

San Giovanni's

"New" Mediterranean Healthy Lifestyle Menu

The Guarascio family is proud to introduce a new and exciting dining experience to all of our valued customers. The dishes are all low carb, healthy and, most importantly, delicious! This new menu features dishes that we already prepare, replacing the carbohydrates with flavorful fresh vegetables along with protein. In addition, we'll be adding new specials each evening based on the "Mediterranean Healthy Lifestyle" way of eating. We believe that the food we eat and our health are important aspects of our lives. Eating wonderfully satisfying, flavorful foods is a tradition in the Mediterranean, "Italian", lifestyle. Remember, enjoying food is encouraged, it's part of the pleasure of dining out! We want to give you this option because we feel so passionately about healthy eating as part of a happy life!

Buon Appetito & Salute! The Guarascio family

Entrée Salads

Insalate Verde or Caesar – with Chicken breast or Italian cold cuts & cheese. 8.95

With grilled Tri-tip steak, roast Salmon filet or diced Shrimp. 10.95

Antipasto Salad – this salad is perfect as is! 8.95

Greek or Spinach – with Chicken breast or Italian cold cuts & cheese. 10.95

With grilled Tri-tip steak, roast Salmon filet or diced Shrimp. 12.95

"New" A'tavola Salad – mixed gourmet greens, sun-dried tomato, gorgonzola cheese crumbles, red grapes & toasted pecans with a raspberry vinaigrette. 8.95

With Chicken breast or Italian cold cuts & cheese. 10.95

With grilled Tri-tip steak, roast Salmon filet or diced Shrimp. 12.95

Entrees

Served with choice of soup or salad, dressing on the side for "moderation", and our "new" Mediterranean roasted vegetables.

Chicken

Piccata, Marsala, Saltimboca, Romano and "New" Cacciatore – chicken breast sauteed with white wine, mushrooms, peppers, onions & olives with marinara 14.95

Veal

Piccata, Marsala, Saltimboca and "New" Cacciatore. 15.95

"New" Specialties

"Naked" Eggplant Parmigiana – "It's not breaded or fried", slices of fresh grilled eggplant layered with a roasted tomato, garlic & basil sauce, romano & light mozzarella. 10.95

(Add protein – meatballs or sausage 2.50)

Italian Tri tip – choice beef dry rubbed with a special seasoning, grilled to perfection and served with a marsala, mushroom & fresh rosemary sauce. 15.95

Salmon Mediterranean – fresh Salmon filet seared in extra virgin olive oil, white wine, artichokes, mushrooms, roma tomato, capers & black olives. 16.95

Whole Wheat Spaghetti Primavera – roasted tomato, garlic, basil sauce or garlic & olive oil. 11.95
(Add protein – meatballs, sausage or chicken 2.50, tri tip, shrimp or salmon 4.00)

"New" Michelob Ultra Low Carb Beer now available! 2.95 ea.