



Ciccio is happy to be partnering with
 Dr. Jay J Garcia's Weight Loss & Wellness Centers to offer you
 Dr. Garcia's healthy selections from Our Menu.



Crispy Salads

- California Chopped Salad**\$5.95
Crispy Chopped mixed greens, red grapes, and veggies with gorgonzola-shallot vinaigrette
- House**\$5.50
Mixed seasonal greens, cherry tomatoes, and low fat balsamic vinaigrette
- Antonio**\$5.75
Crispy romaine, celery, parmesan, red wine herb vinaigrette, cherry tomatoes, and red onions

- Goat Cheese**\$5.95
Mixed seasonal greens, cherry tomatoes, and balsamic vinaigrette
- Ciccio's Caesar**\$5.95
Classic caesar dressing, crispy romaine and fresh tomatoes
- Tricolor**\$5.95
Mixed greens, apples, cherry tomatoes and gorgonzola-shallot vinaigrette
- Edamame**\$4.50
Steamed soybeans

Create Your Own High Protein Salads

	Lunch/Dinner		
Add chopped blackened chicken\$3.25/\$4.50	Add Ciccio roasted turkey\$3.25/\$4.50
Add grilled portobello mushroom\$3.25/\$4.50	Add chicken\$3.25/\$4.50
Add grilled chicken\$3.25/\$4.50	Add seared rare tuna\$4.25/\$6.25
Add sliced chicken breast\$3.25/\$4.50	Add black angus filet\$8.50/\$9.00
		Add parmesan crusted veal\$5.45/\$5.95

California Bowls

Our fabulous combinations with our chopped chicken, crispy lettuce and fresh veggies.
 Select one dipping sauce (oil and vinegar or low fat balsamic vinaigrette)

- Mexican****\$7.25 / \$9.45**
Chopped chicken, tomato, avocado, cheddar cheese & crispy lettuce
- Santa Cruz****\$7.25 / \$9.45**
Chopped chicken, bean sprouts, scallions, crispy lettuce, portobello mushrooms & broccoli
- Napa****\$7.25 / \$9.45**
Chopped chicken, sliced sweet peppers, tomatoes, red grapes, & crispy lettuce

- Spicy Brazilian****\$7.25 / \$9.45**
Blackened chopped chicken, cheddar cheese & crispy lettuce
- Basic Bowl****\$7.25 / \$9.45**
Chopped chicken, sun dried tomatoes, broccoli, crispy lettuce, and cheddar cheese

Replace chicken with natural chicken \$1.00 • Replace chicken with shrimp \$1.95

Ciccio Infused Stirfrys

- Asia** • Sliced chicken • ginger • portobello mushrooms..... **\$7.95 / \$11.95**
- Southwest** • Chicken breast and blackened chicken or grilled steak • onion • sweet peppers • mushroom • jalapeno jack cheese **\$7.95 8.50**
.....**\$11.95/13.95**
- Chinese** • Sliced chicken • ginger • garlic • Chinese mushrooms • onions • snow peas..... **\$7.95 / \$11.95**
- Hot Sweet** • Sliced chicken • roasted peppers • stirfry
veggies..... **\$7.95 / \$11.95**

- Spicy Thai Red Chile** • Sliced chicken • Chinese mushrooms • sweet peppers**\$7.95 / \$11.95**
- Fajita** • Sliced chicken • onions • peppers • mushrooms • fresh lime **\$7.95 / \$11.95**
- Lemongrass** • Sliced chicken • lemongrass • stirfry veggies • ginger • garlic • shallots • onions **\$7.95 / \$11.95**

Replace chicken with natural chicken \$1.00 • Replace chicken with shrimp \$1.95

Make Your Own Lettuce Wraps

Cucumber salad, julienne vegetables, bean sprouts with bib lettuce for wrapping. Served with low fat balsamic vinaigrette.

- Asian Grilled Chicken Strips****\$7.45 / \$9.95**
- Chicken****\$7.45 / \$10.95**
- Sauteed Shrimp****\$8.25 / \$11.75**
- Seared Rare Sushi Tuna****\$9.45 / \$12.95**
- Portobello Mushroom****\$7.45 / \$9.95**
- Natural Chicken****\$9.45 / \$10.95**

DINNER ONLY

Water Fresh & Crisp

Edamame \$4.50..
Steamed soybeans

Tuna Tar Tar \$8.00
Diced ahi, jicama, cucumber, avocado, cilantro and sesame seeds, tossed with a soy-ginger vinaigrette

Mixed Greens \$6.50
Baby field greens tossed with diakon radish and cucumber, pea sprouts tossed in a soy ginger vinaigrette

Baked Mussels..... \$5.00
Creamy dynamite mussels baked and topped with scallions and masago

Seafood Wakame Salad..... \$9.50
Diced tuna sashimi, yellowtail, fresh water salmon, roasted garlic, and scallion, all tossed in a sweet rice wine vinegar and served on a bed of Japanese wakame salad

Small Plates

Seared Yellowfin Tuna Medallions \$6.95
seared rare and wasabi sauce

Fresh Mozzarella, Tomato and Basil Stack \$6.75
mixed greens, balsamic vinegar, basil and extra virgin olive oil

Trio of Satays..... \$5.75
cajun chicken, filet, sesame tuna, avocado horseradish and mango chipotle coulis

Ciccio's Famous Entrees

You can make your entrees low carb high protein. Still the same great flavors just with less carbs

Seared Rare Tuna Medallions \$15.75
seared rare tuna medallions, rice wine cucumber salad, green wasabi sauce

Herb Coated St. Peters Fish \$13.95
oven roasted and hot sauce

Black & White Sesame Crusted Tuna \$16.95
lemon horseradish sauce, fresh vegetables and balsamic glaze

Oregano Crusted Yellow Fin Tuna or Grouper..... \$15.95
on a bed of dark green spinach with a ginger wasabi dipping sauce

Chef Luis's Mixed Grill \$17.95
chef's selection of black angus filet, grilled shrimp, and market fresh catch of the day with chef's fresh vegetables, chianti sauce and lemon pinot grigio sauce

Ciccio "Fit for Life" \$13.95
seasoned double chicken breast, broccoli and hot sauce

Black Angus Filet \$19.75
fresh thyme, portobello mushrooms and chianti wine sauce

Pollo Ricotta \$14.95
double breast of chicken and mushroom sherry sauce

Parmesan Veal..... \$15.95
sauteed spinach, mushrooms and lemon pinot grigio sauce

Chicken Limone..... \$14.95
half of semi-boneless grilled chicken and lemon rosemary sauce

Ciccio's Grilled Market Catch Fish

Yellowfin Tuna \$16.95
Florida Black Grouper \$15.25

St. Peters Fish..... \$13.95