



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
Tuna Cobb – grilled Ahi tuna, tomatoes, red onion, hardboiled egg, avocado, gorgonzola, Applewood bacon, mixed greens, basil Vinaigrette \$12
Watercress – roasted red peppers, red onion, sundried tomatoes, pinenuts, feta, caper Dijon dressing \$6/\$10
Greek – mixed greens, tomatoes, cucumbers, olives, roasted peppers, red onion, feta, vinaigrette \$6/\$10
Famous Fred – blackened chicken breast, mixed greens, vine ripe tomatoes, mushrooms, roasted red peppers, red onion, gorgonzola, balsamic vinaigrette \$10
Steak Wedge – romaine hearts, marinated steak, grape tomatoes, Applewood bacon, tomato gorgonzola \$6/\$10
Chopped – romaine hearts, red onion, calamata olives, carrots, pepperoncini, gorgonzola, garbanzo beans, roma tomatoes, Extra virgin olive oil, balsamic vinegar \$6/\$10
Summer Peach – grilled peaches, baby spinach, red onion, sliced almonds, goat cheese, white balsamic vinaigrette \$6/\$10
Chicken Salad – chicken breast, raisins, walnuts, celery, house dressing, seasonal fresh fruit \$10
House Salad– mixed greens, tomatoes, cucumbers, red onion, croutons, pinenuts, feta \$6
Caesar – romaine hearts, Romano cheese, croutons, Caesar dressing \$8

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

Sandwiches and Wraps

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

Portabella Grille– portabellas, prosciutto, provolone, baby spinach, tomato, herbed mayo, Italian bread \$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
BBT Panini – Applewood bacon, basil, vine ripe tomatoes, fresh mozzarella, basil mayonnaise, Italian bread \$9
Signature Chicken Salad – chicken breast, house dressing, walnuts, raisins, celery, house bread \$9
Italian Grinder– salami, cappicola, mortadella, pepperoni, provolone, red onion, lettuce, tomato, hot cherry pepper relish, house made grinder roll \$10
Meatloaf Panini – house made meatloaf, aged cheddar, pancetta, italian bread \$10
Grilled Chicken Wrap – oven roasted tomatoes, smoked mozzarella, red onions, lettuce, green chili mayo \$9
California Crossiant– roasted chicken, provolone, avocado, tomato, Applewood bacon, basil mayonnaise \$10

Pizza

House – pepperoni, Italian sausage, mushrooms, three cheeses, tomato sauce \$12
Grilled Vegetable– zucchini, red onion, red peppers, summer squash, goat cheese, olive oil, balsamic reduction \$12
Chicken–mushrooms, red onion, marinated chicken, gorgonzola, 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, foccacia bread \$10
Fried Calamari – seasoned flour, lemon caper aioli, marinara, lemon crown \$10
Seared Sea Scallops – bacon rendered spinach, smoked tomato jam \$11
Antipasto for Two– imported meats, imported cheeses, marinated vegetables, olives \$12
Pan Seared Crabcake – watercress, spicy peach salsa \$11
Foccacia –roasted garlic oil, Italian herbs \$4



Entrees

Chicken / Pasta

Chicken Roulade
stuffed breast, prosciutto, spinach, sharp provolone, mushroom Marsala sauce, mashed potatoes, grilled asparagus \$18

Chicken Parmigiana
Italian classic served over spaghetti \$15

Walnut Encrusted Chicken
spinach gorgonzola cream sauce, roasted red peppers, fettuccine \$15

Chicken & Scallops Portuguese
Chicken, scallops, Italian sausage, roma tomatoes, sherry cream sauce, fettuccine \$19

Ravioli Florentine
Marinated grilled chicken, wild mushroom ravioli, fresh spinach, tomato cream sauce \$18

Eggplant Parmigiana
Skinless breaded eggplant, mozzarella, romano, tomato sauce \$15

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

Lasagna
Ricotta & mozzarella cheeses layered with pasta and tomato sauce \$15

Capellini d' Pomodoro
Fresh roma tomatoes, artichoke hearts, capers, basil, garlic, olive oil, angel hair pasta \$14
(add meatballs, sausage, or chicken...\$16 shrimp...\$17)

Pork / Veal / Seafood

Grilled Bistro Tender
10oz garlic and herb crusted, truffle mashed potatoes, grilled summer vegetables \$19

Osso Buco
Chianti braised veal shank, sautéed spinach, braising jus, gremolata risotto \$21

Veal Parmigiana
Italian classic served over spaghetti \$19

Veal Milanese
Pan fried breaded cutlet, fresh mozzarella, oven dried tomatoes, spaghetti cacio pepe \$19

Bella Meatloaf
Beef, veal, sausage, fresh herbs, amatriciana sauce, mashed potatoes, sauteed spinach \$16

Pan Seared Crabcakes
2 – 4oz Crabcakes, garlic mashers, orange fennel slaw \$21

Fruitti di Mare
Shrimp, scallops, mussels, clams, calamari, basil, garlic, fettuccine, marinara \$20

Shrimp & Crab Scampi
Grape tomatoes, wild mushrooms, scallions, lemon garlic scampi butter, penne \$18

Citrus Balsamic Glazed Salmon
Grilled asparagus, lemon basil mashed potatoes \$19

Mediterranean Tuna
Grilled Ahi tuna, chilled Mediterranean orzo, lemon oregano dressed micro greens \$19

Risotto

Grilled Chicken Risotto– skin on marinated chicken breast, asparagus, pine nut, sundried tomato risotto \$18

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

Scallop Risotto– pan seared scallops atop fresh peach, basil, truffled risotto \$20

Sides

Spaghettini with Marinara
Grilled Asparagus
Sautéed Spinach

Truffled Mashed Potatoes
Herb Risotto
Mashed Potatoes
\$4

Saffron Risotto
Mediterranean Orzo
Grilled Vegetables