



# 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*<sup>®</sup> 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

## APPLEWOOD SMOKED BACON WRAPPED ASPARAGUS

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

## GARLIC BREAD WITH MOZZARELLA

Ciabatta bread with garlic butter and mozzarella cheese - 9.79  
Add Basil Pesto - 11.29

## 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

## 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

## 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

## 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

## 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

# 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 broth. Topped with fresh parmesan cheese and croutons.  
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

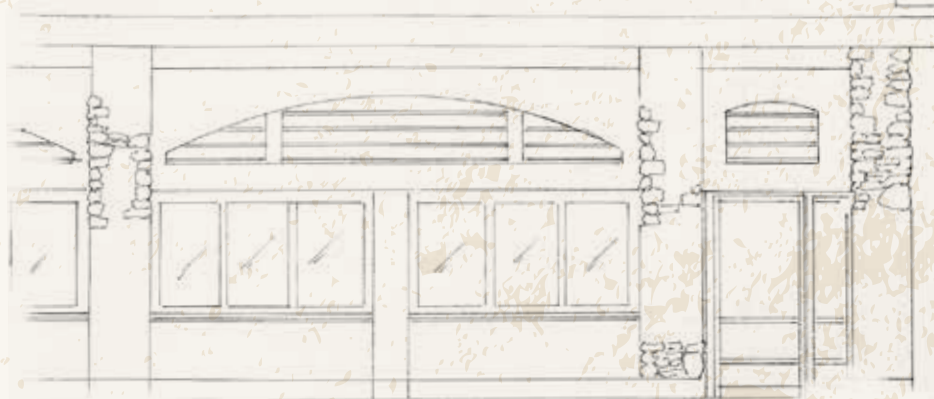
Our Caesar salad topped with filet tip baked in our wood-fired oven with peppers, onion and mushroom - 20.79

*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.

## 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.*



# DAILY LUNCH SPECIALS

MONDAY THROUGH FRIDAY ONLY  
11:00 AM - 2:30 PM

## DAILY SPECIALS

- #1 SOUP, SALAD & SODA**  
House salad plus a bowl of Minestrone or Clam Chowder and choice of soda or tea - 13.79
- #2 LARGE SLICE OF PIZZA WITH SOUP OR SALAD & SODA**  
Choice of cheese or pepperoni slice of pizza, plus cup of soup or salad and choice of soda or tea - 14.79
- #3 BAKED FRUGATTI'S SPECIAL SANDWICH, SALAD & SODA**  
Fruggatti's Special sandwich, salad and choice of soda or tea - 15.59

## PASTA SPECIALS

- #4 BAKED MOSTACCIOLI & SODA**  
Penne pasta tossed with meat sauce and mozzarella cheese then baked to golden brown - 16.79
- #5 FETTUCCHINE ALFREDO & SODA**  
Premium pasta tossed with our creamy alfredo sauce and topped with fresh parmesan cheese and parsley - 16.79
- #6 LINGUINE WITH TOMATO CREAM SAUCE & SODA**  
Imported linguini pasta in a rich tomato cream sauce with parmesan cheese - 16.79
- #7 SPAGHETTI & SODA**  
Topped with Marinara or Meat Sauce - 16.79
- #8 EGGPLANT PARMESAN, PASTA & SODA**  
Eggplant parmesan with your choice of Baked Mostaccioli, Fettuccine Alfredo or Linguini with tomato cream sauce - 18.59

 FRUGATTI'S FAVORITES

## PIZZA SPECIAL

- #9 PERSONAL PIZZA & SODA**  
Personal size pizza with your choice of Pepperoni or Cheese pizza and tea or soda - 14.79
- #10 SPECIALTY PERSONAL PIZZA & SODA**  
Personal size pizza of your choice and tea or soda - 18.29 (does not include Napolitano pizza)

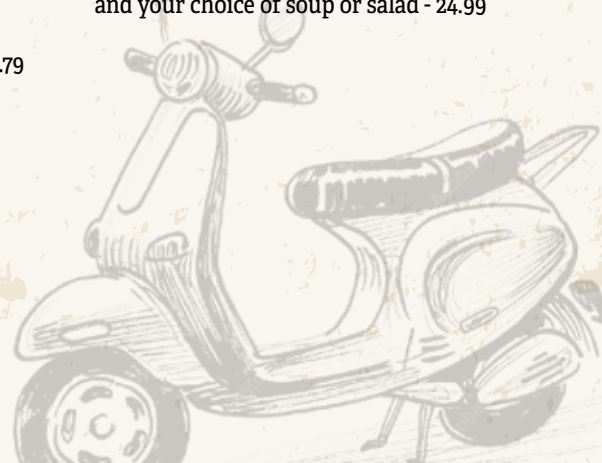
### GLUTEN FREE CRUST

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

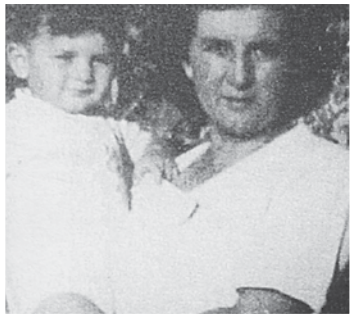
If ordered with a fitness pizza please add 5.00 due to the larger size and toppings.

## LUNCH STEAK & SEAFOOD SPECIALS

- #11 FRUGATTI'S CUT SIRLOIN**  
Our tender and juicy 10 oz. *Certified Angus Beef*<sup>®</sup> sirloin baked to your preference in our wood-fired oven. Served with garlic mashed potatoes, asparagus and your choice of soup or salad - 26.59
- #12 PESTO CRUSTED SALMON**  
8 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 - 24.99



# LUNCH PASTA



## **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 - 20.79



## **GARLIC CHICKEN FETTUCCINE**

Pasta and chicken breast in a rich garlic cream sauce with red bell peppers, toasted almonds and fresh parsley - 20.79

## **PENNE PRIMAVERA**

Penne pasta with broccoli, mushrooms, zucchini and julienne carrots in a creamy alfredo sauce - 20.29

## **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 - 20.79

## **RAVIOLI**

Pasta pockets of seasoned cheeses covered with Marinara or Meat Sauce - 16.59

## **ZUCCHINI & MUSHROOM LASAGNA**

Pasta layered with zucchini, mushrooms, mozzarella, ricotta and parmesan cheeses and baked in our wood burning oven - 18.59

## **MEATBALL LASAGNA**

We start with our Lasagna Classico, add sliced meatballs, then top it with more meat sauce and Wisconsin whole milk mozzarella. Baked in our wood-fired oven - 21.29

## **RIGATONI BOLOGNESE**

Imported rigatoni pasta tossed with our homemade bolognese sauce...a little bit of Bologna, Italy comes to Bakersfield - 19.29

## **PAPU 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 - 19.29

## **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 - 18.59

## **FILET TIP OVER FETTUCCINE ALFREDO**

Tender 4 oz. filet tips with peppers, onion and mushroom, wood-fired and served over our fettuccine alfredo - 24.29

## **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

## **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 - 23.99

## **EDNA'S LASAGNA CLASSICO**

My wife Anne, created the best lasagna you will ever have, Nonni and Papu 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 - 18.59

## **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



**ADD A SMALL SOUP OR SALAD TO YOUR ENTREE - 5.79**

*\*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

## 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

## APPLEWOOD SMOKED BACON, ARTICHOKE & ROMA TOMATO PIZZA

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

## COMBINATION PIZZA

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

## 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

## 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

## SICILIAN LUAV 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

## JP'S MEAT LOVER'S PIZZA

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

## 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

## 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

## 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

## BARBECUE CHICKEN PIZZA

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

## 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

# BURGERS

Add Applewood smoked bacon or cheese (Cheddar or Provolone) - 2.99 each



## 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 - 14.29



## 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 - 13.79



## FRUGATTI'S FAVORITES

# SANDWICHES

Monday through Friday Only 11:00am - 2:30pm

## MUFFALETTA

Invented a century ago at a Sicilian Deli in New Orleans, on a crusty ciabatta bread, we add provolone, salami, pepperoni and ham, baked open faced then topped with our tapenade olive blend. Served with a green salad on the side - 14.29

## CHICKEN PARMESAN SANDWICH

Our breaded chicken breast with homemade marinara sauce, topped with mozzarella cheese and wood-fired to a golden brown on our toasted ciabatta bread. Served with a green salad on the side - 14.99



## BAKED FRUGATTI'S SPECIAL

Ham, salami, pepperoni and provolone cheese on ciabatta bread, baked to perfection. Topped with lettuce, tomato, onion and our special dressing. Served with a green salad on the side - 12.99



## BAKED CHICKEN SANDWICH

Boneless and skinless chicken breast wood-fired and served on a toasted ciabatta bread with lettuce, tomato, onion and our special dressing with a green salad on the side - 14.99

## SAUSAGE SANDWICH

Italian sausage with sautéed bell peppers and onions topped with our zesty meat sauce and fresh parmesan cheese. Served with a green salad on the side - 13.79

## MEATBALL SANDWICH

Meatballs baked to perfection with meat sauce and mozzarella cheese on a French roll. Served with a green salad on the side - 13.79

## LUNCH 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 a green salad on the side - 17.59

## BAKED SOPPRESSATA WITH ROASTED RED BELL PEPPERS SANDWICH

We start with our crusty ciabatta bread, add Soppressata, which is a spicy salami typical of the Basilicata region of Southern Italy where I was born. Then add provolone, roasted red bell pepper strips. Baked in the oven and topped with arugula lettuce and our garlic balsamic vinaigrette. Served with our house Frugatti's salad on the side - 14.29

# 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

# 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.



# 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 on one tray. 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

## 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

## 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

## GELATO

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

## 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



# 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

## LA VAZZA COFFEE

Free refills - 4.29

## LA VAZZA ESPRESSO - 2.99

## DOUBLE ESPRESSO - 4.99

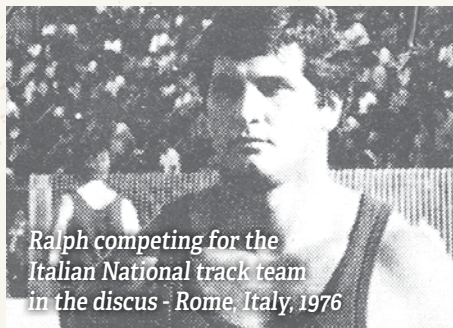
## LA VAZZA CAPPUCCINO - 5.29

## Private Wine Cave Parties

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

# 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-fired 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



### FRUGATTI'S FAVORITES

*Frugattis*  
WOOD FIRED ITALIAN