

◆ PANNINI ◆

 Vegetarian

Hot, grilled panninis on organic foccacia... too good to resist!
Order yours with soup or salad for only \$1.50 more.


Grilled Roma Tomato Pannini*  9.25 Sliced roma tomatoes, fresh mozzarella cheese, homemade Italian dressing and mixed greens on organic Foccacia. Gluten-Free	12.25
The Campagnolo Pannini* 9.25 Tender chicken, roasted red peppers, provolone cheese, creamy pesto and mixed greens on organic Foccacia. Gluten-Free	12.25
The Milano Pannini*  9.25 Roasted eggplant, provolone cheese, roasted red peppers, creamy pesto and mixed greens on organic Foccacia. Gluten-Free	12.25

The Grilled Tuscany Pannini* 9.25 Fresh mozzarella, prosciutto, creamy pesto and mixed greens on organic Foccacia. Gluten-Free	12.25
Ham & Swiss Pannini* 9.25 With our creamy pesto and tomatoes on organic Foccacia. Gluten-Free	12.25
Turkey & Swiss Pannini* 9.25 With our creamy pesto and tomatoes on Foccacia. Gluten-Free	12.25

* Our organic foccacia comes from the Essential Bakery.

◆ SUBS, GRINDERS & GYROS ◆

Order yours with soup or salad for only \$1.50 more.

Chicken Parmesan* 9.75 • Half 5.25 Tender chicken breast, marinara sauce, onions, parmesan and mozzarella cheese on toasted organic French bread. Gluten-Free	14.75 • Half 8.25
BBQ Chicken Sub* 9.75 • Half 5.25 Tender chicken breast baked in our special BBQ sauce with parmesan and mozzarella cheese on toasted organic French bread. Gluten-Free	14.75 • Half 8.25
Meatball Parmesan* 9.75 • Half 5.25 Melt-in-your-mouth meatballs, our homemade marinara sauce, parmesan and mozzarella cheese on toasted organic French bread.	
Eggplant Parmesan*  9.75 • Half 5.25 Tender eggplant, our homemade marinara sauce, parmesan and mozzarella cheese on toasted organic French bread. Gluten-Free	14.75 • Half 8.25
Chef's Special* 9.75 • Half 5.25 Canadian bacon, pepperoni, salami, tomatoes, our homemade pizza sauce and mozzarella cheese on toasted organic French bread. Gluten-Free	14.75 • Half 8.25
Submarine* 9.75 • Half 5.25 Canadian bacon, pepperoni, salami, tomatoes, onions, our homemade Italian dressing and mozzarella cheese on toasted organic French bread. Gluten-Free	14.75 • Half 8.25

Vegetarian Sub*  9.75 • Half 5.25 Mushrooms, green peppers, tomatoes, onions, our homemade Italian dressing and mozzarella cheese on toasted organic French bread. Gluten-Free	14.75 • Half 8.25
Greek Beef Gyros 7.95 Seasoned beef, onions, tomatoes, feta and our own homemade tzatziki sauce served on toasted pita bread. (Tzatziki sauce – a Greek yogurt & cucumber sauce – comes on the side)	9.95
Chicken Gyros 7.95 Seasoned chicken, onions, tomatoes, feta, and our own homemade tzatziki sauce served on toasted pita bread. (Tzatziki sauce – a Greek yogurt & cucumber sauce – comes on the side) Gluten-Free	9.95
Veggie Gyros  7.95 Tomatoes, onions, mushrooms, black olives, feta and our own homemade tzatziki sauce served on toasted pita bread. (Tzatziki sauce – a Greek yogurt & cucumber sauce – comes on the side) Gluten-Free	9.95
Eggplant Gyros  7.95 Roasted eggplant, tomatoes, onions, feta and our own homemade tzatziki sauce served on toasted pita bread. (Tzatziki sauce – a Greek yogurt & cucumber sauce – comes on the side) Gluten-Free	9.95

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◆ DESSERTS ◆

Baklava 5.45 Crushed walnuts delicately spiced with cinnamon and honey and layered in buttery, flaky phyllo dough.	Each Slice 5.45
French Apple Tart 5.45 Sweet Granny Smith apples layered in almond cream on top of a rich buttery crust.	5.45
Carrot Cake 5.45 The most delicious carrot cake – full of fresh grated carrots, walnuts, pineapple and a hint of coconut topped with a cream cheese frosting.	5.45
New York Cheesecake 5.45 Traditional, creamy New York cheesecake – simply delicious!	5.45
Chocolate Sour Cream Cake 5.45 Moist and rich, a chocolate lover's dream!	5.45
Chocolate Truffle Ganache 5.45 A chocolate chiffon cake with Belgian semi-sweet chocolate ganache.	5.45
Strawberry Tres Leches 5.45 A delicate chiffon cake soaked in tres leches (three kinds of milk) and layered with sweet strawberries.	5.45
Tiramisu 5.45 This espresso and rum infused Italian dessert is layered with creamy mascarpone cheese and topped with milk chocolate curls.	5.45

Spumoni Ice Cream 5.45 A molded Italian ice cream layered with sweet strawberries, gourmet chocolate, rich Hawaiian coconut and buttery pistachio gelato on an Oreo® cookie crust.	Each Slice 5.45
3-Layer Mud Pie 5.45 Coffee and chocolate infused ice cream on top of a rich Oreo® cookie crust, sprinkled with nuts and chocolate.	5.45
Apricot Almond Cake (DF,SF,GF) 3.95 A moist almond cake marbled with sweet apricots, sprinkled with toasted almonds and dusted with powdered sugar.	3.95
Fudge Brownie (DF,GF) 3.50 This decadently dense and rich brownie is so delicious, chocolate-lovers will be surprised it's gluten-free.	3.50
Häagen-Dazs Ice Cream	
Häagen-Dazs Ice Cream Bars 3.25 Vanilla ice cream coated with chocolate and almonds.	3.25
Häagen-Dazs Ice Cream Pints 5.25 Vanilla, Cookie Dough, Rocky Road and Chocolate.	5.25
Häagen-Dazs Sorbet 5.25 Orchard Peach and Raspberry.	5.25
Purely Decadent Vanilla (Organic,DF,GF) 5.25 Creamy non-dairy frozen dessert.	5.25

◆ BEVERAGES ◆

Soft Drinks Can 1.25 • 6 Pack 3.90 Coke, Diet Coke, Sprite, Pink Lemonade, Root Beer, Pibb Xtra, Orange Cola and Ginger Ale.	
Juices (16 oz.) 2.25 Tropicana Orange and Apple.	2.25
Sparkling Mineral Water (Perrier) 1.95	1.95
Thomas Kemper (Bottle) 2.75 Root Beer, Cream Soda and Orange Soda.	2.75
Snapple 2.25 Kiwi-Strawberry, Mango Madness, Pink Lemonade and Lemon Iced Tea.	2.25



ROMIÓS
PIZZA & PASTA
GREENWOOD

(206) 782-9005

8523 Greenwood Ave. N.
Seattle, WA 98103

www.romiospizza.com

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Banquet Room



Now Available:

Vegan Soy Cheese

Organic Foccacia and French Bread

Full Gluten-Free Menu

*4 kinds of crust: Traditional,
Fresh Garlic, Whole-Wheat Berry
and Gluten-Free Vegan Crust*

Low-Carb or Low-Sodium upon request

10% discount to senior citizens

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*For full Menu, Online Ordering and
Catering Menu go to:
www.romiospizza.com*

HOURS:

Delivery Take Out Dine In Banquet Room Catering
Sunday –Thursday 11:00 a.m.–11:00 p.m.
Friday & Saturday 11:00 a.m. – Midnight
Free Delivery every day from 11:00 a.m.
(Minimum Order \$10.00)

Greenwood Romiós Delivers Free To These Areas:

Greenwood, Phinney, Green Lake,
Wallingford, Fremont, Ballard,
Loyal Heights, Crown Hill, North Beach,
Blue Ridge, North Park, Broadview,
Northgate and Bitter Lake

We gladly accept



PARKING IN BACK

Dining Room









ROMIÓS
PIZZA & PASTA


GREENWOOD

◆ Take-Out Menu ◆




◆ APPETIZERS ◆

Garlic Bread 	5.45 • Half 2.95
Toasted organic French bread* seasoned with garlic, butter and spices. (Side of marinara sauce)	
Gluten-Free	9.75 • Half 5.25
Cheese Bread 	5.95 • 3.25
Toasted organic garlic bread* topped with mozzarella and parmesan cheeses. (Side of marinara sauce)	
Gluten-Free	10.25 • Half 5.55
Pesto Bread 	5.95 • Half 3.25
Toasted organic garlic bread* seasoned with pesto and topped with mozzarella and parmesan cheeses. (Side of marinara sauce)	
Gluten-Free	10.25 • Half 5.55
Pita Bread 	5.75
Fresh from the oven and served with our homemade Tzatziki sauce. (Tzatziki sauce is a Greek yogurt & cucumber sauce)	
Gluten-Free	7.75
Karam's Hummos 	7.75
The creator of the famous Karam's Garlic Sauce has whipped us up some heavenly hummos. A rich, earthy puree of garbanzo beans, tahini, lemon juice, fresh garlic, and that extra dash of love. (Side of pita)	
Gluten-Free	9.75
Dolmades 	5.75
Lemon and herb-infused rice enclosed in tender grape leaves. (Side of Tzatziki sauce)	

◆ SOUPS ◆

Italian Wedding	Bowl 4.45 • Cup 3.25
A special blend of Italian beef meatballs, macaroni, spinach, garlic, parsley and onion, sprinkled with parmesan cheese. (Served with crackers)	
Minestrone (Veg.) 	Bowl 4.45 • Cup 3.25
A special blend of kidney beans, carrots, peas, macaroni, zucchini, green beans, garbanzo beans, spinach and celery. (Served with crackers)	

◆ SALADS ◆


Caesar Salad 	8.95 • Half 6.25
Fresh romaine, freshly-grated parmesan cheese and croutons tossed to perfection with our delicious Caesar dressing.	
Add Shrimp or Chicken	9.95 • Half 6.95
Garlic Chicken Caesar Salad	10.95 • Half 7.95
Fresh romaine, tender chicken breast, toasted walnuts, fresh garlic, roasted red pepper, lemon wedge, fresh-grated parmesan cheese and croutons tossed to perfection with our delicious Caesar dressing.	
Horiatiki Greek Salad 	7.95
Tomatoes, cucumbers, green peppers, onions, Greek olives (unpitted), Feta cheese and pepperoncini peppers drizzled with our house dressing. (No lettuce in this salad)	
Greek Salad 	8.95 • Half 6.25
Mixed greens, tomatoes, cucumbers, green peppers, Greek olives (unpitted), onions, pepperoncini peppers and Feta cheese, tossed with our homemade Italian dressing.	

◆ BEER & WINE ◆

	(Dining Only or Take-Out)		
	Pints	Pitchers	
DRAFT BEER			
Hale's Ales Seattle, WA	4.75	12.95	
Mac & Jack's African Amber Redmond, WA	4.75	12.95	
Alaskan Amber Ale Juneau, AK	4.75	12.95	
Pyramid Hefeweizen Seattle, WA	4.75	12.95	
Red Hook Woodinville, WA	4.75	12.95	
Stella Artois Belgium	4.75	12.95	
BOTTLED BEER		Bottle	
Guinness , Ireland	3.95		
Beck's , Germany	3.75		
Amstel Light , Holland	3.75		
Budweiser , St. Louis, MO	3.25		
Corona , Mexico	3.75		
Heineken , Holland	3.75		
Miller Genuine Draft (MGD) Milwaukee, WI	3.25		
Haake-beck, Non-Alcoholic Beer Germany	3.75		
Red Bridge Made without Wheat or Barley St. Louis, MO, Gluten-Free	3.50		

Karam's Baba Ghannouj 	7.95
The creator of the famous Karam's Garlic Sauce has brought us some delicious baba which, for those who don't know, is an addicting puree of char-broiled eggplant, lemon juice, tahini, fresh garlic, and that extra dash of love. (Side of pita)	
Gluten-Free	9.75
Tiropeta & Spankopeta 	5.75
Feta cheese and spinach baked inside hot flaky phylo dough. Two pieces of each. (Side of Tzatziki sauce)	
Hot & Cold Dish	11.95
A delicious dish with Tiropeta, Spankopeta, savory meatballs, Dolmades, feta cheese, Greek olives, tomatoes, cucumbers, and pepperoncini peppers. (Side of Tzatziki sauce)	
Cheese Sticks 	7.25
10 pieces. (Side of marinara sauce)	
Chicken Strips	7.25
5 pieces. (Side of marinara sauce)	
Real Buffalo Wings	12.75 • Half 7.25
Italian style, BBQ or Hot Wings served with Bleu cheese or Ranch dressing.	




* Our organic French bread comes from the Essential Bakery.

Split Pea 	Bowl 4.45 • Cup 3.25
(Dairy-Free, Soy-Free, Gluten-Free)	
Smooth blend of peas, carrots, celery and onion.	
Chicken Artichoke	Bowl 4.45 • Cup 3.25
(Dairy-Free, Soy-Free, Gluten-Free)	
Tender all-natural chicken, artichokes, onions, diced tomatoes, spinach and garlic with a splash of lemon juice. (Chicken base soup)	

Antipasto Salad	8.95 • Half 6.25
Mixed greens, tomatoes, cucumbers, salami, pepperoni, Canadian bacon, mushrooms, black olives, pepperoncini peppers and gorgonzola cheese, with your choice of dressing.	
Spinach Salad 	8.95 • Half 6.25
Spinach, Roma tomatoes, red onions, toasted walnuts and goat cheese, tossed with our Raspberry Balsamic.	
ROMiO'S Famous Chopped Salad	10.95 • Half 7.75
Diced Chicken, diced salami, mozzarella cheese, basil, shredded lettuce, diced tomatoes, garbanzo beans and scallions tossed with Cucina Italian Vinaigrette.	
Dinner Salad 	5.25 • Half 3.25
Mixed greens, tomatoes, cucumbers, olives and mozzarella cheese, with your choice of dressing.	
Dressings: Bleu Cheese, Thousand Island, Ranch, French, Honey Mustard, Caesar, our homemade Italian dressing, Raspberry Balsamic, Tzatziki or Cucina Italian Vinaigrette.	







◆ PIZZA ◆

All of our pizzas come fresh with our made-from-scratch pizza sauce and are smothered with mozzarella on our homemade dough. (\$1.25 extra for garlic or whole-wheat berry) We will delete anything you want, but please limit your substitutions to one per pizza. Additional toppings are extra.

	10-in. Sm. (6 Slice)	12-in. Med. (6 Slice)	15-in. Lg. (8 Slice)	12-in. Gluten-Free Vegan Crust	9-in. Low-Carb No Dough
1. House Special	12.90	17.70	22.45	23.20	11.90
Pepperoni, Canadian bacon, mushrooms, onions, green peppers, and tomatoes sprinkled with feta cheese.					
2. ROMiO'S Special	12.90	17.70	22.45	23.20	11.90
Pepperoni, Canadian bacon, mushrooms, black olives and our savory Italian sausage.					
3. Acropolis	12.90	17.70	22.45	23.20	11.90
Pepperoni, mushrooms, green peppers, tomatoes, our savory Italian sausage and anchovies.					
4. Plato's Special 	12.90	17.70	22.45	23.20	10.90
A pizza for Greek feta cheese lovers! Smothered with onions, tomatoes and lots of feta.					
5. Santorini 	11.90	16.20	20.95	21.50	10.90
Mushrooms, onions, green peppers and tomatoes.					
6. Zeus	11.90	16.20	20.95	21.50	10.90
Our savory Italian sausage, mushrooms and onions.					
7. Solonika	11.90	16.20	20.95	21.50	10.90
Pepperoni, Canadian bacon and mushrooms.					
8. Athens	11.90	16.20	20.95	20.70	9.90
Our mouth-watering meatballs, mushrooms and fresh cold tomatoes.					
9. Samos	10.90	15.45	19.95	20.70	9.90
Canadian bacon and pineapple.					
10. Nemea	10.90	15.45	19.95	20.70	9.90
Pepperoni and mushrooms.					
11. Cheese Pizza 	10.20	14.20	17.45	19.45	9.20
Mini Pizza					
7-inch pie with two toppings of your choice.					
Pita Pizza	6.95			8.95	
Delicious soft, flaky pita topped with Canadian bacon, pepperoni, mushrooms, mozzarella cheese over our delicious homemade pizza sauce.					
Additional Toppings or BUILD YOUR OWN PIZZA!	1.75	1.95	2.25	1.95	1.35

◆ SPECIALTY PIZZA ◆

All of our pizzas come fresh with our made-from-scratch pizza sauce and are smothered with mozzarella on our homemade dough. (\$1.25 extra for garlic or whole-wheat berry)

	10-in. Sm. (6 Slice)	12-in. Med. (6 Slice)	15-in. Lg. (8 Slice)	12-in. Gluten-Free Vegan Crust	9-in. Low-Carb No Dough
Mushroom Supreme 	13.45	18.70	23.20	23.95	12.45
Delicious whole marinated mushrooms.					
Zorba	13.45	18.70	23.20	23.95	12.45
The ultimate Greek pizza! Seared gyros meat, onions, tomatoes, feta and Greek olives smothered with mozzarella and drizzled with our creamy Tzatziki sauce. (Tzatziki sauce comes on the side)					
Florentine	13.45	18.70	23.20	23.95	12.45
Spinach, nutmeg, grated feta, grated Parmesan, chopped parsley, Swiss and mozzarella cheeses.					
Four-Cheese Pizza 	13.45	18.70	23.20	23.95	12.45
For those who want extra cheese!!! A pizza with Swiss, Parmesan, mozzarella and blue or feta cheeses. Don't say we didn't warn you!					
G.A.S.P. 	13.45	18.70	23.20	23.95	12.45
Fresh garlic, artichoke hearts, sun-dried tomatoes and pesto with mozzarella cheese.					
Eggplant Parmigano 	13.45	18.70	23.20	23.95	12.45
Roasted eggplant, goat cheese and mozzarella layered over rich tomato sauce.					
Roasted Red Pepper 	13.45	18.70	23.20	23.95	12.45
Brushed with olive oil and topped with sliced onions, roasted red pepper, mozzarella and goat cheese.					
Roasted Garlic 	13.45	18.70	23.20	23.95	12.45
Brushed with olive oil and topped with mozzarella, sun-dried tomatoes, goat cheese and a sprinkle of sweet roasted garlic cloves.					
The Olympian	13.45	18.70	23.20	23.95	12.45
Generous portions of pepperoni, Canadian bacon, Italian sausage and salami.					
Seafood	13.45	18.70	23.20	23.95	12.45
Shrimp and imitation King crab marinated in scampi sauce, then layered with onions and mozzarella cheese.					
South of the Border	13.45	18.70	23.20	23.95	12.45
Savory Mexican sauce, jalapeño seasoned beef, onions, green peppers, tomatoes and cheddar cheese, topped with spicy jalapeño peppers and sour cream.					
The Complete Combo	15.45	20.95	26.45	25.95	13.45
Canadian bacon, Italian sausage, salami, pepperoni, mushrooms, onions, green peppers, black olives, tomatoes and feta cheese.					
Pizza Bianca	13.45	18.70	23.20	23.95	12.45
Grilled chicken, onions, roasted red peppers, mushrooms, parmesan and mozzarella cheese layered over white Alfredo sauce. (no pizza sauce)					
Putanesca Pizza 	13.45	18.70	23.20	23.95	12.45
Roma tomatoes, tender artichoke hearts, kalamata olives, feta, capers, fresh garlic, mozzarella cheese and pesto. (no pizza sauce)					
Garden Special 	13.45	18.70	23.20	23.95	12.45
Roasted eggplant, mushrooms, broccoli, zucchini, fresh garlic and mozzarella layered over our homemade pizza sauce.					
Potato & Prosciutto	13.45	18.70	23.20	23.95	12.45
Roasted rosemary red potatoes, prosciutto ham, mushrooms and red onions layered over our homemade pizza sauce.					
BBQ Chicken Pizza	13.45	18.70	23.20	23.95	12.45
BBQ chicken, mushrooms, red onions and mozzarella.					
Kickin' Chicken	13.45	18.70	23.20	23.95	11.90
BBQ chicken, red onions, spicy jalapeños, mushrooms and mozzarella cheese with our sizzlin' BBQ sauce. (no pizza sauce)					
Gorgonzola Gourmet 	13.45	18.70	23.20	23.95	12.45
Baby spinach, gorgonzola cheese, roasted red peppers, toasted walnuts, fresh garlic, mozzarella cheese and olive oil. (no pizza sauce)					
Margherita Pizza 	13.45	18.70	23.20	23.95	12.45
Roma tomatoes, fresh garlic, olive oil, mozzarella and fresh basil. (no pizza sauce)					
Chicken Thai	13.45	18.70	23.20	23.95	12.45
Tender chicken breast, green pepper, red onions, spinach, cilantro and mozzarella cheese, drizzled with a spicy peanut sauce and served on a garlic olive oil base.					
Chicken Pesto	14.45	19.70	24.20	24.95	13.45
Fresh garlic, artichoke hearts, sun-dried tomatoes, toasted walnuts, grilled chicken, and pesto with mozzarella and goat cheese. (pesto base, no pizza sauce)					
Toppings:					
Meats:	Gluten-Free Meat:	Veggies:	Pizza Sauces:	Pizza Crust:	Cheese:
Bacon	Artichoke Hearts	Pepperoncini Peppers	Alfredo Sauce (white)	Traditional	Cheddar
BBQ Chicken	Black Olives	Pesto	BBQ Sauce	Fresh Garlic	Feta
Canadian Bacon	Bacon	Pineapple	Garlic Butter	Garlic Whole-Wheat Berry	Fresh Mozzarella
Greek Gyros Meat	BBQ Chicken	Pine Nuts	Marinara Sauce	Gluten-Free Vegan	Goat Cheese
Grilled Chicken	Canadian Bacon	Red Onions	Mexican Sauce	No Crust	Gorgonzola
Ground Beef	Grilled Chicken	Roasted Garlic	Olive Oil		Mozzarella
Italian Sausage	Italian Sausage	Roasted Red Peppers	Pesto		Parmesan
Pepperoni	Pepperoni	Roasted Red Potatoes	Alfredo Sauce (white)		Provolone
Prosciutto	Prosciutto	Sun-dried Tomatoes	BBQ Sauce		Ricotta
Salami	Shrimp	Toasted Walnuts	Garlic Butter		Soy Cheese (vegan)
Savory Meatballs	Taco Meat	Tomatoes	Marinara Sauce		Swiss
Taco Meat		Zucchini	Mexican Sauce		
			Olive Oil		
			Pesto		
			ROMiO'S Pizza Sauce (red)		
Seafood:					
Anchovies					
Shrimp					

Vegetarian

◆ PASTAS ◆

All pasta orders are served with our delicious organic garlic bread* and soup or salad. Any dish can be made with whole-wheat pasta or gluten-free pasta upon request. We will delete anything you want, but please limit your substitutions to one per pasta. Additional toppings are extra.

Tortellini a La Crème 	12.95
Cheese-filled tortellini in a creamy garlic sauce.	
Tortellini Special	13.95
Cheese-filled tortellini with smoked ham and garden peas in a creamy garlic sauce.	
Baked Cheese Tortellini 	13.95
Cheese-filled tortellini baked in ROMiO'S special marinara sauce, then smothered with mozzarella and parmesan cheeses.	
Fettuccini Alfredo 	12.95
Fettuccini noodles smothered in our own Alfredo sauce.	
Gluten-Free	15.95
Chicken Fettuccini	13.95
Fettuccini noodles layered with chicken and roasted red peppers in Alfredo sauce.	
Gluten-Free	16.95
Shrimp Fettuccini	13.95
Fettuccini noodles sautéed with shrimp, sun-dried tomatoes, parmesan cheese and fresh garlic in a creamy garlic sauce.	
Gluten-Free	16.95
Baked Fettuccini Formaggi	14.95
"The Boat of Cheese" with fettuccini noodles, Alfredo sauce and homemade garlic meatballs.	
Fettuccini Carbonara	14.95
Sautéed bacon, fresh mushrooms, scallions and diced tomato in a creamy parmesan sauce.	
Gluten-Free	17.95
Beef Lasagna	12.95
In ROMiO'S special marinara sauce.	
Vegetarian Lasagna 	12.95
In ROMiO'S special marinara sauce.	
Cheese Ravioli 	12.95
Cheese Ravioli with sautéed onions, mushrooms and Feta cheese in our homemade creamy Marinara sauce.	
Beef Ravioli	13.95
Beef ravioli with sautéed onions, mushrooms and Feta cheese in our homemade creamy Marinara sauce.	
Salmon Ravioli	13.95
Salmon Ravioli with sautéed onions, mushrooms and Feta cheese in our homemade creamy Marinara sauce.	
Pesto Linguine 	12.95
Fresh linguine in butter, garlic and pesto sauce, topped with feta, parmesan and pine nuts.	
Gluten-Free	15.95
Prawn Linguine	14.95
Fresh linguine with sautéed prawns, mushrooms and diced tomatoes tossed in a creamy lemon sauce.	
Gluten-Free	17.95
The following may be added to the above pastas for an additional charge of:	
Meat Sauce 2.95	Meatballs 2.95
	Chicken 2.95
	Additional Toppings 1.50
* Our organic French bread comes from the Essential Bakery.	

◆ LOW-CARB "PASTA-LESS" PASTAS ◆

All low-carb pasta orders are served with soup or salad. We will delete anything you want, but please limit your substitutions to one per pasta. Additional toppings are extra.

Low-Carb Chicken Parmesan (GF)	12.95
Tender chicken breasts simmered in a wine infused parmesan sauce and topped with ROMiO'S special marinara sauce, mozzarella and Parmesan cheeses, melted to perfection.	
Low-Carb Eggplant Parmesan (GF) 	12.95
You don't have to know if you like eggplant to enjoy this dish. Three slices of grilled eggplant (not breaded) simmered in wine and layered with Parmesan, mozzarella and ROMiO'S special marinara sauce.	
Low-Carb Meatball Parmesan	12.95
Italian meatballs baked to perfection with Parmesan and mozzarella cheeses in ROMiO'S special marinara sauce.	
Low-Carb Putanesca (GF)	13.95
Tender Chicken breast sautéed with black olives, artichoke hearts and capers, layered in a fresh basil-walnut pesto and our ROMiO'S special marinara sauce.	
Low-Carb Chicken Basil Bake (GF)	13.95
Approximately six and half ounces of sliced chicken, red onions, fresh basil, black olives and red peppers smothered with mozzarella, parmesan, goat and ricotta cheeses, then oven-baked with our ROMiO'S special marinara sauce.	
Low-Carb Baked Formaggi	13.95
"The Boat	