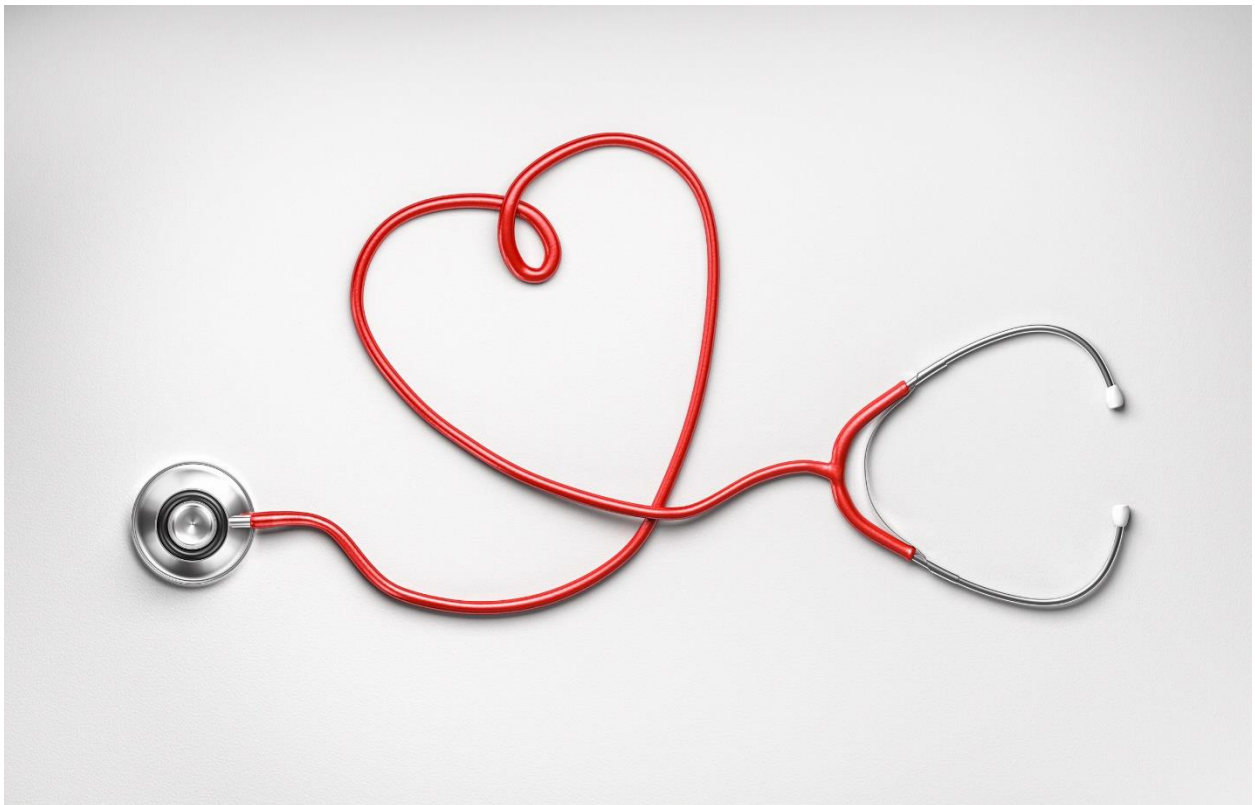


D'Agostino's TRATTORIA

Heart Healthy Menu



NO Added Salt

Low-Fat/Low Sodium/Vegan, Vegetarian, Pescatarian, Gluten Free
Cheese Maybe Omitted from Recipes If Desired
Heart Healthy, YES!!

Pasta Primavera (Gluten Free, Vegetarian, Vegan)

Penne Pasta, (**Gluten Free & Whole Wheat Penne Available**) EVOO, Garlic, White Wine, Lemon, (Optional, Natural Roasted Chicken Demi-Glace), Spinach, Broccoli, Asparagus, Mushrooms, Zucchini, Roasted Red Peppers, & Peas.

Add any Protein (No Added Salt):

Grilled Chicken

Grilled Salmon

Grilled Filet Mignon, Sliced

Grilled Shrimp

Grilled Octopus

Upcharge

Pasta with Pomodoro or Marinara Sauce (Vegan)

Your Choice of Pasta

(**Gluten Free & Whole Wheat Penne Available**)

(No Added Salt & Dairy Omitted)

Add any Vegetables:

Spinach, Broccoli, Asparagus, Mushrooms, Zucchini, Roasted Red Peppers, & Peas.

Upcharge

Filet Mignon with Cabernet Demi-Glace (Gluten Free)

Served with your choice of: (Specify Steamed or Sauteed in EVOO)
Asparagus, Green beans, Spinach, Broccoli, Artichoke Hearts, Roasted
Red Peppers, Peas, Sauteed Mushrooms, Roasted Petite Potatoes.

****Cabernet Demi-Glace is Low Fat****

Grilled Vegetable Greek Salad (Gluten Free, Vegetarian or Vegan)

Springs Greens, Romaine lettuce, Balsamic Vinaigrette, Roasted
Red Peppers, Feta Cheese (Optional), Fresh Grape Tomatoes,
Cucumbers, Kalamata Olives, Grilled Asparagus, Grilled Zucchini,
Grilled Artichoke Hearts, Italian Herbs.

Add any Protein (No Added Salt:

Grilled Chicken

Grilled Salmon

Grilled Filet Mignon, Sliced

Grilled Shrimp

Grilled Octopus

Chicken & Artichoke Hearts (Gluten Free, Low Fat, No Added Salt)

Grilled or Pan Seared Chicken Breast, White Wine, Lemon, Natural
Chicken Demi-Glace

Add Mushrooms and/or Capers (Optional)

Chicken Parmigiana (Gluten Free, Low Fat, No Added Salt)

Grilled or Pan Seared Chicken Breast, Pomodoro Sauce,
Lite Mozzarella Cheese (Optional), Spicy (Optional)

Chicken Piccata (Gluten Free, Low Fat, No Added Salt)
Grilled or Pan Seared Chicken Breast, White Wine, Lemon,
Mushrooms, Capers

Pan Seared Orange Roughy (Gluten Free, Low Fat, No Added Salt)
Puttanesca Sauce or Fresh Lemon & Capers (Optional)

Cold Calamari Salad (Gluten Free, Low Fat, No Added Salt)
Mixed Baby Spring Greens, EVOO, Fresh Lemon, Pepper Flakes

Call 1 Day in Advance

Half Roasted Chicken
With Lemon & Herbs

Half Chicken Cacciatore
Mushrooms, Onions, Roasted Red Peppers, White Wine, Low
Sodium Chicken Stock, Pomodoro, & Capers.