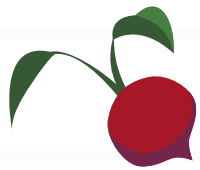


PASTA ROMA



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

Keto Cacciatore (gf)

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

\$14.95

Live Well Pizza (gf, v)

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

\$15.95

Green Goddess Pizza (gf,v)

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

\$16.95

Pure Pizza (v)

Red pizza - tomato sauce topped with juicy slow roasted tomatoes, garlic & basil on

\$16.95

Quinoa Cauli Salad (gf)

Organic mixed greens, roasted cauliflower, organic pesto quinoa, avocado, feta, pepitas

\$12.95

Macro Bowl (gf)

Organic mixed greens, organic baby kale, organic pesto quinoa, buffalo mozzarella, roasted zucchini, cherry tomato, grilled sustainable chicken

\$17.95

Balsamic Beet Salad (gf)

Keto Friendly

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

\$14.95

Keto Kale Caesar (gf)

Organic baby kale, crispy broccolini, cherry tomato, pepitas, parmesan, house caesar dressing

\$14.95

Vegan Pesto Fries

\$6.95

Vegan Cheesecake (v)

Chocolate or Key Lime Pie

\$5.95

Vegan Spinach & Artichoke (v)

Sautéed spinach, tuscan artichoke, mozzarella, basil pesto on homemade panini bread

\$13.95

VINO

Besa mi Vino Rosé and White Wines

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

\$6.95

gf = gluten free
v = vegan