



Frugatti's

WOOD FIRED ITALIAN

I would like to thank you for dining with us today and welcome you to Frugatti's Wood Fired Italian. My name is Raffaele Giovanni Fruguglietti (call me Ralph) and it is our desire and pleasure to provide you with the sights, sounds, music and most importantly smells of Southern Italy. I was born in Grumento Nova, Italy and I can assure you that dining in the small towns throughout Southern Italy is not about white tablecloths and snooty waiters...it truly is about friends and family sitting around the table, enjoying great food, good wine and laughter in a lively and fun atmosphere. In fact, the large picture at the entrance was taken in the kitchen at my cousin's house (Pepino and Filiceta) in Grumento Nova when we took all our children to visit my home in Italy.

Our goal at Frugatti's is to offer the best Southern Italian dining experience anywhere...except my hometown in Italy of course! I remember my mother and grandmother baking bread and focaccia in our wood-burning oven in our cellar, right next to where my family made wine and stored it in oak barrels. "Nonni," as my kids called my mom, was an incredible cook and to this day her food remains the best I've ever tasted. She instilled in me a love of Southern Italian cooking that became the inspiration for Frugatti's.

Doing it "Nonni's way" meant finding authentic equipment and the highest quality ingredients. I started by using two wood-burning ovens like the one my family used in our wine cellar in Italy. I found fresh packed tomatoes from the Cortopassi family in Modesto, CA - one of the most expensive tomatoes on the market but also the best. Our cold pressed extra virgin olive oil comes from the Verni Olive Oil Company, established in 1923 in the small Italian village of Sannicandro Di Bari, then brought to Clovis CA. in 1980 by second generation grower Saverio Verni, and still made the same way their family made it in Italy. The ingredients for our Margherita Napolitano Pizza are all imported from Naples Italy and the crust is stretched by hand.

We proudly feature *Certified Angus Beef*® brand steaks; hand selected for flavor and quality, aged to perfection... the most juicy and tender steak available.

Our desserts are all made fresh in our kitchen, but I'm sure you figured that out by now! In fact, all of our homemade cheesecakes are made by my daughter Theresa, yes the same Theresa of Theresa's Tortellini fame!

You can see Nonni and other family members in the pictures on the walls and in our menu. We like to keep it authentic around here. As we say about our restaurant: Real Italian, By Real Italians.

Salute E Buon Appetito!
Raffaele



• APPETIZERS •



STUFFED MUSHROOMS

Fresh mushrooms with mozzarella and parmesan cheeses, Italian sausage, garlic and herbs - 13.79

SPICY PARMESAN CHICKEN "THINGS"

Chicken breast pieces rolled in a spicy parmesan batter and deep fried. Served with a cayenne pepper ranch dip - 13.79

WOOD-FIRED ROMAN ARTICHOKE

Eat stem and all! Served on focaccia garlic bread, roasted tomato and burrata cheese. All baked in our wood fired oven - 15.79

APPETIZER SAMPLER PLATTER

Feeds Four!

Can't decide what to get? Try a sampler with Stuffed Mushrooms, Spicy Parmesan Chicken Things and Mozzarella Bread. Served with ranch dressing on the side - 24.29

GARLIC BREAD WITH MOZZARELLA

Ciabatta bread with garlic butter and mozzarella cheese - 9.79

Add Basil Pesto - 11.29



KATINA'S BRUSCHETTA

Pronounced "bru-sketta," everybody says this wrong (except in Italy), but now thanks to Frugatti's you can make it your mission in life to correct the world - go forth and conquer my friends! Fresh chopped tomatoes, finely minced garlic, extra virgin olive oil and capers. Served on our toasted ciabatta bread - 13.79

ANTIPASTO (Feeds Four)

A combination of sliced salami, pepperoni, ham and provolone cheese, olives, marinated artichoke hearts and roasted red bell peppers. Served with our creamy garlic dressing - 22.79

APPLEWOOD SMOKED BACON WRAPPED ASPARAGUS

Fresh asparagus wrapped with our applewood smoked bacon then baked in our wood burning oven - 13.79

SPINACH & ARTICHOKE DIP PIZZA

I know...why didn't anyone think of this before? Homemade spinach and artichoke dip spread on our flavorful pizza crust.

Easy and delicious - 17.99

SOUPS & SALADS

NEW ENGLAND CLAM CHOWDER

Classic New England style chowder with lots of clams, chunks of potatoes and bacon. A Frugatti's favorite.

Bowl - 9.79 Cup - 6.79

MINISTRONE SOUP

Homemade soup with vegetables and pasta in a hearty vegetable stock broth. Topped with fresh parmesan cheese and croutons. Yes, it's vegan. If you hold the cheese.

Bowl - 8.29 Cup - 5.79

GREEK SALAD

Mixed greens with our balsamic vinegar and oil dressing with red onions, Greek kalamata olives, mild feta cheese and topped with parmesan and sun dried tomato crumbles - 15.99



CHICKEN CAESAR SALAD

Romaine lettuce with fresh parmesan and tossed in our caesar dressing. Topped with homemade croutons and a baked chicken breast - 15.99

Without the chicken - 12.29

HOUSE SALAD

A crisp mix of greens topped with our homemade croutons and your choice of dressing. House Creamy Garlic Italian, House Balsamic Vinegar and Oil, Thousand Island, Bleu Cheese or Ranch - 8.79



CHOPPED SALAD

Chopped lettuce with a mixture of salami, ham, garbanzo beans and mozzarella cheese with a few olives and pepperoncinis sprinkled in. All tossed together with creamy garlic dressing. Enough to share - 18.59



CAPRESE SALAD

Vine-ripened tomatoes, fresh mozzarella, our seasoned extra virgin olive oil, sea salt and fresh basil leaves - 15.79

FILET TIP CAESAR SALAD

Our Caesar salad topped with a 4 ounce filet tip baked in our wood fired oven, with bell peppers, onions and mushroom - 20.79



FRUGATTI'S FAVORITES



*Consuming raw or undercooked meats, seafood, shellfish or poultry may increase your risk of foodborne illness, especially if you have medical conditions.



BEEF & LAMB

Beef and lamb are all topped with our real garlic butter. Served with our fresh baked bread loaves, garlic mashed potatoes, asparagus and your choice of one of our homemade soups or Frugatti's side salad.



Discover mouth watering beef flavor in every bite of our *Certified Angus Beef*® brand entrées. Uncompromising standards make it the best-tasting beef in town.



FRUGATTI'S CUT SIRLOIN

A tender and juicy 10 oz. sirloin baked to your preference in our wood-fired oven - 29.99



NEW YORK STRIP

Thick and juicy New York seasoned and aged choice beef cooked in our wood burning oven. Basted with our garlic butter sauce - 34.99



FILET

Tender 8 oz. filet baked in our wood-fired oven - 38.59



STEAK TOSCANA

Our choice New York strip smothered with sautéed garlic, mushrooms and onions - 36.59

COLORADO LAMB MEDALLIONS

8 oz. of Colorado corn fed lamb medallions, seasoned and baked in our wood-fired oven. Basted with our garlic butter sauce - 29.99



SURF & TURF

This will help you decide between steak and seafood. Includes an 8 oz. filet and 3 extra large shrimp scampi - 43.99



FILET TIPS

Our 8 oz. filet tips with peppers, onion and mushroom, Wood-fired and drizzled with our garlic balsamic sauce - 30.59

FILET TIP BRUSCHETTA

8 ounces of our wood-fired filet tip sliced thin and served over our Katina's Bruschetta with garlic bread. Choice of soup or salad - 31.29

BEEF BRACIOLE ALA BASILICATA

From the Basilicata region of Italy where I was born, I grew up eating Braciolo, usually on Sundays when all our family would gather. Thin strips of beef, rolled with garlic, Italian parsley, fresh parmesan and thin sliced prosciutto. Browned then simmered in tomato sauce. Served over pappardelle pasta with our homemade Bolognese sauce - 27.99

CHICKEN & EGGPLANT

Served with our fresh baked bread loaves and soup or salad.

BAKED CHICKEN BREAST

Boneless chicken breast seasoned and baked in our wood burning oven with stuffed mushrooms and our garlic mashed potatoes (or substitute penne pasta) - 22.99

CHICKEN CACCIATORE

Marinated chicken breast baked with tomatoes, garlic, olive oil and onions. Served with stuffed mushrooms and garlic mashed potatoes - 26.59



EGGPLANT PARMESAN

A triple layer of breaded eggplant, marinara sauce and mozzarella cheese. Served with stuffed mushrooms and a side of fettuccine Alfredo - 26.59

CHICKEN CAPRESE CIABATTA SANDWICH

Our fresh ciabatta garlic bread with burrata cheese. Baked in our wood-fired oven and topped with a baked chicken breast, oven roasted tomatoes, sea salt and fresh basil. Served with roasted potatoes. Choice of soup or salad. - 19.79

CHICKEN PICCATA

Our juicy and tender chicken breast topped with a lemon caper sauce. Served with stuffed mushrooms and garlic mashed potatoes - 26.59



CHICKEN BREAST WITH PINOT GRIGIO MUSHROOM SAUCE

Tender chicken breast with a creamy white wine mushroom sauce with penne pasta and stuffed mushrooms on the side - 27.59

CHICKEN PARMESAN

Chicken breast breaded and baked with mozzarella cheese and marinara sauce. Served with stuffed mushrooms and garlic mashed potatoes (or substitute penne pasta) - 26.59

SEAFOOD



WOOD-FIRED SALMON WITH FAT SAMMY SAUCE

Twelve ounces of wood-fired salmon topped with Fat Sammy's creamy red pepper sauce (you'll lick your fingers in public, how do you think Fat Sammy got his name?), with our garlic mashed potatoes, asparagus and your choice of soup or salad - 31.79

ATLANTIC COD CAMPAGNA STYLE IN FOIL

Atlantic Cod baked in foil with tomatoes, extra virgin olive oil, garlic, capers and onions. Served with asparagus, garlic mashed potatoes and choice of soup or salad - 26.99

LOBSTER RAVIOLI

Ravioli stuffed with large chunks of Maine lobster meat in a lobster reduction with garlic mashed potatoes and asparagus. Topped with a sweet port wine cream sauce - 32.29

SHRIMP AND ROASTED GARLIC RAVIOLI

Lemon Rosemary pasta stuffed with shrimp and roasted garlic, Pecorino Romano and ricotta cheeses. With our sweet vermouth sauce - 29.99

GARLIC SHRIMP FETTUCINE

Shrimp in a rich garlic cream sauce with roasted red bell pepper, toasted almonds and parsley - 27.59



SEARED SCALLOPS OVER LINGUINE

Our large scallops pan seared to a golden brown and served over linguini tossed with extra virgin olive oil, a touch of cream, tomatoes, asparagus with a pinch of red pepper flakes - 31.29

SHRIMP SCAMPI OVER FETTUCINE

Extra large shrimp sautéed in butter and garlic with imported fettuccine pasta, alfredo sauce, seasoned bread crumbs, parsley and fresh parmesan - 32.79

PESTO CRUSTED SALMON

12 oz. of salmon topped with a layer of basil and pine nuts pesto, wood-fired to perfection. Served with garlic mashed potatoes, asparagus and your choice of soup or salad - 31.59

PARMESAN CRUSTED SHRIMP

5 large parmesan and sourdough breaded butterflied shrimp, sautéed and served with a side of marinara sauce, garlic mashed potatoes and stuffed mushrooms. Choice of soup or salad - 32.79



TRADITIONAL PASTA

Add a small soup or salad to your pasta for only 5.79



GARLIC CHICKEN OR SHRIMP FETTUCCINE

In a rich garlic cream sauce with roasted red bell pepper, toasted almonds and parsley.
With Shrimp - 27.59 With Chicken - 24.79

PENNE PRIMAVERA

Penne pasta with broccoli, mushrooms, zucchini and julienne carrots in a creamy alfredo sauce - 23.59

ROASTED RED PEPPER PESTO CHICKEN WITH SUN DRIED TOMATOES

Penne pasta tossed with olive oil, garlic, chicken breast, red pepper pesto, sun dried tomatoes, parmesan with feta cheese and parsley - 24.79

GORGONZOLA CREAM PENNE

Gorgonzola cheese, parmesan cream sauce tossed with penne pasta and diced tomatoes with garlic and a hint of red pepper - 20.99

TORTELLONI ALFREDO WITH MEAT

Oversized Tortellini filled with braised veal, beef, pancetta with parmesan and grana padana cheeses and egg pasta, tossed in our popular Alfredo sauce - 24.79

THERESA'S FAVORITE TORTELLINI

My daughter's favorite pasta, tortellini, stuffed with a blend of cheeses, then topped with a rich sun dried tomato cream sauce - 24.79

NONNI'S PASTA AL POMODORO

My friend Scott described a great simple pasta he had in the Napa wine country. I said "You want my mother's pasta." So I made it for him. I had to add it to the menu because he told so many people about it. Spaghetti with extra virgin olive oil, garlic, onions, fresh cooked tomatoes, some herbs and spices and parmesan all tossed together Nonni's way. Fresh, simple, delicious - 21.59

SPAGHETTI

With our homemade Marinara or Meat Sauce - 15.99
Add Sausage or Meatballs for - 5.99

RAVIOLI

Lightly seasoned ricotta and romano cheeses with our homemade Marinara or Meat Sauce - 20.99

FETTUCCINE ALFREDO

Premium pasta tossed with our creamy Alfredo sauce - 20.99

SPICY ITALIAN SAUSAGE RAVIOLI WITH BOLOGNESE SAUCE

Ravioli filled with Italian sausage and fresh broccolini with imported pecorino romano and fontina cheeses, roasted red peppers and fresh garlic. Tossed with our homemade bolognese (hearty meat sauce) - 24.99

RIGATONI BOLOGNESE

Imported rigatoni pasta tossed with our homemade bolognese sauce...A little bit of Bologna, Italy comes to Bakersfield - 19.99

FILET TIP OVER FETTUCCINI ALFREDO

Tender 4 oz. filet tips with peppers, onion and mushroom, wood-fired and served over our fettuccini Alfredo - 27.99

PAPO PASTA

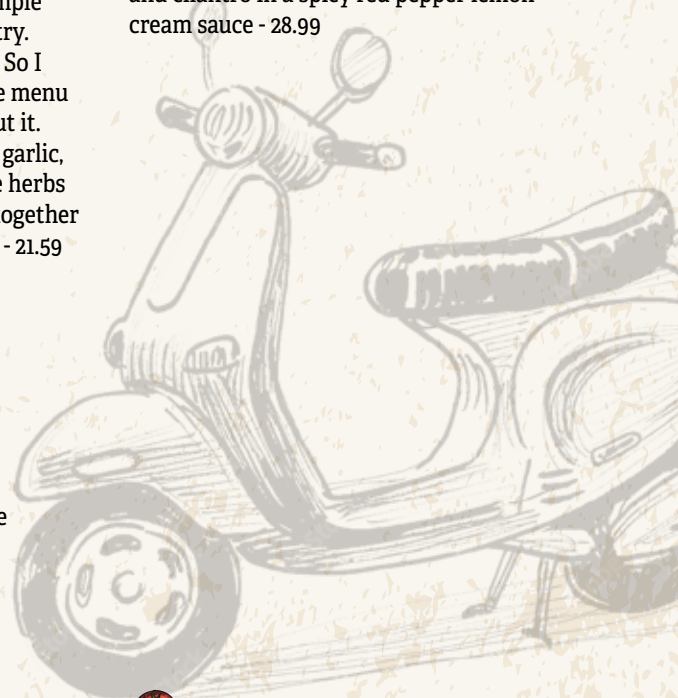
My kids grew up eating my Dad's rigatoni and loved it, they asked me to add it to our menu and here it is. Enjoy! Premium rigatoni pasta tossed with sliced Italian sausage, meat sauce and a touch of cream, butter and parmesan cheese - 22.99

TOMATO BASIL PENNE WITH FRIED EGGPLANT

Imported penne pasta with olive oil, garlic, diced tomatoes, parmesan cheese and fresh basil, tossed and topped with our fried breaded eggplant. Let us know if you want it spicy! - 22.79

RED PEPPER SHRIMP FETTUCCINE

Red pepper fettuccine with shrimp, red and green peppers, fresh mushrooms, red onion and cilantro in a spicy red pepper lemon cream sauce - 28.99



FRUGATTI'S FAVORITES

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...more PASTA

Add a small soup or salad to your pasta for only 5.79

ROMAN ARTICHOKE OVER ANGEL HAIR PASTA

Roasted Roman artichokes over a bed of angel hair pasta, tossed in our seasoned extra virgin olive oil, spices, diced tomatoes, garlic, parmesan and parsley - 21.79

FILET TIP BUCATINI

Our thin sliced wood-fired filet tips over our imported Bucatini pasta, tossed with our creamy burrata cheese, diced tomatoes. With shaved Parmesan and parsley - 28.79

EGGPLANT BUCATINI (VEGAN)

Bucatini pasta, tossed with extra virgin olive oil, garlic, oven roasted tomatoes, artichoke hearts and topped with eggplant that is lightly dusted in flour then sautéed to a golden brown. Finished with fresh basil - 22.59

TRUFFLE SACCHETTI

"Begger's purse" shaped egg pasta with black truffle shavings and truffle oil, Ricotta, Mozzarella, Parmesan, Pecorino Romano cheeses and tossed in a basil pesto sauce with cream - 23.79

BUTTERNUT SQUASH RAVIOLI

Butternut squash ravioli in a traditional brown butter sage sauce, topped with our seasoned sourdough breadcrumbs - 23.99

UNO E DUE (HALF FETTUCCINE AND HALF RAVIOLI)

Northern and Southern Italian pasta on one plate. Our rich fettuccine alfredo from the north and our hearty cheese ravioli with meat sauce from the south. You can have it all - 20.99

WOOD-FIRED PASTA

Our baked pasta dishes are baked in our wood-fired oven.

BAKED MOSTACCIOLI

Penne pasta tossed with our delicious meat sauce and mozzarella cheese, then wood-fired to perfection - 20.59

SPINACH MANICOTTI

Pasta filled with a blend of spinach, ricotta, mozzarella and parmesan. Wood-fired and served with our homemade marinara and alfredo sauces. Topped with fresh parmesan and parsley - 21.99

ZUCCHINI & MUSHROOM LASAGNA

Pasta layered with zucchini, mushrooms, mozzarella, ricotta and parmesan cheeses, marinara sauce and baked in our wood fired oven - 21.99

MEATBALL LASAGNA

We start with our Lasagna Classico. We add sliced meatballs, sauce and whole milk mozzarella. Baked in our wood-fired oven - 23.99

EDNA'S LASAGNA CLASSICO

My wife Anne, created the best lasagna you will ever have, Nonni and Papo mispronounced her name as "Edna," which has become a family joke. A generous portion of pasta layered with mozzarella, ricotta and parmesan cheeses topped with meat sauce - 21.99

KIDS

For children 12 years old and under. Includes your choice of kids entrée and drink - 9.99

SPAGHETTI

With Marinara or Meat Sauce.

FETTUCCINE ALFREDO

A rich cream sauce.

RAVIOLI

With Meat or Marinara sauce.

KID PIZZA

Cheese or Pepperoni pizza.

MAC & CHEESE

It had to happen...my grandkids said, "Papo, don't make the fancy Mac and Cheese, make the one we like!" So, I listened to my experts and Kraft Macaroni & Cheese it is! Please don't tell my family in Italy.

JUNIOR CHICKEN BITES

A non spicy version of our chicken "things." Served with ranch dressing and orange slices.

BURGERS

Add Applewood Smoked Bacon or Cheese (Cheddar or Provolone) - 2.99



FRUGATTI'S GRILLED ONIONS & MUSHROOM CIABATTA BURGER

Half-pound of *Certified Angus Beef*®, wood-fired and served on our toasted ciabatta bread with sun-dried tomato mayo, grilled onions and mushrooms. Served with roasted rosemary potatoes and pickle slices - 15.99



AMERICANO BURGER

"Just your basic, everyday, outstanding half-pound *Certified Angus Beef*® burger!" Topped with lettuce, tomato, red onion and our "super secret—if we told you the recipe we'd have to kill you sauce... Don't even ask." Served with roasted rosemary potatoes and pickle slices - 15.99

**Consuming raw or undercooked meats, seafood, shellfish or poultry may increase your risk of foodborne illness, especially if you have medical conditions.*

WOOD-FIRED. PIZZA

OUR PIZZAS ARE BAKED IN AN AUTHENTIC
WOOD-FIRED OVEN LIKE THE ONE WE USED IN ITALY.



NONNI'S PIZZA

A tribute to the best cook ever. We start with a very thin crust stretched into a rectangle then topped with a sauce made from fresh tomatoes, garlic and spices, whole milk mozzarella and fresh basil. Then we bake it in our wood fired oven imported from Italy. Very simple, very fresh and incredibly delicious. Regular Round - 18.59 Large - 26.59

SOPPRESSATA SALAMI & HOT HONEY PIZZA

Soppressata is a spicy salami typical of Basilicata region of Southern Italy where I was born. We start with our Caputo Italian flour crust, imported San Marzano tomatoes, add whole milk mozzarella, Soppressata, our oven roasted tomatoes and drizzled with hot honey for a sweet and spicy finish. Topped with fresh torn basil leaves - 22.99

GARLIC CHICKEN OR SHRIMP ALFREDO PIZZA

With our creamy alfredo sauce, red bell pepper, cilantro and fresh parmesan. With Shrimp - 26.59 With Chicken - 23.99

KEVIN'S CHICKEN PARMESAN PIZZA

Our local congressman and longtime customer and friend Kevin McCarthy has ordered this pizza for over 20 years. It's time to let our guests give Kevin's pizza a try. Made with our homemade marinara sauce, whole milk mozzarella and our breaded chicken breast. Nothing fancy, just a great tasting pizza - 20.59

BARBECUE CHICKEN PIZZA

Chicken breast with red onion, fire roasted red bell pepper, cilantro and BBQ sauce - 21.99

JP'S MEAT LOVER'S PIZZA

A meat lover's feast with salami, pepperoni, Canadian bacon and sausage - 22.99

ROASTED RED PEPPER CHICKEN PIZZA

Diced chicken, sun dried tomatoes, green onion, mozzarella cheese and a roasted red pepper pesto sauce. Topped with parmesan and parsley - 23.59

COMBINATION PIZZA

Pepperoni, salami, sausage, green pepper, onion, olives and mushrooms - 23.99

SICILIAN LUAVU PIZZA

Chili oil on the crust with mozzarella cheese, pineapple, applewood smoked bacon, Canadian bacon and red bell peppers. Topped with toasted almonds and parmesan - 22.99

APPLEWOOD SMOKED BACON, ARTICHOKE & ROMA TOMATO PIZZA

Seasoned olive oil, mozzarella cheese, Applewood smoked bacon, tomatoes, artichoke hearts, garlic, parmesan and parsley - 22.99

OVEN ROASTED TOMATO & BURRATA PIZZA

Simple and delicious. We start with chili oil on the crust, spread some creamy burrata cheese, add our oven roasted tomatoes, sea salt, fresh basil and extra virgin olive chili oil - 19.59

SPINACH AND ARTICHOKE DIP PIZZA

I know...why didn't anyone think of this before? Homemade spinach and artichoke dip spread on our flavorful pizza crust. Easy and delicious - 17.99

DESIGN YOUR OWN Pizza

CHEESE PIZZA - 15.59

EACH ADDITIONAL TOPPING - 1.99

Pepperoni, Salami, Sausage,
Canadian Bacon, Onion,
Green Pepper, Olives, Mushrooms,
Fresh Tomatoes, Pineapple,
Jalapeño Peppers, Artichoke Hearts,
Garlic, Zucchini, Broccoli

**SUBSTITUTE
GLUTEN FREE CRUST**

This is a 10" pizza crust, made from imported Italian flour, add 3.00.
If ordered with a fitness pizza please add 5.00 due to the larger size and toppings.

MARGHERITA NAPOLITANO PIZZA

Our ingredients for this pizza are all imported from Italy. This pizza is crafted to the strict guidelines for an original pizza from Naples, Italy. We start with Caputo flour "Lafarina di Napoli", a historic flour mill in Naples to make our authentic pizza crust. We add San Marzano tomatoes which are grown within the shadow of Mount Vesuvius in extraordinary fertile soil that is perfect for growing a stronger, sweeter and less acidic tomato. Then it is topped with the finest hand-made Mozzarella di Bufala (Buffalo mozzarella) from a 125 year old cheese maker at the foot of the Campania Subapennine mountain range just outside Naples. Extra virgin olive oil, sea salt and fresh basil... That's it! (This pizza is only made one way, the authentic way and we cannot add other toppings.) I hope you enjoy the simple and fresh flavor this true artisan pizza provides - 19.59

Calzones

GARLIC CHICKEN CALZONE

Chicken breast with mozzarella and a garlic cream sauce - 21.99
Deluxe add - 2.39

MEATBALL CALZONE

Filled with our homemade meatballs, ricotta cheese, whole milk mozzarella and served with a side of marinara sauce - 21.99

"YOUR CHOICE" CALZONE

Choose three pizza toppings to go with mozzarella and tomato sauce - 20.59
Deluxe with more cheese and sauce on top add - 2.39

FRUGATTI'S FAVORITES

RALPH'S FITNESS MENU

Lighter version of some of our most popular dishes. Whether you are on a diet or just eating to stay fit, Ralph's Fitness Menu will help you stay on track. To your health, salute! —Ralph



Ralph competing for the Italian National track team in the discus - Rome, Italy, 1976

SALAD

FITNESS BAKED CHICKEN SALAD

A crisp mix of greens topped with tomatoes, red onion, artichoke hearts, black olives and baked chicken breast. Served with our light vinaigrette dressing - 15.59

Calories 406 Carbs 26g Fat 12g Protein 49g

CHICKEN

FITNESS BAKED CHICKEN BREAST

10 oz. boneless and skinless chicken breast seasoned and baked in our wood burning oven. Served with roasted rosemary potatoes and asparagus - 19.59

Calories 584 Carbs 30g Fat 10g Protein 92g

FISH

FITNESS SALMON IN LIGHT TOMATO CREAM

Wood-fired 8 oz. salmon topped with a light tomato cream sauce. Served with our roasted rosemary potatoes and asparagus - 25.99

Calories 655 Carbs 48g Fat 6g Protein 55g

FITNESS SCALLOPS

Wild sea scallops seasoned and seared to a golden brown. Served with our roasted rosemary potatoes and asparagus - 29.99

Calories 340 Carbs 34g Fat 8g Protein 23g

FITNESS BASIL ATLANTIC COD

Wood fired Atlantic Cod with our basil pesto topping. Served with asparagus and penne pasta in marinara - 24.99

Calories 636 Carbs 51g Fat 16g Protein 70g

FITNESS SHRIMP SCAMPI

Five extra large shrimp served with our roasted rosemary potatoes and asparagus - 28.99

Calories 380 Carbs 37g Fat 8g Protein 41g

STEAKS & BURGER

FITNESS CERTIFIED ANGUS BEEF® SIRLOIN

A lean and tender 10 oz. sirloin baked to your preference in our wood-fired oven. Served with our roasted rosemary potatoes and asparagus - 27.29

Calories 529 Carbs 35g Fat 14g Protein 65g

FITNESS FILET TIP

Tender 8 oz. filet tips with peppers, onion and mushroom. Wood-fired and served with roasted rosemary potatoes and asparagus - 26.59

Calories 458 Carbs 35g Fat 14g Protein 47g

NAKED FITNESS BURGER

Half pound of Certified Angus Beef®. Served with lettuce, tomato, onions, pickles, rosemary potatoes and asparagus - 15.79

Calories 679 Carbs 21g Fat 26g Protein 73g

PIZZA & CALZONE

FITNESS PIZZA

Fresh and light pizza with San Marzano tomato sauce, whole milk mozzarella and topped with fresh basil - 14.99

Calories 597 Carbs 71g Fat 19g Protein 34g

FITNESS VEGGIE PIZZA

San Marzano tomato sauce and whole milk mozzarella topped with chopped bell peppers and onions, artichoke hearts, sliced olives and garnished with parmesan - 17.99

Calories 696 Carbs 88g Fat 22g Protein 38g

FITNESS CALZONE

San Marzano tomato sauce, mozzarella and ricotta cheese, pepperoni, green bell peppers and onions. Rolled in our pizza crust and wood-fired to a golden brown - 15.59

Calories 735 Carbs 90g Fat 25g Protein 34g

GLUTEN FREE CRUST

This is a 10" pizza crust, made from imported Italian flour, add 3.00.

If ordered with a fitness pizza please add 5.00 due to the larger size and toppings.

PASTA

FITNESS SPICY CHICKEN LINGUINE

A light dish with chopped chicken breast, diced tomatoes, asparagus and garlic tossed in a light extra virgin olive oil with Italian parsley and parmesan - 21.79

Calories 630 Carbs 54g Fat 20g

GLUTEN FREE BAKED PASTA

Gluten free pasta tossed with marinara sauce, ricotta cheese, mozzarella cheese and wood-fired to a golden brown. Garnished with parmesan and parsley - 19.29

Calories 629 Carbs 79g Fat 11g Protein 29g

FITNESS PESTO CHICKEN LINGUINE

Chopped chicken breast and broccoli florets tossed in our basil pesto with imported linguine and parmesan - 21.79

Calories 610 Carbs 47g Fat 22g Protein 56g

FITNESS BAKED MOSTACCIOLI

Penne pasta tossed with our homemade marinara sauce, ricotta cheese and mozzarella, baked to a golden brown in our wood fired oven.

Garnished with parmesan and parsley - 18.29

Calories 629 Carbs 79g Fat 11g Protein 29g

FITNESS SALMON PASTA

Premium penne pasta with 4 oz. of salmon fillet tossed with asparagus and our light tomato cream sauce - 25.59

Calories 615 Carbs 68g Fat 21g Protein 39g

FITNESS RED PEPPER CHICKEN FETTUCCINE

Spicy red pepper fettuccine with chicken, red and green peppers, fresh mushrooms, onions and cilantro in a light and spicy tomato cream sauce - 23.99

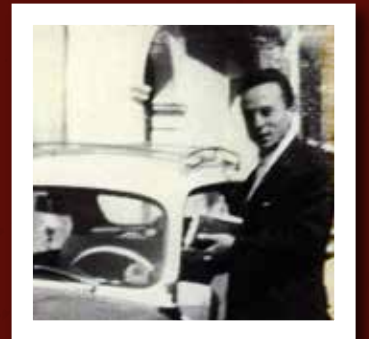
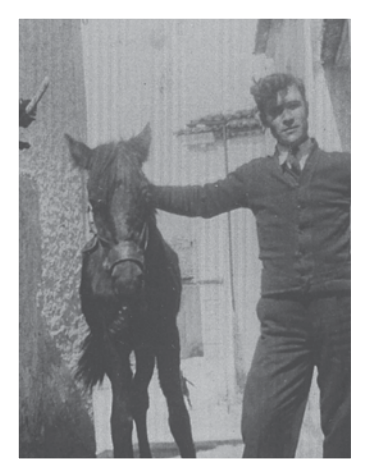
Calories 696 Carbs 73g Fat 19g Protein 59g

SMALL DESSERT

LEMON RICOTTA CHEESECAKE

A half slice of our ricotta cheesecake with fresh squeezed lemon, caramelized lemon peel throughout and a lemon and white chocolate cookie crust - 5.99

Calories 337 Carbs 33g Fat 20g Protein 8g



Desserts

All of our desserts are made in our own kitchen using the finest and freshest ingredients. All of our cheesecakes are made with love by my daughter Theresa.

CHEESECAKE SAMPLER

Can't decide which cheesecake to have? Try our sampler and get a sample size of New York, Red Raspberry, Triple Chocolate and Lemon Ricotta. A great way to finish off your evening - 17.99

TRIPLE CHOCOLATE CHEESECAKE

Chocolate cookie crust with a dense chocolate filling, white and dark chocolate with chocolate whipped cream and chocolate shavings - 9.99

LEMON RICOTTA ITALIAN CHEESECAKE

Amazing! A lite and refreshing ricotta cheesecake with fresh squeezed lemon, caramelized lemon peel throughout and a lemon and white chocolate cookie crust - 9.99

NEW YORK CHEESECAKE

Graham cracker crust, cream cheese filling and sour cream topping - 9.29

RED RASPBERRY CHEESECAKE

Graham cracker crust, cream cheese filling and topped with sweetened red raspberries - 9.79

CHOCOLATE CAKE WITH CHOCOLATE CREAM FROSTING

Do you like chocolate? Try this, a rich chocolate cake with chocolate chunks and chocolate cream frosting. Topped with chocolate chips. Oh yeah! - 8.99

OREO COOKIE CHEESECAKE (GLUTEN FREE)

My daughter Theresa decided that we needed a gluten free cheesecake, so she came up with this gem! Oreo Cookie crust, cream cheese filling with crushed Oreos, a whipped cream topping and of course...Oreo Cookies. Whether you're gluten free or not, this is the real deal - 9.79

GAMMY'S KILLER CARROT CAKE

My mother-in-law made a killer carrot cake, a moist and dense cake with pecans and a rich cream cheese frosting - 8.99

ZABAGLIONE CREAM

Your taste buds will dance a tango in your mouth! A creamy treat with mascarpone cheese, cream, rum and sweet marsala wine. Topped with red raspberries - 9.29

TIRAMISU

It's like a party in your mouth with liquor and everything! Lady fingers soaked in espresso layered between sweet marsala wine, rum and mascarpone custard cream. Topped with chocolate shavings and cocoa and a chocolate dipped cookie as a topper - 12.29

TONY'S CANNOLI

My son, Anthony's favorite dessert that Nonni made especially for him. A southern Italian favorite, two cannoli's made with cannoli cream, cinnamon, Amaretto de Sarrono liqueur and chocolate chips. All filled into a sweet pastry shell and topped with caramel sauce and powdered sugar - 10.79

GELATO

Rich and creamy, made locally. Ask your server for today's selections - 7.99

COFFEE & CAPPUCINO

LA VAZZA COFFEE

Free refills - 4.29

LA VAZZA ESPRESSO - 2.99

DOUBLE ESPRESSO - 4.99

LA VAZZA CAPPUCINO - 5.29

BEVERAGES

SOFT DRINKS

Coca Cola, Diet Coke, Sprite, Dr. Pepper, Barq's Root Beer, Powerade Mountain Berry Blast, Passion Fruit Tea, Iced Tea, Lemonade
Free refills - 4.29

MILK - 4.29

HOT TEA Free refills - 4.29

SAN PELLEGRINO SPARKLING WATER - 5.99

FULL-SERVICE CATERING!

Whether an intimate dinner party, wedding, company meeting, birthday bash or holiday celebration, Frugatti's offers complete full service catering tailored to meet your every need.

Private Wine Cave Parties

FOR ANY PARTY OR BUSINESS MEETING, BOOK OUR EXCLUSIVE WINE CAVE. MAKES ANY EVENT SPECIAL. SEATS UP TO 54 GUESTS.

Frugatti's

WOOD FIRED ITALIAN