



## Soups

Spinach and Mushroom Bisque \$4 cup / \$5 bowl  
Soup Du Jour \$4 cup / \$5 bowl  
French Onion in Crock \$5 bowl

1201 Laskin Road, Virginia Beach 757.425.6290

## Salads

**Quiche of the Day** – Served with side Greek salad. See server for today's selection \$11

**Caprese** – House made Mozzarella, vine ripe tomatoes, basil, olive oil \$10

**Arugula**–Topped with grilled chicken, dried cranberries, sliced Brie, crumbled bacon & Caper Dijon dressing \$12

**Greek** – Mixed greens, tomatoes, cucumbers, olives, roasted peppers, red onion, Feta, vinaigrette \$6.5/\$10

**Famous Fred** – Blackened chicken breast, mixed greens, vine ripe tomatoes, mushrooms, roasted red peppers, red onion, Gorgonzola, balsamic vinaigrette \$12

**Roasted Beet**– Baby spinach, sliced beets, red onions, goat cheese with honey & black pepper, sliced radishes, white balsamic vinaigrette \$6.5/\$10

**Bobby Salad** – Romaine, marinated steak, grape tomatoes, Gorgonzola, fried onions, sweet herb vinaigrette \$6.5/\$10

**Chopped** – Romaine hearts, red onion, calamata olives, carrots, pepperoncini, Gorgonzola, garbanzo beans, Roma tomatoes, Extra virgin olive oil, balsamic vinegar \$6.5/\$10

**Poached Pear** –Romaine, port poached pear, Gorgonzola, candied walnuts, port vinaigrette \$6.5/\$10

**Chicken Salad** – Chicken breast, raisins, walnuts, celery, house dressing, seasonal fresh fruit \$10

**House Salad**– Mixed greens, tomatoes, cucumbers, red onion, croutons, pine nuts, Feta \$6.5

**Caesar** – Romaine hearts, Romano cheese, croutons, Caesar dressing \$8

Add chicken \$4   Add salmon \$5   Add 4 grilled shrimp \$5

## Sandwiches and Wraps

Served with your choice of potato salad,  
cole slaw, macaroni salad or orzo salad... add fresh fruit \$2   Chips \$1

**Roasted Veggie Wrap**– Smoked fresh Mozzarella, spinach, roasted vegetables, aged balsamic, herb wrap \$10

**Pastrami** – Grilled navel pastrami, Finlandia Swiss, brown mustard, marble rye bread \$9   double meat \$12

**Bella Turkey**–Oven roasted turkey, Finlandia Swiss, herbed mayonnaise, Italian bread \$9   double meat \$12

**Rosemary Ham** – With fresh sliced pears, Fontal & dressed Arugula on grilled multigrain bread \$10

**Prosciutto & Brie** – Open-face, with Arugula & fig jam on multi-grain bread. Served with fresh fruit. \$10

**Italian Grinder**– Salami, cappicola, mortadella, pepperoni, Provolone, red onion, lettuce, tomato, hot cherry pepper relish, house made grinder roll \$10

**French Dip** – Sherried beef brisket with imported Provolone and House Au Jus on toasted Brioche \$10

**Signature Chicken Salad** – Chicken breast, house dressing, walnuts, raisins, celery, house bread \$9

## Pizza

**House** – Pepperoni, Italian sausage, mushrooms, three cheeses, tomato sauce \$12

**White** – Sautéed spinach, crushed red pepper, ricotta, three cheeses, olive oil \$12

**Mediterranean** – Calamata olives, roasted red peppers, sundried tomato, spinach, three cheeses, tomato sauce \$12

**Margarita** – Oven roasted tomatoes, fresh basil, fresh Mozzarella, olive oil \$12

(All pizzas can be made Family Size – Add \$5)

## Appetizers

**Roasted Garlic** – Roasted red peppers, Chevre goat cheese, focaccia bread \$10

**Fried Calamari** – Seasoned flour, lemon caper aioli, marinara, lemon crown \$11

**Focaccia** –Roasted garlic oil, Italian herbs \$4

**Seared Sea Scallops** – Over butternut squash purée, topped with crispy fennel & finished with dusting of Moroccan spice \$12

**Sautéed Mussels** – Vine ripe tomatoes, fresh basil, garlic, shallot, red wine, grilled House bread \$11

**Prosciutto & Provolone** – Sliced Prosciutto di Parma & imported Provolone with fig jam & olives \$10



## Entrees

### Capellini d' Pomodoro

Fresh roma tomatoes, artichoke hearts, capers, basil, garlic, olive oil, angel hair pasta \$14  
(add meatballs, sausage, or chicken...\$17 shrimp...\$18)

### Spaghettini Carbonara

With smoked pork belly and peas. Tossed with imported Pecorino and egg \$16

### Chicken & Scallops Portuguese

Chicken, scallops, Italian sausage, Roma tomatoes, sherry cream sauce, linguini \$19

### Chicken Parmigiana

Italian classic served over spaghettini \$15

### House Italian Sausage

Served with Cannellini bean cassoulet & sautéed winter greens \$17

### "The Classics"

Your choice of our famous  
Eggplant Parmesan or Cheese Lasagna \$15

### Linguine with Clams

Linguine with Little Neck clams, smoked pancetta, roasted garlic, Roma tomatoes & white wine clam sauce \$19

### Tortellini

Cheese tortellini, artichokes, fresh basil, sundried tomato pesto cream sauce \$15

### Balsamic Lamb Sausage

With roasted fennel mashers and winter greens \$17

### Chicken Roulade

Stuffed breast, prosciutto, spinach, sharp Provolone, mushroom Marsala sauce, mashed potatoes, grilled asparagus \$18

### Penne alla Vodka

(Gluten-Free Option Available)

Pancetta, garlic, peppered vodka tomato cream sauce, penne \$15  
(add sausage, or chicken...\$18 shrimp...\$19)

### Sherried Beef Brisket

Red wine & sherry slow braised beef brisket served with Romano mashers & sautéed winter greens \$18

### Chef's Choice Fish

Served with Parmesan risotto with asparagus tips & Cremini mushrooms \$20

### Veal Parmigiana

Italian classic served over spaghettini \$19

### Osso Buco

Chianti braised veal shank with sweet potato mashers, Venetian spinach and gremolata \$21

### Veal Saltimbocca

Pan seared cutlet with prosciutto & sage butter. Served with garlic mashers & grilled asparagus \$19

### Shrimp & "Grits"

Sautéed shrimp and Asiago polenta. Finished with a grape tomato bruschetta \$19

### Bella Meatloaf

Beef, veal, sausage, fresh herbs, Amatriciana sauce, mashed potatoes, sauteed spinach \$16

### Grilled Salmon

Served with oven roasted vegetables over Arugula. Finished with white Balsamic reduction \$19

## Risotto

**Seafood Risotto** –lobster, shrimp, scallops, mussels, clams, roma tomatoes, garlic, fresh herbs, pearl onions, saffron risotto, light tomato seafood broth \$23

**Butternut Squash Risotto** – with Parmigiana Reggiano and sage \$17

**Moroccan Chicken Risotto**– Chicken with saffron risotto, sweet potato, fennel & Moroccan spices \$19

## Sides

Roasted Butternut Squash

Grilled Asparagus

Sauteed Spinach

Parmesan Risotto

Mashed Potatoes

Mashed Sweet potatoes  
\$4

Sautéed Winter Greens

Roasted Winter Vegetables

Roasted Beet