

Heart Healthy Menu Choices

Salads

Panzanella

Tuscan tomato and bread salad with cucumber and red onion infused with white wine vinegar and extra virgin olive oil, topped with fresh basil

-7-

Antipasti

Vongole en Brodetto

small pasta clams cooked in a delicate broth of white wine, garlic and tomato

-11-

Entree

Pesce di Giorno

fish of the day, Chef's choice

Pollo Petto con Albicocca

organic chicken breast stuffed with walnut, leeks, sage and apricots, finished with a citrus glaze, served with grano bello (cooked wheat kernels)

-22-

Homemade Desserts

Frutti di Bosco

fresh berries in a vanilla bean white wine syrup

-6-

Gelato from Milan

Sorbetto

delicate citrus flavor

-6-



*Lanci's
Ristorante*

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 Physician's P.L.L.C. has teamed up with Lanci's Ristorante 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.

