



# ANDIAMO LEAN!

Where Healthy Living and Fine Dining Meet

*Introducing Andiamo Lean – a delicious selection of health-inspired menu choices created through the collaborative efforts of Andiamo Corporate Chef Jim Oppat and Board Certified Physician Nutrition Specialist Dr. Tom Rifai. The science of low calorie density allows you to enjoy generously portioned, full-flavored meals prepared with Andiamo's signature flair – including appetizer and gourmet fruit dessert – for less than 600 calories. Andiamo Lean selections contain minimal saturated and no trans fat, no gluten, no soy or nut products and are low in sodium. Discover authentic Italian food that's as good for your body as it is for your soul.*

## STARTERS

*Choice of one included with Entrée*

Jicama and Apple Slaw in Yogurt Dressing

Spiced Garbanzo Beans, Mushrooms and Tomato Ragu

Roasted Beet Salad with Orange Supremes  
and Citrus-Sour Crème Dressing

## ENTRÉES

### PESCE BIANCO E STUFATO DE VERDURA

Char-broiled whitefish fillet on a summer vegetable stew in potato-chive sauce \$20.95

### SALMONE CON GRANTURCO E FUNGHI

Grilled salmon fillet presented on a sweet basil corn broth with oyster mushrooms \$24.95

### ORATA CON VERDURA E INSALATA DE PREZZÉMOLO

Wild Mediterranean fish fillet is broiled, served on a bed of linguine cut squash noodles, topped with a parsley salad of fresh and sun-dried tomatoes with white anchovy \$29.95

### PETTO DI POLLO ARROSTITO

Grilled chicken breast with roasted tomato fillets and fresh herbs accompanied with roasted peppers, mushrooms and onions \$18.95

### BISONTE CON INSALATA DI PORTABELLA

6 oz hand cut Bison sirloin steak is char-grilled and topped with a portabella mushroom slaw on a bed of balsamic braised Swiss chard \$31.95

### INVOLTINI DI MELANZANE

Grilled eggplant slices rolled with assorted roasted vegetables in herbed tomato sauce \$17.95

## DESSERT

*Included with Entrée*

### PANNA COTTA

Fruit infused panna cotta surrounded by fresh cut fruits and berries