

# LUNCH

## ZUPPA E INSALATA

**WHITE BEAN MINISTRONE \$7** <sup>VG</sup>  
baby kale | extra virgin olive oil

**PANZANELLA \$12**  
burrata cheese | heirloom tomato  
basil | shaved red onion | mixed greens  
grilled focaccia | white balsamic  
whole grain mustard vinaigrette

**ROMAINE SALAD \$9**  
parmesan | fried polenta  
classic dressing | white anchovy

**TUSCAN SALAD \$10**  
campari tomato | shaved pecorino | mixed  
greens | cannellini beans | kalamata olives  
cucumber | shaved red onion | oregano  
vinaigrette | sliced sweet pepper

**NO'NA'S ITALIAN MEATBALL SALAD \$18**  
mixed greens | arugula | artichokes  
heirloom tomatoes | red onions  
radicchio | salami | pepperoni  
fontina cheese | no'na's meat ball  
candied lemon vinaigrette

add a protein to your salad +  
chicken \$5 | rock shrimp \$6 | flat iron steak \$9  
salmon \$8 | meatball \$8

## ANTIPASTI E FLATBREAD

**FIO FLAT BREAD \$14**  
smokey blue and ricotta mousse  
arugula | balsamic drizzle  
prosciutto di parma | dried figs

**CLASSICO FLATBREAD \$13**  
tomato sauce | buffalo mozzarella  
hand sliced pepperoni | basil  
cracked black pepper | sea salt

**CALAMARI DIABLO \$12**  
parmesan cheese | lemon juice  
fresh herbs | diablo sauce

**NO'NA'S MEAT BALL \$11**  
no'na's house made meat ball  
marinara sauce  
buffalo mozzarella | basil oil

## SANDWICHES & MORE

All sandwiches served with a choice of salad: pasta, caesar or house salad.  
Choice of dressing: balsamic, ranch, italian

**FIO BURGER \$17 +**  
hand formed beef and lamb patty  
feta aioli | green harissa  
quick pickled cucumber | shaved red onion  
arugula | brioche bun

**OPEN FACE BROILED SALMON BLT \$18 +**  
grilled herb ciabatta | mixed greens  
bacon | avocado | artichoke  
saffron mayo | lemon caper cream fresh

**PRESSED ITALIAN GRINDER \$14**  
zesty italian sausage | pepperoni  
grinder relish | marinara sauce  
white hoagie roll

**CAPRESE PRESS \$13**  
heirloom tomato | fresh buffalo mozzarella  
arugula pesto | basil  
balsamic glaze | white hoagie roll

**LINGUINI COTTA \$15**  
whole wheat linguini  
roasted garlic | cured tomatoes  
italian parsley | parmesan  
fresh arugula | arugula pesto

**BRAISED BEEF SHORT RIB & GNOCCHI \$19**  
seasonal vegetables | ricotta gnocchi  
roasted tomato | bacon carbonara alfredo  
barolo syrup  
shaved horseradish cheddar

**CHICKEN PARMESAN \$18**  
chicken breast | spaghetti pasta  
house made marinara  
parmesan shards | basil

**SEASONAL FRESH FISH PICCATATA \$19**  
caper berries | pappardelle pasta  
tomatoes | lemon butter sauce

## DOLCE

**HOUSE MADE LEMONCELLO GELATO \$8**  
amaretto cookie

## VEGAN

**WHITE BEAN MINISTRONE \$7**  
baby kale | extra virgin olive oil

**VENETIAN FLATBREAD \$13**  
white bean spread | roasted mushrooms | spinach | roasted garlic  
red pepper coulis

**VEGAN MEATBALL POMODORO \$14**  
bucatini pasta, cashew ricotta, micro basil

<sup>GF</sup> = gluten free <sup>VG</sup> = vegan + Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the consumer's risk of food borne illness. For parties of 6 or more, a service charge of 18% will automatically be added to your check.

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