

PIATTI

Piatti Fit Menu

TO START

Carpaccio, arugula, Pecorino Romano, capers, lemon...12
Cal 184 | C 2 F 10 P 21

Beet and farro salad, gorgonzola, pistachios,
arugula, hardboiled egg, sherry vinaigrette...10
Cal 248 | C 22 F 15 P 10

SIDES

Steamed zucchini and squash...6
Cal 42 | C 8 F 0 P 25

Steamed asparagus, lemon...6
Cal 23 | C 4 F 0 P 2

Steamed broccolini...6
Cal 38 | C 7 F 0 P 3

6 oz wild black rice w/pistachios...6
Cal 200 | C 39 F 9 P 8

Wheat pasta, Greek yogurt tomato sauce...6
Cal 200 | C 41 F 2 P 7

ENTREES

Shaved zucchini, "Tagliatelle" grilled chicken,
toasted pine nuts, spinach, lemon white wine sauce...17
Cal 350.5 | C 12 F 12.5 P 50

Shaved zucchini, "Tagliatelle" grilled chicken,
toasted pine nuts, spinach, marinara sauce...17
Cal 422.5 | C 23 F 14.5 P 50

Grilled organic Scottish "wild isle" salmon salad, garden lettuce,
tomatoes, red onion, cucumbers, champagne vinaigrette...16
Cal 257 | C 6 F 13 P 29

"Alla Mattone" organic, skinless chicken breast
grilled under a brick, grilled asparagus ...19
Cal 318 | C 4 F 10 P 53

Grilled organic Scottish "wild isle" salmon,
Italian wild black rice, steamed spinach, pistachios...23
Cal 455 | C 30 F 15 P 50

Grilled blackened ahi tuna, steamed spinach...17
Cal 206 | C 7 F 2 P 40