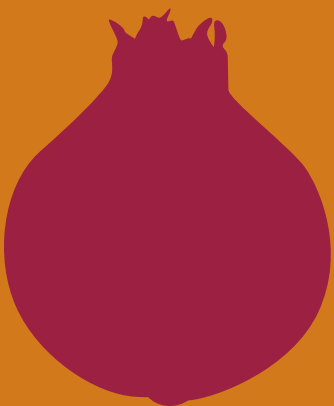
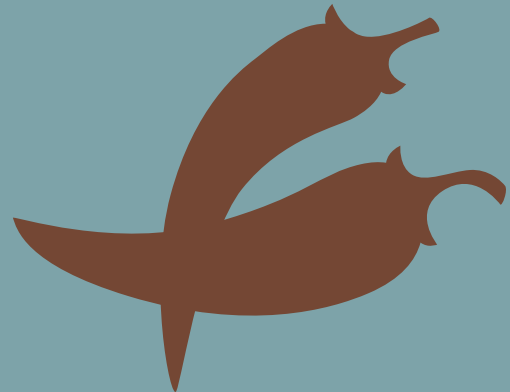


*Joe Badali's*  
RISTORANTE  
ITALIANO & BAR  
HEART FRIENDLY MENU



# Joe's Heart Friendly Menu

EXECUTIVE CHEF ~ NORMAN K. WONG

Created in consultation with Food Nutritionist Rosie MacLean

## Appetizers (Antipasti)

### BRUSCHETTA 9

delicious fresh toppings (choose two from list below)  
served with seasoned toasted crostinis:

**CLASSIC** - tomato basil **WILD MUSHROOM** - with fresh thyme  
**GRILLED AND ROASTED VEGETABLE SALSA** - roasted red peppers,  
mixed mushrooms, green and yellow zucchini, eggplant

KCals = 639 | total fat = 32 | sats = 4.5 | chol = 0 | Na = 638 | carbs = 72  
fib = 6 | sug = 3 | pro = 12 | vit A = 17 | vit C = 73 | Ca = 2.5 | Fe = 32

### GRILLED CALAMARI 9

finished with a roasted garlic rice wine vinegar glaze, served with  
a fresh Puttanesca salsa on top

KCals = 337 | total fat = 19 | sats = 3 | chol = 400 | Na = 89 | carbs = 12  
fib = 2 | sug = 0 | pro = 13 | vit A = 7 | vit C = 67 | Ca = 5.5 | Fe = 12

### MUSSELS DEL GIORNO 11

1 lb of fresh steamed P.E.I. mussels, today's recipe

KCals = 403 | total fat = 29 | sats = 4.4 | chol = 50 | Na = 593 | carbs = 6.4  
fib = 0 | sug = 0 | pro = 18 | vit A = 4 | vit C = 18 | Ca = 7 | Fe = 10

### GRILLED SHRIMP SKEWERS 12

8 skewered grilled shrimp with grilled lemon half

KCals = 129 | total fat = 0.5 | sats = 0.2 | chol = 497 | Na = 552 | carbs = 10  
fib = 0.75 | sug = 4.4 | pro = 23 | vit A = 9 | vit C = 21 | Ca = 12 | Fe = 6

### TIGER SHRIMP COCKTAIL 12

a no nonsense shrimp cocktail with 6 juicy jumbo gulf shrimp  
and our own cocktail sauce

KCals = 129 | total fat = 0.5 | sats = 0.2 | chol = 497 | Na = 552 | carbs = 10  
fib = 0.75 | sug = 4.4 | pro = 23 | vit A = 9 | vit C = 21 | Ca = 12 | Fe = 6

## Salads (Insalata)

\*All dressings are served on the side.  
Small salads - 1 oz. | Large salads - 2 oz.

### BADALI'S HOUSE SALAD

with lemon herb vinaigrette

**SMALL 5** KCals = 21 | total fat = 0 | sats = 0 | chol = 0 | Na = 4.5 |  
carbs = 4.25 | fib = 1.5 | sug = 0.75 | pro = 1.5 | vit A = 24 | vit C = 26 | Ca = 3 | Fe = 9

**LARGE 10** KCals = 42 | total fat = 0 | sats = 0 | chol = 0 | Na = 9 |  
carbs = 8.5 | fib = 3 | sug = 1.5 | pro = 3 | vit A = 48 | vit C = 52 | Ca = 6 | Fe = 18

### BADALI'S CAESAR SALAD

with housemade roasted garlic dressing, lemon, toasted croutons

**SMALL 5** KCals = 14 | total fat = 0 | sats = 0 | chol = 0 | Na = 0 |  
carbs = 6.5 | fib = 0 | sug = 0 | pro = 0.1 | vit A = 24 | vit C = 39 | Ca = 2 | Fe = 4

**LARGE 10** KCals = 27 | total fat = 0 | sats = 0 | chol = 0 | Na = 0 |  
carbs = 13 | fib = 0 | sug = 0 | pro = 0.2 | vit A = 47 | vit C = 78 | Ca = 6 | Fe = 7.5

### INSALATA DI POLLO 14

your choice of Badali or Caesar salad topped with sliced grilled  
chicken breast and roasted portobello mushrooms

KCals = 198 | total fat = 5 | sats = 1 | chol = 65 | Na = 77 | carbs = 10.5  
fib = 4 | sug = 1.5 | pro = 32 | vit A = 50 | vit C = 52 | Ca = 7 | Fe = 26

### GRILLED VEGETABLE AND ROASTED MUSHROOM SALAD 15

grilled eggplant, zucchini, mixed mushrooms, sweet peppers  
served warm with roma tomatoes and goat cheese over mixed  
California greens with balsamic vinaigrette

KCals = 301 | total fat = 15 | sats = 0 | chol = 0 | Na = 237 | carbs = 37  
fib = 11 | sug = 2 | pro = 22 | vit A = 71 | vit C = 204 | Ca = 19 | Fe = 41



### \* Lemon Herb Vinaigrette Dressing (1fl oz)

KCals = 105 | total fat = 11 | sats = 0.75 | chol = 0 | Na = 60 | carbs = 3.5  
fib = 0 | sug = 1.75 | pro = 0.5 | vit A = 0 | vit C = 4.5 | Ca = 0 | Fe = 0.35

### \* Housemade Roasted Garlic Dressing (1fl oz)

KCals = 160 | total fat = 16 | sats = 3 | chol = 10 | Na = 200 | carbs = 2  
fib = 0 | sug = 0 | pro = 0.8 | vit A = 0 | vit C = 0 | Ca = 4 | Fe = 0

## Mains

### GRILLED AND ROASTED VEGETABLE PIZZA 14

caramelized onions, slow oven roasted tomatoes, roasted peppers,  
grilled portobello mushrooms, roasted garlic, sundried tomato,  
kalamata olive tapenade, with goat cheese and fresh herbs

KCals = 648 | total fat = 19 | sats = 8.35 | chol = 0 | Na = 498 | carbs = 112 |  
fib = 8 | sug = 5.3 | pro = 25 | vit A = 22 | vit C = 167 | Ca = 10 | Fe = 53

### TUSCAN CHICKEN PIZZA 14

grilled chicken breast, kalamata olives, red onions, spinach, roma  
tomato, with feta and mozzarella cheese

KCals = 650 | total fat = 19 | sats = 3.5 | chol = 67 | Na = 155 | carbs = 67 |  
fib = 4.4 | sug = 2 | pro = 32 | vit A = 53 | vit C = 53 | Ca = 21 | Fe = 63

### PENNE POLLO ALL'OLIO 15

grilled chicken, sundried tomatoes, mushrooms, fresh herbs,  
garlic and white wine tossed with extra virgin olive oil

KCals = 635 | total fat = 15 | sats = 0 | chol = 0 | Na = 237 | carbs = 37 |  
fib = 11 | sug = 2 | pro = 39 | vit A = 1 | vit C = 5 | Ca = 6 | Fe = 9

### MEDITERRANEAN PASTA 16

grilled chicken breast, kalamata olives, sweet peppers, oregano,  
caramelized onions, plum tomatoes, crumbled feta and tri-  
coloured fusilli

KCals = 562 | total fat = 8.4 | sats = 3.6 | chol = 69 | Na = 272 | carbs = 70  
fib = 7 | sug = 2.3 | pro = 42 | vit A = 24 | vit C = 208 | Ca = 13 | Fe = 15

### LINGUINI POMODORO 12

linguini pasta tossed with fresh plum tomatoes, basil, spinach,  
caramelized onions, garlic, herbs, white wine  
and extra virgin olive oil

KCals = 624 | total fat = 29 | sats = 4 | chol = 0 | Na = 108 | carbs = 69  
fib = 8 | sug = 0.2 | pro = 14 | vit A = 54 | vit C = 65 | Ca = 9 | Fe = 18

### BUTTERNUT SQUASH RAVIOLI 10

large fresh ravioli stuffed with sweet butternut squash filling  
served in a blush sauce with fresh baby spinach

KCals = 618 | total fat = 16 | sats = 4 | TF = 1.7 | chol = 11 | Na = 671 | carbs = 92  
fib = 5 | sug = 7 | pro = 16 | vit A = 25 | vit C = 40 | Ca = 4 | Fe = 30

### MARCO POLLO 17

black tiger shrimp and chicken breast in a ginger/soya/cilantro/  
chili infusion with julienne carrots, baby corn,  
celery and snow peas crowned with bean sprouts and green  
onions and served with chop sticks

KCals = 666 | total fat = 16.3 | sats = 2.6 | chol = 283 | Na = 1150 | carbs = 90  
fib = 5.4 | sug = 30 | pro = 28 | vit A = 10 | vit C = 65 | Ca = 11 | Fe = 15

### VEAL SCALLOPINE AL LIMONE 21

tender panfried veal cutlets in a light lemon sauce served with  
our featured risotto and fresh garden vegetables

KCals = 789 | total fat = 37 | sats = 19 | chol = 179 | Na = 483 | carbs = 69  
fib = 4.7 | sug = 0 | pro = 44 | vit A = 38 | vit C = 230 | Ca = 9 | Fe = 34

### VEAL CHOP 27

provimi veal chop with roasted garlic and  
fresh rosemary rub. served with Badali roasted potatoes  
and fresh garden vegetables

KCals = 600 | total fat = 29 | sats = 10 | chol = 188 | Na = 208 | carbs = 38  
fib = 5.7 | sug = 0 | pro = 47 | vit A = 23 | vit C = 223 | Ca = 6.5 | Fe = 29

### FRUITTI DI MARE DEL GIORNO

tonight's fresh seafood selection - market-priced  
served with our featured risotto and fresh garden vegetables  
average estimate based on grilled Atlantic Salmon

KCals = 520 | total fat = 20 | sats = 3.75 | chol = 124 | Na = 146 | carbs = 38  
fib = 5.7 | sug = 0 | pro = 45 | vit A = 32 | vit C = 223 | Ca = 5.5 | Fe = 24

### BISTECCA CUCINA 25

USDA CHOICE centre cut TOP SIRLOIN steak with choice of green  
peppercorn and shallot sauce or a  
mixed mushroom demi-glace served with Badali roasted  
potatoes and fresh garden vegetables

KCals = 556 | total fat = 18 | sats = 6.25 | chol = 152 | Na = 165 | carbs = 38  
fib = 5.7 | sug = 0 | pro = 57 | vit A = 23 | vit C = 223 | Ca = 6 | Fe = 54

## Joe's Heart Friendly Menu ...

was developed with Food Nutritionist Rosie MacLean based on data received from our suppliers and from the Canadian Nutrient file  
and USDA nutrient data.

## Nutrition Abbreviations Explained

Calories: KCals | Total fat (g): total fat | Saturated fat (g): sats | Trans Fat (g): TF | Cholesterol (mg): chol  
Carbohydrates (g): carbs | Sodium (mg): Na | Fibre (g): fib | Sugar (g): sug | Protein(g): pro  
Vitamin A (% DV): vit A | Vitamin c (% DV): vit C | Calcium (% DV): Ca | Iron (% DV): Fe