


Traditional Mediterranean Cuisine And The Heart Healthy Restaurants 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 ground breaking 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 sauteed 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.C. has teamed up with Chianti Il Ristorante to develop menu choices which taste great and are especially good for your heart. Items on this menu marked with our logo  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

Paul E. Lemanski, M.D., M.S.
Director, Center for Preventive Medicine and Cardiovascular Health, Prime Care Physicians, P.L.L.C.
Assistant Clinical Professor of Medicine, Albany Medical College

Laurie Burton-Grego, M.S., R.D.
Registered Dietician, Prime Care Physicians, P.L.L.C.

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C H I A N T I I L R I S T O R A N T E





C H I A N T I I L R I S T O R A N T E

SARATOGA SPRINGS, NY


ANTIPASTI

BRUSCHETTA CON RUGHETTA	TUSCAN BREAD, FRESH TOMATO, GARLIC ARUGOLA	7
 SPINACI RIPASSATI	FRESH SPINACH SAUTEED IN OLIVE OIL AND GARLIC	8
CAPRESE	FRESH MOZZARELLA CILIEGINE, GRAPE TOMATO, OLIVE OIL, BASIL	10
GAMBERONI AGRODOLCI	LARGE SHRIMP, SAUTEED CANNELLINI, CRISPY TOSTADA	12
 COCCIO	FRESH CALAMARI, GARLIC, HERBS IN A DELICATELY SPICED TOMATO BROTH	12
COZZE E VONGOLE	FRESH CLAMS AND MUSSELS, OLIVE OIL GARLIC IN SPICY TOMATO BROTH	13
CALAMARETTI	LIGHTLY FRIED CLAMARI SERVED WITH SPICY TOMATO SAUCE	11
ANTIPASTO DEL CHIANTI	HOUSE ASSORTMENT OF APPETIZERS (FOR TWO)	20
FAGIOLI E SALSICCIA	SAUSAGE BITES, CANNELLINI BEANS, TOMATO CHIANTI REDUCTION	10

CARPACCI (CHIANTI FAMOUS CARPACCIO'S)




CIPRIANI	THINLY SLICED FILET MIGNON, GRANA, CAPERS, ARUGOLA, LEMON, OLIVE OIL	11
CHIANTI	THINLY SLICED FILET MIGNON, GORGONZOLA AND TRUFFLE OIL	12
CARCIOFI	THINLY SLICED FILET MIGNON, GOAT CHEESE, ARTICHOCKES, FRESH HERBS	12
 FUNGHETTI	THINLY SLICED FILET, MARINATED MUSHROOMS, ARUGOLA AND GRANA PADANO	12
TRITTICO	ASSORTMENT OF BEEF CARPACCIO'S (FOR TWO)	22
 TONNO	THINLY SLICED PAN SEARED TUNA, CAPERS, LEMON OLIVE OIL (LIMITED)	12

INSALATE

 MISTA	FRESH MIXED GREENS, CORN, RED ONIONS, OLIVE OIL, BALSAMIC VINEGAR	6
GAMBRETTI	ARUGOLA, DICED SAUTEED SHRIMP, TRUFFLE CHEESE, WHITE BALSAMIC	10
LATTUGHELLA	BOSTON LETTUCE, GORGONZOLA, PROSCIUTTO, WHITE BALSAMIC VINAGRETTE	8
MILLE E UNA NOTTE	ARUGOLA, DATES, PROSCIUTTO, HONEY WALNUTS, GRANA PADANO	9
CRUDAIOLA	ARUGOLA, RAW CARROTS, TOASTED ALMONDS, WHITE BALSAMIC VINAGRETTE	7

20% GRATUITY WILL BE ADDED TO ALL PARTIES OF SIX OR MORE. WE DON'T SPLIT CHECKS.
EXECUTIVE CHEF FABRIZIO BAZZANI -VERONA- ITALIA.



PASTE

MATIRICIANA	BABY RIGATONI, PANCETTA, ONIONS, BAY LEAF, TOMATO, PECORINO	13
ORECCHIETTE	EAR SHAPED PASTA, SAUSAGE, FRESH PORCINI, RUSTIC TOMATO SAUCE	18
 CHECCA	ANGEL HAIR, GARLIC, FRESH TOMATO AND BASIL	13
FRUTTI DI MARE	CAPELLINI, OLIVE OIL, GARLIC, ASSORTED SEAFOOD, TOMATO SAUCE	19
 VONGOLE	LINGUINE, OLIVE OIL, GARLIC, FRESH CLAMS, WHITE WINE SAUCE	18
GRANCHIO	ANGEL HAIR, FRESH CRAB MEAT, LIGHTLY SPICED TOMATO SAUCE	17
MARE E MONTI	SPACHETTINI, PANCETTA, SHRIMP, ARUGOLA, FRESH TOMATO	19
 TONNO	BABY RIGATONI, ITALIAN TUNA, GARLIC, GAETA OLIVES, CAPERS, RUSTIC TOMATO	16
VODKA	TUBE PASTA, PROSCIUTTO IN LIGHT VODKA PINK SAUCE	14
ARAGOSTA	ANGEL HAIR, JUMBO SHRIMP, LOBSTER GRAPPA REDUCTION	19
NORMA	PENNE, EGGPLANT, SAUSAGE, FRESH MOZZARELLA TOMATO SAUCE	15
RUSTICA	PENNE, SPECK, JULIENNEED VEGETABLES, BEANS, SMOKED MOZZARELLA	16
PICCANTI	TUBE PASTA IN A DELICATELY SPICED TOMATO SAUCE	11

RISOTTI

PORCINI	FRESH PORCINI MUSHROOMS TRIFOLATI STYLE, TOUCH OF CREAM	20
SCOGLIO	FRESH CRAB AND SCAMPI, OLIVE OIL, IN DELICATE TOMATO SAUCE	20
CARCIOFI	ARCICHOKES, GORGONZOLA, GRANA PADANO CHEESE AND TOUCH OF CREAM	20

SECONDI (SERVED WITH DAILY VEGETABLES SELECTION)

FILETTO AL GORGONZOLA	DRY AGED FILET MIGNON, GORGONZOLA SAUCE	28
FILETTO AL PEPE VERDE	DRY AGED FILET MIGNON, BRANDY, GREEN PEPPERCORN	28
 COSTATA GRILLED	VEAL T-BONE, ROSEMARY GARLIC, WHITE WINE REDUCTION	28
AGNELLO FRACASSE'	PAN ROASTED RACK OF LAMB, GARLIC, LEMON, WHITE WINE	26
CORONA DI SCAMPI	CROWN OF SCAMPI, GARLIC, CITRUS-BALSAMIC REDUCTION	22
SCALOPPINE TENDER	VEAL SCALOPPINE, FRESH PROCINI, WHITE WINE	25
 POLLO AI CAPPERI	CHICKEN BREAST, LEMON, CAPERS, WHITE WINE	16
SALSICCIA CASARECCIA	HOME MADE GRILLED SAUSAGE, HERBS, OLIVE OIL	18
 PESCE DEL GIORNO	FRESH CATCH OF THE DAY	M.P.