil, or marinara sauce. 8.95

Chicken Parmesan lightly breaded, topped with marinara sauce, mozzarella and parmesan cheeses, over linguini 9.95

Pasta Shells mini shells tossed with Andouille (spicy Cajun sausage), Tasso (spiced ham), Cajun dusted chicken, spinach, jalapeños, and herbs. A Spoleto favorite! 10.95

Mafalde Pasta tossed with Kalamata olives, sautéed garlic, oven dried tomatoes, fresh mozzarella, spinach, artichoke hearts, pesto and pine nuts. 9.95

Chicken Picatta sautéed scaloppini atop angel hair tossed in a garlic, caper, and white wine lemon sauce 8.95

ADD TO ANY SALAD OR PASTA: Grilled Chicken 3 / Grilled or Cajun Dusted Shrimp 5 / Chipotle Glazed Salmon 7

let's go halves

Choose 2 menu items below. 8.95
Each comes as half of the full size portion.

the best of both worlds

Any Flat Bread

Any Wrap

Any Hot Sandwich

Any of our Soups

Mixed Greens Salad

Caesar Salad

PARADISO'S SPECIALTY STONE PIES

Individual 7.95 Sm 12.95 Lg 17.95

Margarita plum tomatoes, fresh mozzarella, light basil and extra virgin olive oil.

Wild Mushroom sautéed crimini, Portobello, & domestic mushrooms over our three cheeses Alfredo sauce, topped with fresh rosemary.

Combo Classic pepperoni, hamburger, mushrooms, green peppers, and Bermuda onions.

Chevre Delight goat cheese, sun-dried tomatoes, fresh Black pepper, and roasted garlic, with mozzarella & parmesan cheese (white sauce).

Mediterranean artichoke hearts, sundried tomatoes, Kalamata olives, spinach, fresh mozzarella, and pesto chicken, finished with fresh basil (white sauce).

HEALTHTRAX LUNCH MENU

served Mon-Sat 11:30am-3pm

Appetizers 4.95

Vegetarian Chili topped with dollop of fat free yogurt. 241 / 7 / 1 / 38 / 10 / 11

Roasted Garlic Hummus served with pita chips. 275 / 14 / tr / 31 / 6 / 11

Salads

Salade Niçoise green beans, shallots, tomatoes, olives, capers, hardboiled egg, potato, and a piece of grilled Ahi Tuna, tossed in super light vinaigrette. 9.95 268 / 17 / 4 / 21 / 4 / 10

Mixed Greens Salad topped with garbanzo beans, red cabbage, and sliced carrots. Served with low fat tomato basil dressing or oil and vinegar. 6.95 166 / 2 / tr / 30 / 12 / 11

Chicken Curry Salad served over mixed greens with house made pita chips. 8.95 398 / 18 / 3 / 14 / 2 / 40

Classic Greek Salad romaine, Kalamata olives, red onion, cherry tomatoes, and low fat Feta cheese tossed in our low cal Greek vinaigrette. 7.95 560 / 48 / 12 / 25 / 7 / 14

Entrees 9.95

South West Turkey Burger served on a whole-wheat bun, with fresh lettuce, tomato, and onion. 358 / 14 / 4 / 30 / 4 / 26

Baked Cod served over mixed greens, topped with a grilled Citrus Wedge salad. 436 / 28 / 3 / 3 / tr / 42

Prosciutto Arrabiata tossed in a picante tomato sauce over whole-wheat penne. We suggest adding grilled shrimp to this dish. 343 / 10 / 2 / 51 / 6 / 16

Spanish Style Mussels steamed in a saffron broth, with a slice of garlic Crostini. 465 / 29 / 15 / 25 / 5 / 30

Baked Zesty Zucchini stuffed with our vegetarian chili, and topped with part skim mozzarella cheese. 185 / 5 / 1 / 25 / 7 / 9

Sides 4.00

4 oz Grilled Chicken

100 / 1 / tr / 0 / 0 / 21

4 Grilled Shrimp

22 / tr / tr / 0 / 0 / 5

4 oz Grilled Salmon

161 / 7 / 1 / 0 / 0 / 22

4 oz Super Lean Turkey Burger

141 / 8 / 2 / 0 / 0 / 15

key

Calories / Total Fat / Saturated Fat / Total Carbs / Dietary Fiber / Protein / tr=trace amounts