



# THE *Italian* CLUB

WINE BAR • STEAK HOUSE • PIZZA GOURMET

## THE ITALIAN CLUB - NUTRITION PROGRAM

### Mediterranean Plan – 1 Week\*

*6 Days, 2 Meals per Day. Delivery on Monday, Wednesday and Friday.*

#### MONDAY

##### LUNCH

Rigatoni Bolognese Sauce  
Mixed Fresh Fruit with Pineapple, Mango, Apple and Orange

##### DINNER

Caesar Salad with Grilled Chicken Breast, Grana Padano DOP, Lettuce, Onions, Cherry Tomatoes  
Altamura Bread Gr. 50

#### TUESDAY

##### LUNCH

The Italian Cheese Burger with Fontina DOP Cheese  
Roasted Potatoes  
Mixed Fresh Fruit with Strawberry, Grape, Melon

##### DINNER

20 Month Aged Parma Ham with Buffalo Mozzarella DOP and Altamura Bread  
Artichoke Salad

#### WEDNESDAY

##### LUNCH

Red Bean Pasta Soup Tuscany Style  
Mixed Fresh Salad with Lettuce, Onions, Cherry Tomatoes  
Mixed Fresh Fruit with Pineapple, Mango, Apple and Orange

##### DINNER

Mediterranean Style Grilled Chicken Breast with Grilled Vegetables in Extra Virgin Olive Oil and Garlic  
Altamura Bread Gr. 50

*\*You can switch lunch with dinner or ask our team for any ingredient or meal you would like to change.*



# THE *Italian* CLUB

WINE BAR • STEAK HOUSE • PIZZA GOURMET

## THE ITALIAN CLUB - NUTRITION PROGRAM

### Mediterranean Plan – 1 Week\*

*6 Days, 2 Meals per Day. Delivery on Monday, Wednesday and Friday.*

#### THURSDAY

##### LUNCH

Rigatoni Amatriciana with Pork Guanciale and Pecorino DOP Cheese in Our Signature Tomato Sauce  
Altamura Bread Gr. 50  
Mixed Fresh Fruit with Strawberry, Grape, Melon

##### DINNER

Pinzimonio Salad with Fresh Celery, Carrot, Fennel in Extra Virgin Olive Oil and Balsamic Vinegar Modena IGP  
Cold Cuts & Cheeses with Cooked Ham, Salami, Coppa and Fontina DOP, Grana Padano DOP and Gorgonzola DOP  
Altamura Bread Gr.50

#### FRIDAY

##### LUNCH

Spaghetti Home-Made Pesto with Fresh Basil, Garlic, Pecorino DOP Cheese, Pine Beans and Extra Virgin Olive Oil  
Traditional Tiramisu

##### DINNER

Italian Minestrone with 10 Slow Cooked Fresh Vegetables, Fresh Basil, Extra Virgin Olive Oil  
Black Angus Rib-Eye with Roasted Potatoes  
Mixed Fresh Fruit with Pineapple, Mango, Apple and Orange

#### SATURDAY

##### LUNCH

Lasagna Bolgnese with Beef in Our Signature Tomato Sauce  
Mixed Fresh Salad with Lettuce, Cherry Tomatoes and Red Onions  
Mixed Fresh Fruit with Strawberry, Grape, Melon

##### DINNER

Focaccia with Stracchino Cheese DOP, Parma Ham, Cherry Tomatoes and Rocket  
Mushroom Sautéed with Extra Virgin Olive Oil, Garlic and Fresh Parsley

*\*You can switch lunch with dinner or ask our team for any ingredient or meal you would like to change.*