



# TJ's Inspiration Delivered

## Celebrating 30 years of

**Perfection**, full of the legendary Chef TJ's touches. The phrase "you are what you eat" is hardly new, Chef TJ explains, after 30 years here, I still find Indian Rocks Beach quaint neighborhood the ultimate destination for locals and visitors alike. Slow down, sip and savor-create your own means of escape. Our Florida season is now in full swing and we are pleased to welcome you back to the well known West Coast beaches. Our establishment has always been defined by its customers and shared experiences enjoyed by family and friends.

We are delighted to share our newest creations to Chef TJ's special menu, extensive wine list and not to be forgotten, our decadent desserts you can't refuse.

### Food Talks!

Chef TJ suggest its more accurate then imagined, food is fuel for the body and the mind, and a happy gut has a profound influence on mood. How often have you had a great feeling about something? And how often have you come to regret ignoring it? Chef TJ describes how the brain and body are connected in more ways than people realize and it's proven that his food doesn't just nourish the body ~ it also has a profound effect on mood ~and this is why customers



repeatedly come back ~ over and over again for 30 years! This happy kitchen where Chef TJ and team create his feel-good-foods, focuses on identifying mood-boosting, mental stimulating food and recipes. He suggest people often ignore their "gut feelings". "I think that it's absolutely fascinating that there are microorganisms in your gut that can influence your mind", says Chef TJ.

"I create authentic Italian fare, blending classic techniques with adventurous Pacific Rim flavors, you'll savor traditional cuisine in a sophisticated yet casual setting. Our

menu features tastes from Northern Italy- starting with fresh salads, succulent veal dishes and our local catch from our very own Gulf of Mexico." Chef TJ prepares the art of culinary in every dish, sautéed then baked to perfection. Signature dishes ~ lasagna, pasta al dente, NY brick oven pizza, prime steak and lobster ~ offering a wide variety of marinated vegetables and seafood, meats and Artisan cheeses and more. Plus, enjoy their extensive wine list and a must have selection of handcrafted coffee from our barista & decadent desserts that will keep bringing you back for more.

### Mood-boosters!

Consumption of three ounce serving of fish 2-3 times a week boosting moods. These boosting ingredients create happier meals, carry on laughing with your family and friends, sound of music combined with grappy filled wines and sunsets, will guarantee your visit to TJ's Italian Cafe' a memorable one!

### Slow, Slip, and Savor

This casual yet elegant dining establishment boasts accolades from the most discriminating pallets.



# *Named Best Restaurant by TripAdvisor in 2019*



Designed with a relaxed sense of modern beach cottage comfort, Chef TJ invites guests to “taste their way” through his diverse menu. Offerings include fresh salads, catch of the day, succulent veal dishes and Northern Italian specialties.

This Indian Rocks Beach gem invites you to create your own means of escape with a sip of wine, paired with your favorite dish and a little imagination. Cheers to you, your families and friends!

## **~Chef TJ**

Executive Chef and Owner

Serving the world over for 30 years!

TJ's Italian Cafe' | Since 1989

Also the Founder and Creator of The Destination, A Wellsboro-Based Restaurant



## **Dining Information**

Authentic Northern Italian

Heart Smart Options

Vegetarian Options

Seasonal Ingredient-Driven Early Menu

Dessert and Barista menu

Children's Portions

Extensive Wine List

Imported/Domestic Beer List

indoor/Outdoor Dining Palm-laden Deck

Semi Private Dining Rooms

Delivery Entire Menu

Takeout Entire Menu

Seasonal Live Entertainment please call ahead

Casual Resort / Dressy Casual

Non-Smoking

Handicap Accessible

Reservations Accepted

Larger Parties are our pleasure

Iconic Sunset Views Since 1989

View our Gallery [www.tjsitaliancafe.com](http://www.tjsitaliancafe.com)

1515 Gulf Boulevard ~ Indian Rocks Beach Florida

33785 ~ 727.596.1515

