



# La Fontana

## DINNER STARTERS

Mauí Onion Soup	8	Spicy Chicken Wings	9
Soup of the Day	7	Chicken Quesadilla	10
House Spring Salad	6.5	Prawn Cocktail	12.5
Caesar Salad	8	Cheese Jalapeño Poppers	9.5
Fried Calamari	10	Pacific Rim of Beef	12.5

## SALADS AND HAND-CRAFTED SANDWICHES

(Sandwiches includes choice of: French fries or Fresh Fruit)

Classic Chicken Caesar Salad 16.5

Homemade croutons and caesar dressing, fresh parmesan cheese

Greek Salad 12.5

Hearts of romaine, Kalamata olives, pepperoncini peppers, Bermuda onions, cherry tomatoes, feta cheese and Greek dressing

Add your choice of grilled additional toppings to these salads for

Grilled chicken 5 blackened salmon 7

Gyro meat 6 grilled shrimp each 2

Spicy Swordfish Balsamic Salad 19

Grilled spicy swordfish top of Micro greens julienne vegetables and a balsamic vinaigrette

Oriental Chicken Salad 15

Mixed greens with shredded carrots, green onions, cilantro, roasted peanuts, mandarin sections and shredded chicken tossed with a sesame dressing

Ahi-Tuna Niçoise 19.5

Seared pepper crusted tuna, haricot vert, cherry tomato, kalamata olives, Bermuda onions, fingerling potatoes in a Raspberry Vinaigrette

Charbroiled Angus Beef Cheeseburger 14.5

Freshly ground angus beef, Swiss Cheese, Cheddar and Blue Cheese, lettuce, tomato, red onion and pickle on a sour dough or whole wheat toasted kaiser roll.

Additional Choice of toppings: 1.50

**American ~ jack ~ pepperjack ~ bacon ~ sautéed onions ~  
~ Sautéed mushrooms ~ avocado ~**

California Chicken sandwich 14.5

Grilled chicken breast, lettuce, tomato, bacon, jack cheese, avocado and spicy remoulade on a sourdough kaiser roll

Caribbean Chicken Wrap 13.5

Grilled spicy chicken breast, smoked gouda cheese, tomato, micro greens and mango vinaigrette in a spinach tortilla

An additional \$2 charge per plate will be added to split plated menu and a 20% gratuity will be added for parties of 8 or more  
Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness

01/01/2010

## HEART HEALTHY

<i>Seared Swordfish Muffuletta</i>	15.5
Spicy Seared Swordfish, tomato relish, finely chopped olives, capers, onions, oregano and basil on a whole wheat kaiser roll	
<i>Blackened Tropical Salmon Salad</i>	19.5
Romaine lettuces with mango vinaigrette with fresh blackened Salmon and mango Dressing topped with mango and black bean salsa	
<i>Pan Seared Ahi</i>	19.5
Soy and ginger pan seared Ahi tuna on a spinach and edamame stew with steamed baby bok choy.	
<i>Steamed Chicken and Shrimp</i>	17.5
Steamed Chicken breast, Shrimp and Julienne vegetables, served over steamed white rice and a light Teriyaki Sauce	
<i>Eggplant Parmigiana</i>	16.5
Lightly Breaded Egg Plant with Marinara Sauce, Parmesan Mozzarella Cheese Served with Linguini	

## STEAKS

<i>Filet Mignon</i>	28
Tenderloin of Angus Beef Filet, garlic mashed potatoes, seasonal vegetables with a béarnaise sauce	
<i>Angus 12oz New York Strip</i>	29
Roasted fingerling potatoes, asparagus, onion strings with roasted shallot demi-glaze	
<i>Petite Filet &amp; Garlic Shrimp</i>	26
Angus Tenderloin of beef, shallot wine reduction, shrimp scampi, garlic mashed potatoes and seasonal vegetables	
<i>Steak au-Poivre</i>	29
Pan fried peppered crusted N.Y. Steak, roasted fingerling potatoes, asparagus in a roasted shallot and trio peppercorn sauce.	

## Fontana's Favorites

<i>Pan roasted Pacific Salmon</i>	22
Pacific salmon filet topped with sautéed shrimp served over risotto, wilted spinach in a sundried tomato and basil pesto broth	
<i>Petrале Sole Meunière</i>	19.5
Fillet of Sole sautéed in egg batter with lemon, garlic, parsley butter sauce served with steamed rice and garden vegetables	
<i>Herb Dijon mustard Crusted Lamb Chop</i>	28
Mashed potato, asparagus and poached pear with mint jelly and Tawny Port reduction	
<i>Mixed Grill</i>	29
Grilled lamb chops, chicken breast and shrimp, sour cream mashed potatoes grilled asparagus in a roasted shallot demi-glaze	

## PASTAS

<i>Capellini a la Traditional</i>	16
Angel hair tossed with fresh spinach, tomatoes, basil, capers, garlic and shallots in a white wine butter sauce	
<i>Penne con Pollo</i>	18.5
Marinated grilled chicken with fresh spinach, sun dried tomatoes, and artichoke hearts tossed in a roasted garlic cream sauce	
<i>Seafood Tortellini</i>	21
Cheese tortellini with sautéed salmon, shrimp and parmesan cheese in a pesto cream sauce	
<i>Pasta di Mare Pomodoro</i>	19.5
Linguini, Salmon, shrimp, Clams, sprinkling of parmesan cheese and pomodoro sauce	

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