



147 NASSAU BLVD  
GARDEN CITY SOUTH, N.Y. 11552  
Tel 516-486-0935 Fax 516-486-0914

## *Insalate - Salads*

<b>SPECIALE LA BOTTEGA</b> ~ Fresh tomatoes, basil, black olives, red onion, chopped mozzarella and balsamic dressing	8.50
<b>INSALATA DI STAGIONE</b> ~ Mixed greens salad, tomatoes, carrots and cucumbers with our vinaigrette	5.50
<b>INSALATA TRICOLORE</b> ~ Radicchio, arugula, endive, olives and shaved Parmigiano Reggiano and balsamic	8.00
<b>RADICCHIO</b> ~ Radicchio, Belgium endive, baby arugula, black olives, boiled organic eggs and diced fontina cheese with balsamic dressing	8.50
<b>BIETOLE</b> ~ Mixed greens, roasted red beets, goat cheese, walnuts, roasted corn, fresh tomatoes, honey dressing	8.50
<b>AVOCADO</b> ~ Chopped iceberg lettuce, shredded mozzarella, grilled chicken, avocado, toasted almonds and cherry tomato with balsamic vinaigrette	8.75
<b>RUCHETTA E GORGONZOLA</b> ~ Baby arugula, endive, roasted pecans and Gorgonzola and balsamic dressing	8.00
<b>SPINACI</b> ~ Baby spinach, ciabatta croutons, black olives, walnuts, white mushrooms, goat cheese and balsamic dressing	8.00
<b>RUCOLA E CAPRINO</b> ~ Arugula, goat cheese, sun dried tomatoes and roasted walnut with balsamic dressing	8.50
<b>PARMA SALAD</b> ~ Romaine hearts, tomato, black olives, peppers, red onions, chicken cutlet, Parmigiano and balsamic	8.75
<b>ZOLA SALAD</b> ~ Baby arugula, mushrooms, red onions, corn, bacon, gorgonzola crumbles and balsamic dressing	7.50
<b>INSALATA CON FUNGHI</b> ~ Mixed greens, roasted portobello mushrooms, sweet peppers, sunflower seed and fresh mozzarella with balsamic dressing	8.00
<b>INSALATA DI PERE</b> ~ Mixed greens, red pears, crumbled gorgonzola, roasted pecans and lime dressing	8.00
<b>FRUTTA SECCA</b> ~ Mixed greens, walnuts, goat cheese, mix dried fruit, with a homemade honey dressing	8.00
<b>BACON</b> ~ Baby spinach, crispy bacon, dried apples, red onions, walnuts, gorgonzola and honey dressing	7.75
<b>RUCOLA CON POLLO</b> ~ Grilled chicken breast with arugula, roasted grapes, almonds, carrots and Dijon dressing	7.50
<b>RUCOLA E FARRO</b> ~ Baby arugula, Tuscan barley, cherry tomatoes, roasted hot peppers, hearts of palm, gorgonzola cheese and grilled chicken with honey dressing	8.75
<b>INSALATINA DI POLLO</b> ~ Grilled chicken with mixed greens, olives, onions, carrots & almonds with balsamic	8.50
<b>"SAL SALAD"</b> ~ Chicken cutlet with mixed greens, red onions, tomatoes and garlic-balsamic vinaigrette	8.00
<b>"DI ROSA SALAD"</b> ~ Chicken cutlet with mixed greens, fresh tomatoes goat cheese and balsamic vinaigrette	8.25
<b>"SUSAN SALAD"</b> ~ Chicken cutlet, mixed greens, red onions, hot peppers, corn, gorgonzola, tomatoes and balsamic	8.75
<b>ROMANA E TONNO</b> ~ Romaine hearts, boiled organic eggs, imported Italian tuna, cherry tomatoes and fava beans, with lime dressing	8.25
<b>ROASTED SALMON SALAD</b> ~ Mixed greens, roasted salmon, diced butternut squash, spicy wasabi peas and orange dressing	11.00
<b>ROMANA CON GAMBERONI</b> ~ Romaine lettuce with grilled jumbo shrimp, fresh mozzarella, raisin, roasted walnuts, fresh tomatoes and balsamic vinaigrette	11.00
<b>CAJUN SHRIMP</b> ~ Spicy cajun shrimp, iceberg lettuce, cherry tomato, sunflower seeds, roasted red onion and raisins with an orange dressing	11.00
<b>INSALATA DI CALAMARI</b> ~ Mixed greens, sun-dried tomato, Gaeta olives, fried capers and chopped scallions, topped with grilled calamari and lime dressing	9.25