

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 ♡

Vn ♡ ITALIAN VEGAN SOUPS ♡ \$7⁵⁰

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

♡ HOMEMADE SAUCES ♡

V	Pesto alla Genovese {D,N}*	\$9
Vn	Marinara	\$9
	Beef OR Turkey Ragu {D,G}*	\$12
Vn	Spicy Arrabbiata Sauce	\$9
V	Pink Sauce {D}*	\$9
V	Alfredo {D}*	\$9
Vn	Pizza Sauce	\$9

♡ HANDMADE PASTA ♡

Vn	Potato Gnocchi {G}*	10.99/lb
V	Egg Spaghetti {G,E}*	13.99/lb
V	Egg Tagliatelle {G,E}*	13.99/lb
V	Egg Pappardelle {G,E}*	13.99/lb
V	Four Cheese Ravioli {D,G,E}*	14.99/lb
V	Caprese Ravioli {D,G,E}*	14.99/lb
V	Spinach & Ricotta Ravioli {D,G,E}	14.99/lb
V	Cheese Tortellini {D,G,E}*	15.99/lb
	Beef Ravioli {D,G,E}*	15.99/lb
V	Pesto Ravioli {D,G,E}*	15.99/lb
V	Butternut Squash Ravioli {D,G,E}	15.99/lb
V	Mushroom Ravioli {D,G,E}*	15.99/lb

♡ TAKE 'N' BAKE MEALS ♡

	Beef Lasagna {D,G,E}*	\$26
	Turkey Lasagna {D,G,E}*	\$26
V	Cheese Lasagna {D,G,E}*	\$24
V	Cheese Stuffed Shells {D,G,E}*	\$24
V	Grilled Veggie Lasagna {D,G,E}*	\$26
V	Spinach & Ricotta Lasagna {D,G,E}	\$26
	Chicken Cannelloni {D,G,E}*	\$26
V	Eggplant Parmigiana {D,G,E}*	\$28

Gluten Free
Lasagna {D}*
\$30

♡ OTHER CLASSICS ♡

	Turkey/ Beef Meatballs (6) {D,G,E}*	\$15
	Turkey Chili	\$9
	Chicken Soup	\$9
	Beef Stew	\$12



* {Allergens: D=DAIRY, G=GLUTEN, E= EGGS, N=NUTS, P= PORK}