

HOMEMADE FROZEN PRODUCTS

THE FOUNDATION OF OUR FAMILY RECIPES IS BASED ON THE MEDITERRANEAN DIET:

*LOW SODIUM * FRESH INGREDIENTS*LOW FAT*

ALL OUR PRODUCTS ARE FROZEN TO AVOID THE USE OF PRESERVATIVES

-ITALIAN VEGAN SOUPS- \$ 7

Fresh Minestrone ♥ Pasta e Fagioli♥
Garbanzo Bean Soup♥ Spicy Three Bean♥
Butternut Squash♥ Lentil Soup♥ Split Pea♥

-HOMEMADE SAUCES-

✓	Pesto alla Genovese ♥	\$9
✓	Marinara ♥	\$9
	Beef or Turkey Ragu♥	\$11
✓	Spicy Arrabbiata Sauce♥	\$9
✓	Pink Sauce♥	\$9
✓	Alfredo♥	\$9
✓	Pizza Sauce♥	\$9

-HANDMADE PASTA-

	Potato Gnocchi ♥	10.99/lb
	Spaghetti ♥	13.99/lb
	Tagliatelle♥	13.99/lb
	Pappardelle♥	13.99/lb
✓	Cheese Tortellini♥	15.99/lb
✓	Cheese Ravioli♥	14.99/lb
✓	Spinach&Ricotta Ravioli♥	14.99/lb
	Beef Ravioli ♥	15.99/lb
✓	Caprese Ravioli♥	14.99/lb
	Vegan Asparagus Ravioli♥	15.99/lb
✓	Pesto Ravioli♥	14.99/lb
✓	Butternut Squash Ravioli♥	14.99/lb
✓	Mushroom Ravioli♥	14.99/lb

-TAKE 'N' BAKE MEALS-

	Beef Lasagna ♥	\$25
	Turkey Lasagna♥	\$25
✓	Cheese Lasagna♥	\$23
✓	Pesto Lasagna♥	\$25
✓	Spinach & Ricotta Lasagna♥	\$25
✓	Cheese Stuffed Shells♥	\$23
	Chicken Cannelloni♥	\$25
✓	Eggplant Parmigiana♥	\$27

Gluten Free
Lasagna
\$27

-OTHER CLASSICS-

♥Turkey Meatballs (6)	\$13,5
♥ Turkey Chili	\$9
♥ Chicken Soup	\$9
♥ Beef Stew	\$11,5

