



# La Fontana

## LUNCH STARTERS

<i>Maui Onion Soup</i>				8
Light and flavorful onion soup with a cheese baguette				
<i>Soup of the Day</i>	Cup	4.50	Bowl	7
<i>House Spring Salad</i>				6.5
<i>Fried Calamari</i>				9.5
Fried golden and served with a spicy remoulade and tartar sauce				
<i>Chicken Wings</i>				9
Juicy chicken wings tossed in buffalo hot sauce				
<i>Chicken Quesadilla</i>				10
Grilled chicken breast with red and green bell peppers, onions and Pepper Jack cheese in a spinach flour tortilla, side of sour cream, salsa and guacamole				

## SALADS AND HAND-CRAFTED SANDWICHES

(Sandwiches includes choice of: French fries or Fresh Fruit)

<i>Greek Salad</i>				11
Hearts of romaine, Kalamata olives, pepperoncini peppers, Bermuda onions, cherry tomatoes, feta cheese and Greek dressing				
<i>Classic Caesar Salad</i>				10.5
Homemade croutons and Caesar dressing, fresh parmesan cheese				
<i>Spinach salad</i>				11.5
Baby spinach, poached pear, candied walnuts, crumbled blue cheese tossed in Raspberry vinaigrette and crumbled bacon				
<i>Add your choice of grilled additional toppings to these salads for</i>				
<i>Grilled chicken</i>	5	<i>blackened salmon</i>		7
<i>Gyro meat</i>	6	<i>grilled shrimp each</i>		2

*California Cobb Salad* 15  
Mixed greens tossed with diced chicken, bacon, hard boiled eggs, avocado, tomatoes, and blue cheese with choice of dressing

*Oriental Chicken Salad* 13.5  
Napa cabbage mixed greens with shredded carrots, green onions, cilantro, roasted peanuts, mandarin sections, rice noodles and chicken strips with a sesame dressing

*Spicy Swordfish Balsamic Salad* 18  
Grilled spicy swordfish top of Micro greens julienne vegetables and a balsamic vinaigrette

*California Chicken sandwich* 12.5  
Grilled chicken breast, lettuce, tomato, jack cheese, avocado, roasted green pepper on a sourdough kaiser roll

*Caribbean Chicken Wrap* 12.5  
Grilled spicy chicken breast, smoked gouda cheese, tomato, micro greens and mango vinaigrette in a spinach tortilla

*Gyro Sandwich* 12.5  
Slices of beef and lamb with tomatoes, parsley onions and tzatziki sauce on a lightly grilled pita bread

<i>Charbroiled Angus Beef Burger</i>	13.5
Freshly ground angus beef, lettuce, tomato, red onion and pickle on a sour dough or whole wheat toasted kaiser roll with choice of Two topping;	
<i>Additional Choice of toppings:</i>	1.50
<b>American ~ cheddar ~ jack ~ pepperjack ~ blue cheese ~ bacon ~ sautéed onions ~ sautéed mushrooms ~ avocado</b>	

HEART HEALTHY	
<i>Blackened Tropical Salmon Salad</i>	19
Romaine lettuces with mango vinaigrette topped with fresh blackened salmon and mango, corn and black bean salsa	
<i>Swordfish Muffuletta</i>	14.5
Grilled spicy swordfish layered with tomato relish, olive tapanade on a whole wheat kaiser roll	
<i>Wild Mushroom Ravioli Pomodoro</i>	16
Large ravioli stuffed with wild mushrooms on julienne vegetables	
<i>Pan Seared Ahi</i>	18.5
Soy and ginger pan seared Ahi tuna on a spinach and edamame stew with steamed baby bok choy.	
<i>Steamed Chicken and Shrimp</i>	16.5
Steamed Chicken breast, Shrimp and Julienne vegetables, served over saffron risotto and a light Teriyaki Sauce	

### STEAKS

<i>Roquefort Filet</i>	25
Two petite 4oz center cut tenderloin of beef, with burgundy sauce, garlic mashed potatoes, seasonal vegetables topped with Roquefort.	
<i>La Fontana Steak Sandwich</i>	22.5
Grilled to perfection 8oz N.Y. strip Steak, Covered with grilled onions, Mushrooms, peppers and Smoked Gouda Served with Bistro Fries.	

### Fontana's Favorites

<i>Pan roasted Pacific Salmon</i>	19.5
Pacific salmon filet served over mushroom saffron risotto, wilted spinach in a sun dried tomato and basil pesto broth	
<i>Cajun Jambalaya</i>	15.5
Cajun Rice, strips Chicken breast, Shrimp and Andouille spicy Sausage.	
<i>Grilled California Lamb Chop</i>	26
Grilled Marinated Lamb Chops, Garlic mashed potato, fresh asparagus and poached pear with mint jelly and red wine reduction sauce	
<i>Seared Mahi Mahi Provençal</i>	19
Garlic Mashed Potatoes, broccolini and a provençal roasted tomato relish.	

### ADDITIONAL SIDES \$3.50 EACH

Roasted garlic fingerling potatoes ~ Garlic mashed potatoes ~ Sautéed button mushrooms ~ Sautéed spinach ~ Steamed Spinach ~ Steamed broccolini ~ French Fries

### PASTAS

<i>Capellini a la Traditional</i>	15.5
Angel hair tossed with fresh spinach, tomatoes, basil, capers, garlic and shallots in a white wine butter sauce	
<i>Penne con Pollo</i>	17.5
Marinated grilled chicken with fresh spinach, sun dried tomatoes, and artichoke hearts Tossed in a roasted garlic cream sauce	
<i>Pasta di Mare Pomodoro</i>	19.5
Salmon, shrimp, Clams and a sprinkling of parmesan cheese in a pomodoro sauce	

An additional \$2 charge per plate will be added to split plated menu and a 20% gratuity will be added for parties of 8 or more  
Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness

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