



Healthy Italian Menu

Inspired and designed for today's health conscious customers

Our sincere appreciation to
Joanie Gillespie, CNS
Certified Nutritional Specialist
for her consultation and contribution to our new menu

Egg White Omelets

Egg whites, low fat cheese, fresh zucchini, broccoli,
spinach and mushrooms with whole wheat toast
8.95

Breakfast

Steel Cut Oatmeal

with side of walnuts, skim milk,
Splenda brown sugar or maple syrup
6.95

Insalata Calamari

Calamari, olive oil, garlic, onions
celery, lemon and Maria's herb blend
9.95

Insalata

Insalata di Casa "Lite"

Fresh medley of mixed greens, cherry tomatoes,
cucumbers, garbanzo beans tossed with
balsamic vinegar reduction and light olive oil
4.95

add - chicken....4.00 shrimp....7.00 salmon....6.00

Spaghetti Pomodoro

Whole grain pasta with Maria's chunky lightly cooked
tomatoes, garlic, fresh basil olive oil & herbs
9.95

Pasta

Spaghetti Primavera

Whole grain pasta with fresh seasonal vegetables sauteed
in light olive oil, garlic and herbs with marinara sauce
11.95

Chicken

Grilled chicken breast over our sauteed
spinach and broccoli with whole grain spaghetti in
in marinara sauce
18.95

Entrees

Shrimp

Grilled garlic herb shrimp over whole grain spaghetti
with marinara sauce
22.95

Salmon

Grilled garlic herb salmon over sauteed greens with
whole grain spaghetti in Pomodoro sauce
19.95

Our thanks to Joanie and "Healthy Connections"
The above items follow the guidelines of Healthy Connections dietary parameters

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