



813-907-MEAL (6325)

<http://www.mobilemeals.com>

Italian Kitchen

Appetizers

Garlic Bread	\$7.99
<i>Garlic butter spread on lightly toasted bread and sprinkled with Parmesan cheese.</i>	
Bruchetta (5)	\$9.50
<i>Fresh tomato, onion, and special herbs, served over garlic points</i>	
Mozzarella Sticks (5)	\$10.50
<i>Lightly breaded cheese sticks, fried golden brown and served with our fresh marinara sauce</i>	
Fresh Homemade Calamari	\$13.50
<i>Rings and tubes, lightly flowered and fried to golden perfection, served with marinara sauce</i>	
Side of Meatball (1)	\$2.45
<i>One Meatball</i>	
Side of Meatball (2)	\$4.90
<i>Two Meatballs.</i>	

Italian Favorites

Some items served with a side of pasta or grilled veggies.

Chicken Piccata	\$18.50
<i>Breaded cutlet sauteed with a lemon-garlic capers in wine & butter sauce</i>	
Sinful Chicken Parmesan	\$19.50
<i>Crispy oven baked tender breaded chicken cutlet topped with marinara sauce, mozzarella and parmesan cheese</i>	
Chicken Florentine	\$18.50
<i>Breaded cutlet sauteed with mushrooms, spinach and sundried Tomatoes in garlicky alfredo sauce and topped with mozzarella. Served with pasta.</i>	
Unforgettable Shrimp Scampi	\$20.50
<i>The Secret is in the Sauce. A delicious blend of garlic butter, wine, lemon sauce, Romano cheese and fresh herbs over linguini</i>	
Grilled Chicken Bruschetta	\$17.50
<i>Topped with sauteed calamata olives, feta cheese and tossed in our fresh bruschetta and a splash of balsamic</i>	
Chicken Marsala	\$19.50
<i>Savory lightly breaded chicken breast sauteed with mushrooms, Herbs & spices, in a marsala sauce. Served with pasta.</i>	
Beef Scaloppini Florentine	\$20.50
<i>Filet mignon tender cutlet lightly breaded and pan fried to golden brown and sauteed with mushrooms, spinach and sun dried tomatoes in a garlic alfredo sauce and topped with mozzarella cheese.</i>	
Beef Scaloppini Piccata	\$20.50
<i>Filet mignon tender cutlet lightly breaded and pan fried to a golden brown sauteed with piccata sauce</i>	
Beef Scaloppini Parmesan	\$20.50
<i>Filet mignon tender cutlet lightly breaded and pan fried to a golden</i>	

Signature Salads

House Salad	\$7.00
<i>Fresh greens, carrots, red cabbage, cucumbers, tomatoes, black olives</i>	
Greek Salad	\$7.00
<i>Crisp romaine lettuce with tomatoes, red cabbage, feta cheese, cucumbers, red onions, black olives served with greek dressing.</i>	
Caesar Salad	\$7.00
<i>Fresh romaine lettuce tossed with Caesar dressing, croutons and Romano cheese</i>	
Caprese Salad	\$12.50
<i>Fresh mozzarella cheese and tomato slice salad on a bed of mixed greens</i>	
Cup of Soup	\$5.49
Bowl Of Soup	\$7.49

Stone Oven Baked Pastas

Classic Lasagna - Simply the Best	\$17.50
<i>Layers of Pasta, ricotta cheese and our own meat sauce baked with 3 specialty Italian cheeses</i>	
Baked Ziti - Fatal Attraction	\$16.50
<i>Sicilian style, baked with Italian sausage and Ricotta cheese in marinara sauce, crusted with melted mozzarella</i>	
Cheese Ravioli	\$16.50
<i>Sauteed in butter and baked in marinara and mozzarella sauce</i>	
Baked Manicotti	\$16.50
<i>Pasta stuffed with special Ricotta cheese blend and topped with marinara and finished with mozzarella and parmesan cheese</i>	
Baked Tortellini	\$16.50
<i>Our four cheese tortellini topped with melted mozzarella cheese and out specialty rose sauce</i>	

Specialty Low Cal Pasta Dishes

Low Cal/High Protein Pasta	
Bowtie Pasta Primavera	\$16.50
<i>Pan seared zucchini, broccoli, sweet peppers, mushrooms & carrots sauteed with garlic & herbs in a garlic bruschetta sauce</i>	
Spaghetti with Skinny Sauce	\$15.50
<i>Marinated grilled chicken and fire-roasted tomatoes, sauteed with herbs & garlic sauce</i>	
It's So Good For You Pasta	\$14.00
<i>Grilled chicken in a lemon pesto Sauce over Bowtie pasta</i>	

Kids Meals

Kids Spaghetti & Meatball	\$6.00
Kids Macaroni & Cheese	\$6.00
Kids Meatball Sub with Fries	\$6.00
Kids Chicken Fingers with Fries	\$6.00

Pasta Specialties

Flavors of Sicily, Rome, Venice and Florence. A Collection of Healthy and Delicious Family Recipes.	
Chef's Kitchen Special	\$23.50
<i>Sauteed shrimp, clams, black mussels in a roasted garlic herb bruschetta and parmesan sauce, served over fettuccini</i>	
Fettuccine Alfredo	\$14.50
<i>Fettuccini in a white cream sauce</i>	
Chicken Rustica	\$17.50
<i>Penne sauteed with grilled chicken, roasted red peppers, artichoke hearts, fresh herbs and sun dried tomatoes, topped with a bruschetta sauce and melted mozzarella cheese</i>	
Our Famous Seafood Risotto	\$20.50
<i>With delicious succulent shrimp, clams, and mussels</i>	
Mama's Really Really Good Spaghetti and Meatballs	\$16.50
<i>Simply delicious meatballs slow simmered in our fresh homemade marinara sauce</i>	
Signature Dish	\$17.50
<i>Our sinful signature dish. Grilled chicken tossed with pancetta, sauteed mushrooms, sun dried tomatoes and spinach in our signature Alfredo sauce</i>	
Spaghetti Pomodoro	\$14.50
<i>Fresh tomatoes sauteed in garlic and Italian seasoning</i>	
Sausage Florentine	\$17.50
<i>Roasted sausage with mushrooms, spinach & roasted tomatoes in a creamy Alfredo sauce served over a fresh bed of capellini pasta</i>	
Romeo & Juliet	\$19.50
<i>Move over signature dish. Penne, pan seared chicken and succulent jumbo shrimp sauteed with roasted red peppers, pancetta, spinach, mushrooms and roasted tomatoes in a garlic cream sauce</i>	
Spaghetti Bolognese	\$16.50
<i>Spaghetti topped with our famous Bolognese sauce. Add Chicken \$3.00</i>	
Fettuccine Chicken Alfredo - Our Way	\$17.50
<i>Pan seared chicken, sauteed with broccoli and mushrooms in a Alfredo sauce</i>	
Cafe Land & Sea Ultimate Pasta	\$17.50
<i>Delicious Shrimp, chicken, and sausage, sauteed in roasted garlic, wine, fresh herbs, and Italian spices, in a butter cream garlic lemon sauce</i>	
Romantica	\$17.50
<i>Do not try this at home Eggplant parmesan, mushrooms & Italian sausage, tossed with basil, marinara red sauce, topped with Ricotta and mozzarella cheese, served over penne</i>	

*brown topped with our delicious
marinara sauce, mozzarella and
parmesan cheese.*

Beef Scaloppini Marsala \$20.50

*Filet mignon tender cutlet lightly
breaded and pan fried to golden
brown & sauteed with mushrooms,
special herbs and marsala sauce.*

Chicken Lemoncello \$15.49

*Grilled breast tenderloin topped
with our homemade buttery lemon
sauce*

Eggplant Parmesan Our Way \$15.00

A three way crusted delight

Kids Mozzarella Sticks \$6.00

Kids Portion of Any Pasta with \$6.00

Choice of Sauce

Desserts

Cannoli - Small \$6.50

Tiramisu \$8.50

Tuxedo Brownie Mousse \$10.50

Cheesecake Supreme \$10.50

House Dessert \$8.50