



PASTA ROMA

MINDFUL

ITALIAN MENU



Protein Power Penne (gf, v)

Chickpea penne, vegan pesto, fresh vegetables, garlic, basil
23 g protein, 8 g fiber

\$14.95

Super Spaghetti (gf, v)

Green lentil spaghetti, marinara, beyond meatballs
43 g protein, 15 g fiber

\$16.95

Green Goddess Pizza (gf,v)

Cauliflower crust, vegan pesto, roasted zucchini, topped with avocado & basil

\$16.95

Live Well Pizza (gf, v)

Cauliflower crust, vegan mozzarella, topped with fresh tomato, garlic & basil

\$15.95

Keto Cacciatore (gf)

Sustainable chicken sautéed with mushrooms, bell peppers, onions & topped with a layer of parmesan; served with roasted vegetables

\$14.95

Balsamic Beet Salad (gf)

Keto Friendly

Organic mixed greens, balsamic roasted beets, candied walnuts, goat cheese

\$14.95

VINO

Besa mi Vino Rosé

Organic, vegan sustainable wine
0g sugar, gluten-free, low in sulfites

\$6.95

Besa mi Vino Just Right White

Organic, vegan sustainable wine
0g sugar, gluten-free, low in sulfites

\$6.95

gf = gluten free
v = vegan