

Lunch Menu

- Salads -

House Salad 3.95

Chicken & Sun-Dried Tomato Salad

Grilled chicken, sun-dried tomatoes, red onion, roasted red peppers, black olives and nuts served on a bed of mixed greens. \$7.95

Mediterranean Salad

Artichokes, olives, roasted red peppers over field greens, drizzled with balsamic vinaigrette. \$6.95

- Pasta -

Pasta Primavera

Garden vegetables with pasta, your choice of olive oil and garlic or marinara sauce. \$8.95

- From the Sea -

Ahi Tuna

Sashimi grade tuna, sesame seared and served rare with oriental mustard sauce and asparagus. \$13.95

Dinner Menu

- Appetizers -

House Salad \$4.95

Sesame Tuna

Sliced ahi saku bloc tuna, pan seared and coated in sesame seeds, with mizuma greens and wasabi mustard. \$14.95

- Pasta & Vegetarian Dishes -

Pasta Primavera

Garden vegetables with pasta and your choice of olive oil and garlic or marinara sauce. \$17.95

- From the Sea -

Ahi Tuna

Sashimi grade tuna, sesame seared and served rare with oriental mustard sauce and asparagus. \$27.95

Salmon Vera Cruz

Grilled North Atlantic wild salmon, served with a roasted Vera Cruz style salsa over rice pilaf. \$23.95



- Sides -

Baked Potato \$2.95

House Vegetable \$2.95

Roasted Red Potato \$2.95

Side of Angel Hair \$3.95

Traditional Mediterranean Cuisine and the Heart Healthy Restaurant Program

Traditional Mediterranean Cuisine as represented in this menu not only tastes great - it's great for your heart. In fact, regularly eating this way has been shown in a groundbreaking medical research trial to decrease heart disease risk by an impressive 70%*. Mediterranean people have been eating this way and enjoying life to the fullest for 3,000 years.

Traditional Mediterranean Cuisine emphasizes:

- Multiple courses shared in a relaxed atmosphere with family/friends
- The freshest ingredients, minimally refined and processed
- Generous portions of vegetables sautéed in the magnificent oil of the olive
- The use of Omega-3 fats from multiple sources including walnuts and almonds
- Lean cuts of meat
- Whole grain breads and, of course, pasta

The Center for Preventive Medicine and Cardiovascular Health of Prime Care Physicians P.L.L.C. has teamed up with Brindisi's to develop menu choices which taste great and are especially good for your heart. Items on this menu have a composition which promotes the highest dietary standards of heart health.

For more information on the Heart Healthy Restaurants Program and the select area restaurants which are participating, visit the program section of our web site at www.CenterForPreventiveMedicine.com

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*The Lyon Diet Heart Study published in the American Heart Association Journal Circulation, 1999.

