

Pronto
 48 Academy St.
 973-424-9500
 Wednesday



SIDES
 RICE
 POTATOES
 VEGETABLES

*Soups (\$4.25 Lg)
 (\$3.25 Sm)*
 #1-Chicken Noodle
 #2-Seafood Bisque
 #3-Minestrone

#1 Stuffed Flounder \$14.95

Stuffed w/ Crab meat, Served w/ 2 sides

#2 Green Fuel Smoothies \$6

Spinach, Mango, Pineapple & Banana. Add 75¢
 (Almond Milk - Coconut Milk - Oat Milk - 2%
 Milk - Whole Milk - OJ) \$1 (Ground Flax seed -
 Chia seed - B12 - Multi vitamin - \$2Protein -
 \$2Collagen)

#3- Meatloaf Dinner \$13.95

in gravy sauce, Served w/ 2 sides

#4 Salmon Dinner \$14.95

Grilled Asparagus, served w/ 1 side

#5 Chicken Dish \$11.95

Chicken breast in balsamic sauce, Served w/
 2 sides

#6- Eggplant Cantadina \$11.95

Spinach, ricotta cheese , Served w/ 2 sides

#7 Baked Potato \$3.5

Served w/ butter and sour cream (add \$1.25
 for bacon, \$1 cheddar cheese, \$1 Broccoli,
 \$3 Shrimp, \$2 Chicken)

#8 Burger Sliders

3 Beef sliders w/ ketchup & mayo and
 fries topped w/ ketchup & mayo \$7.95

#9 Pizza Special \$7.5

**Personal Pie
 Chicken Parm.**

#10 Hot Roast beef \$8.95

w/ gravy, melted mozzarella cheese on
 hero

#11 (T3) Honey Turkey

Fresh mozzarella, Sun Dried Tomato &
 Balsamic Vinegar On Hero \$8.95

#12 Chicken Philly

slices of white meat grilled w/ sautéed
 pepper, onion our own seasons & melted
 cheese. \$8.95

#13 Tuna Salad Platter

Lettuce, Tomato, Cucumber, Peppers,
 Sliced Egg topped w/ scope of Tuna
 salad. \$12.95

#14 American Hero

Turkey, yellow cheese, lettuce, tomato,
 mayo, oil & Vinegar \$8.95

#15 Florentine Panini

Chicken Breast, Fresh Baby Spinach,
 Red Onion, Provolone, Mayo &
 Balsamic \$8.95

#16 Buffalo Wings

5 pcs of chicken wings in mild sauce
 served w/ fries and blue cheese \$8.75

#17 Tuna Sandwich

Tuna on whole wheat toast w/ lettuce,
 tomato, oil & vinegar \$8.45

Desserts \$1.95

**Homemade
 Brownies**