

Seasonal Salads

The "Humdinger" 8.25

Baby spinach, cucumber, cabbage, broccoli, sprouts, carrot, avocado, raw beets, hardboiled egg, sunflower seeds, carrot-ginger dressing

"Not So Classic" Caesar 7.50

Chopped kale, romaine lettuce, Tuscan croutons, shaved parmigiana, homemade roasted garlic Caesar dressing

The "Greek" 8.25

Crisp romaine and baby greens, cucumber, Kalamata olives, red onions, bell peppers, cherry tomatoes, feta cheese, Greek vinaigrette

"Three Village" Cobb 10.49

Herb-grilled chicken, romaine lettuce, tomato, avocado, Applewood bacon, hard-boiled egg, crumbled blue cheese, buttermilk ranch dressing

The "Avalon" 8.25

arugula, spinach, dried figs, beets, toasted almonds, avocado, ricotta salata, balsamic vinaigrette

Try it with our country chicken salad add 4.

"Never Miss A Beet" 8.25

Organic arugula, roasted beets, red onion, candied walnuts, local goat cheese, balsamic vinaigrette

Chopped Mediterranean Salad 8.49

Tomato, cucumber, bell pepper, red onion, feta cheese, romaine, chickpeas, fresh lemon tahini dressing served with grilled pita

Chef's Salad 10.95

House-roasted turkey and homemade roast beef wrapped with Black Forest Ham and Swiss with hardboiled egg over baby greens and Russian dressing

Chef Inspired Protein Bowls

Toscana 8.95

Farro, roasted eggplant, sundried tomatoes, roasted broccoli, chick peas, ricotta salata, arugula pesto

Mexi-Cali Breakfast 8.95

Brown rice, spinach, black beans, roasted corn, Pico di gallo, avocado, hard/easy egg, cilantro, crispy tortilla, salsa fresca

Try it with our black Angus sirloin add 5.

Farmer's Harvest 8.75

quinoa, spinach, roasted sweet potato, cranberries, caramelized apple, smokey roasted fig glaze

try it with our herb grilled chicken add 3.00

Buddha Bowl 8.75

Brown rice, roasted carrots, kale, roasted cauliflower, broccoli, chickpeas, lemon tahini dressing

"OMEGA" 8.95

brown rice, raw beets, spinach, shredded cabbage, cucumber, avocado, roasted corn, sunflower seeds, green goddess dressing

Try it with poached salmon add 6.

The Forager 8.75

Farro, roasted mushrooms, roasted butternut squash, Brussel sprouts, roasted broccoli, shaved parmesan, 25 year balsamic glaze

Build Your Own Cold 7.50 / Hot 8.75

Bases choose up to 2

Organic baby greens, kale, spinach, arugula, romaine, quinoa, farro,
organic brown rice

Ingredients choose up to 4 extras 1.00

Peppers, onions, tomatoes, cucumber, beets, mushroom, carrots, sprouts,
broccoli, cauliflower, corn, brussel sprouts, black beans, chickpeas, olives,
cabbage

Premiums add 1.25

Avocado, cheddar cheese, blu cheese, roasted sweet potato, roasted butternut
squash, roasted eggplant, roasted beets, ricotta salata, feta,
goat cheese, country bacon, hard/easy egg, toasted almonds, candied
walnuts, toasted almonds, grilled pita bread, extra grain

Additional Proteins

Herb grilled chicken 3, Poached Salmon 6,

Grilled Shrimp 7, Tuna salad 3

Grilled vegetables 4, Chicken salad 4

Black Angus London Broil 5

Dressings & Sauces

Balsamic vinaigrette, Roasted garlic Caesar, buttermilk ranch, greek
vinaigrette, carrot-ginger, lemon tahini, green goddess, smokey roasted fig
glaze, salsa fresca



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