

# 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 \$24.95**

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

## **IDEAL GRILLED SALMON \$19.95**

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 \$36.95**

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 \$27.95**

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

## **IDEAL DAILY CATCH \$27.95**

Call the Restaurant to Find out

---

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

