

CASANOVA'S IDEAL PROTEIN MENU OPTIONS

All Menu Items Prepared According to IP Guidelines

IDEAL CHICKEN CAESAR SALAD \$14.95

Crisp Romaine Topped with 6oz. Grilled Chicken Breast, Anchovy, Lemon & Olive Oil on the Side

IDEAL SHRIMP & VEGGIES \$19.95

8 Delicious Grilled Baby Shrimp & Steamed Vegetables Served with Fresh Lemon & A Side Salad

IDEAL GRILLED SALMON \$17.95

Grilled 8oz. Salmon Fillet Seasoned with Fresh Herbs, Garnished with Fresh Lemon
Served with Steamed Vegetables & A Side Salad

IDEAL SURF & TURF—SHRIMP & STEAK BITES \$21.95

5 Grilled Bite Size NY Sirloin Steak Bites and 5 Grilled Shrimp Seasoned with Fresh Herbs
Garnished with Fresh Lemon, Served with Steamed Vegetables & A Side Salad

IDEAL BITE SIZED STEAK \$18.95

Grilled 8oz. NY Sirloin Steak Bites Seasoned with Fresh
Served with Steamed Vegetables & A Side Salad

IDEAL SPINACH SALAD \$8.50

Baby Spinach, Red Onion, Sliced Egg & Tomato Served with Fresh Lemon & Olive Oil

IDEAL CHICKEN & VEGGIES \$17.95

8oz Grilled Chicken Breast Seasoned with Fresh Herbs Served Over a Bed of Steamed Vegetables

Salads are all raw vegetables, portions are 2 cups raw
Steamed vegetable portion is 2 cups raw, prior to cooking
Fresh herbs are basil, rosemary, oregano, parsley, garlic
Protein portions are 8oz weight, prior to cooking, unless otherwise indicated

Please note substitutions are subject to availability

Ask your server for our fresh fish assortment \$27.95

