

SEAFOOD

SEAFOOD MEDALLIONS

PANEED EGGPLANT LAYERED WITH
JUMBO LUMP CRABMEAT AND
SHRIMP, TOPPED WITH A CREOLE
CRAWFISH CREAM SAUCE

\$24.95


(SUBSTITUTE VEAL)

\$29.95

SAUTEED OR BLACKENED FRESH FISH

TOPPED WITH
CRABMEAT CREAM SAUCE

\$28.95

 EAT FIT OPTION SERVED
BLACKENED WITH SAUCE
ON THE SIDE

STUFFED SHRIMP IN PASTRY

FRESH GULF SHRIMP AND SEAFOOD
STUFFING WRAPPED IN PHYLLO
PASTRY AND TOPPED WITH
CRABMEAT CREAM SAUCE

\$26.95

CRAB CAKES

JUMBO LUMP CRAB CAKES
TOPPED WITH CHAMPAGNE BEURRE
BLANC & A COINTREAU AIOLI

\$28.95

TUNA BASILICO

GRILLED TUNA WITH CAPERS,
TOMATOES, FRESH BASIL,
MUSHROOMS SAUTEED IN LEMON
JUICE AND EXTRA VIRGIN OLIVE OIL

\$28.95

JUMBO LUMP CRABMEAT

& SHRIMP PARMA


JUMBO LUMP CRAB & SHRIMP
BAKED WITH BEURRE BLANC AND
PARMESAN CHEESE

\$25.95

HERB CRUSTED SALMON

TOPPED WITH JUMBO LUMP
CRABMEAT AND CHAMPAGNE
BEURRE BLANC SAUCE. SERVED
WITH GARLIC BRAISED SPINACH

\$26.95

 FOR EAT FIT OPTION, SERVED
WITH STEAMED SPINACH AND SAUCE
ON THE SIDE

CHICKEN

CHICKEN PARMIGIANA

BREADED CHICKEN BREAST TOPPED WITH
MOZZARELLA CHEESE & RED SAUCE

\$18.95

 EAT FIT OPTION SERVED GRILLED
WITH A SIDE OF WILTED SPINACH

GARLIC CHICKEN

BAKED, BONE-IN CHICKEN TOPPED WITH
GARLIC, OLIVE OIL AND FRESH HERBS

\$17.95

PANEED CHICKEN

BREADED CHICKEN BREAST TOPPED
WITH LEMON CREAM SAUCE

\$16.95

STUFFED CHICKEN BREAST

CHICKEN BREAST STUFFED WITH
PROVOLONE CHEESE, PROSCIUTTO
AND ARTICHOKE HEARTS, BREADED,
BAKED AND TOPPED WITH A
MUSHROOM MARSALA SAUCE

\$20.95

PARMESAN CRUSTED CHICKEN

PAN SAUTEED AND SERVED ON
A BED OF CREAMED SPINACH.
FINISHED WITH A CHAMPAGNE
BEURRE BLANC

\$19.95

CHICKEN MARSALA

BONELESS CHICKEN BREAST SAUTEED
IN A MUSHROOM MARSALA SAUCE

\$18.95

CHICKEN CARBONARA

PANEED CHICKEN BREAST
SERVED WITH FETTUCCINE PASTA
FINISHED WITH A SWEET PEA,
FRESH ONION, AND BACON
CREAM SAUCE

\$21.95



TASTE OF VINCENT'S

AVAILABLE TUESDAY - THURSDAY * FULL TABLE PARTICIPATION REQUIRED

\$55 PER PERSON

COURSE ONE

ROSE OF SICILY

FLASH FRIED ROMAN ARTICHOKE WITH PROSCIUTTO, BASIL,
PARMIGIANO-REGGIANO, AND OLIVE OIL
AND

PARMESAN CRUSTED SHRIMP

ON A BED OF FRIED SPINACH

COURSE TWO

CANNELLONI

HOMEMADE PASTA FILLED WITH VEAL AND SPINACH, SERVED
OVER ALFREDO SAUCE AND TOPPED WITH RED SAUCE

COURSE THREE

CORN AND CRABMEAT BISQUE

SERVED IN A TOASTED BREAD BOWL

COURSE FOUR

HOUSE SALAD

COURSE FIVE

(IF TABLE OF FOUR OR MORE ALL FOUR ARE SERVED • IF TABLE OF TWO CHOOSE TWO)

SHRIMP TAGLIATELLE

GRILLED SHRIMP, ARTICHOKE AND CHERRY TOMATOES TOSSED
WITH HOMEMADE PASTA IN LIGHT CREAM SAUCE

VEAL ROBERTO

SAUTÉED VEAL TOPPED WITH JUMBO LUMP CRABMEAT
AND A PORTOBELLO CHERRY BUERRE BLANC

SEAFOOD MEDALLIONS

PANEED EGGPLANT LAYERED WITH JUMBO LUMP CRABMEAT AND
SHRIMP, TOPPED WITH A CREOLE CRAWFISH CREAM SAUCE

BLACKENED REDFISH

TOPPED WITH CRABMEAT CREAM SAUCE

COURSE SIX

TIRAMISU OR WHITE CHOCOLATE BREAD PUDDING



Eat Fit NOLA items meet the nutritional criteria designated by **Ochsner Health System**.
Visit **EatFitNola.com** or ask your server for more information.

APPETIZERS

EGGPLANT SALSICCIA
PANEED EGGPLANT STUFFED WITH
MOZZARELLA CHEESE, ITALIAN
SAUSAGE, TOMATOES AND BASIL;
BAKED AND TOPPED WITH RED SAUCE
\$9.95

ROSE OF SICILY
BABY ARTICHOKEs,
MARINATED, THEN DEEP FRIED;
TOPPED WITH EXTRA VIRGIN
OLIVE OIL, SHALLOTS, CAPERS,
AND PROSCIUTTO
(1) \$8.95 (2) \$12.95

ESCARGOT
SAUTEED IN GARLIC BUTTER, GREEN
ONIONS, WHITE WINE, AND BELL
PEPPERS. SERVED WITH
TOASTED CROSTINIS
\$9.95

OYSTERS ROCKEFELLER
FRIED OYSTERS WITH SAMBUCA
BRAISED SPINACH, BAKED WITH
PARMESAN CHEESE AND LEMON
CREAM SAUCE
\$13.95

OYSTERS ALMONDINE
FRIED OYSTERS TOPPED WITH
TOASTED ALMONDS AND LEMON
TARRAGON SAUCE
\$13.95

ARTICHOKE VINCENT
ARTICHOKE HEARTS BATTERED &
FRIED THEN TOPPED WITH
CRABMEAT, SHRIMP, GREEN
ONIONS & TOMATOES. FINISHED
WITH LEMON TARRAGON CREAM
\$10.95

SOUPS

ITALIAN CHICKEN VEGETABLE
CORN & CRABMEAT BISQUE SERVED IN A FRESHLY BAKED BREAD CUP

CUP	BOWL
\$5	\$8
\$9	\$13

HOUSE
\$7
CAESAR
(SUBSTITUTE WITH ENTREE \$3.00)
\$9

ITALIAN
BLACK OLIVES, CHOPPED GREEN OLIVES,
ARTICHOKE HEARTS, MOZZARELLA CHEESE
(SUBSTITUTE WITH ENTREE \$3.50)
\$9.5

ARUGULA
WITH LEMON AND PARMIGIANO REGGIANO
(SUBSTITUTE WITH ENTREE \$5.00)
 \$6.95
SERVED WITH OUR HOUSE VINAIGRETTE

SALADS

BURRATA CAPRESE
SLICED TOMATO AND
BURRATA WITH BASIL, TOPPED
WITH A BALSAMIC REDUCTION
(SUBSTITUTE WITH ENTREE \$6.00)
\$12

ROASTED BEET AND ARUGULA
OVEN ROASTED BEETS LAYERED WITH
ARUGULA AND GOAT CHEESE WITH
RED WINE VINAIGRETTE
(SUBSTITUTE WITH ENTREE \$6.00)
 \$9.00

FOR EAT FIT, TRY THIS SALAD
WITH OUR HOUSE VINAIGRETTE

DRESSINGS: HOUSE VINAIGRETTE, BLEU CHEESE VINAIGRETTE, CREAMY ITALIAN, HONEY MUSTARD, THOUSAND ISLAND, OR RANCH.

WITH ANY SALAD ADD ANCHOVIES \$3 ADD WHITE SICILIAN ANCHOVIES \$5

EGGPLANT STICKS
BREADED AND FRIED,
SERVED WITH RED SAUCE
\$8.95


MEATBALLS ON GARLIC TOAST
\$9.50

CALAMARI
BREADED AND FRIED,
SERVED WITH RED SAUCE
\$8.95

SEAFOOD STUFFED MUSHROOMS
TOPPED WITH TARRAGON LEMON CREAM
\$9.95

PARMESAN CRUSTED JUMBO SHRIMP
ON A BED OF FRIED SPINACH,
TOPPED WITH A WHITE
WINE BUTTER SAUCE
\$12.95

JUMBO LUMP CRABMEAT
JUMBO LUMP CRABMEAT ATOP A
BED OF MIXED GREENS, MARINATED
ARTICHOKE HEARTS, CALAMATA
OLIVES AND SLICED ROMA TOMATOES.
SERVED WITH A CHOICE OF DRESSING.
\$20.95

 FOR EAT FIT, TRY THIS SALAD
WITH OUR HOUSE VINAIGRETTE

ROMAINE & KALE
ROMAINE LETTUCE AND KALE WITH
RED ONIONS, HOMEMADE CROUTONS,
CREAMY BLUE CHEESE DRESSING AND
CRISPY PANCETTA
(SUBSTITUTE WITH ENTREE \$6)
\$8.50

PASTAS

ANGEL HAIR BORDELAISE
EXTRA VIRGIN OLIVE OIL, GARLIC
AND GREEN ONIONS TOSSED
WITH ANGEL HAIR PASTA.
\$13.95
ADD SHRIMP \$19.95
OR CHICKEN \$18.95

CALAMARI BORDELAISE
SAUTÉED CALAMARI WITH EXTRA
VIRGIN OLIVE OIL, ARTICHOKE
HEARTS, BLACK OLIVES, GARLIC
AND GREEN ONIONS TOSSED
WITH GRAPE TOMATOES AND
SERVED OVER ANGEL HAIR
\$18.95

SPAGHETTI AND MEATBALLS
BABY WHITE VEAL MEATBALLS IN
RED SAUCE OVER ANGEL HAIR
PASTA
\$16.95

ITALIAN SAUSAGE
SERVED WITH ANGEL HAIR PASTA
AND RED SAUCE
\$16.95

Our House Specialty

CANNELONI
HOMEMADE PASTA STUFFED
WITH GROUND BABY VEAL, PUREED
SPINACH AND PARMESAN
CHEESE BAKED ON A BED OF
ALFREDO CREAM AND TOPPED
WITH RED SAUCE
\$22.95

FETTUCINE ALFREDO
FETTUCINE PASTA TOSSED WITH A
CLASSIC ALFREDO SAUCE.
\$14.95
ADD PANÉED VEAL \$19.95
ADD CHICKEN \$18.95

SHRIMP FETTUCINE
SAUTÉED GULF SHRIMP
IN A SEAFOOD CREAM SAUCE
OVER FETTUCINE.
\$20.95

SAUTEED ITALIAN OYSTERS

LIGHTLY BATTERED LOUISIANA
OYSTERS SAUTEED WITH GREEN
ONIONS, GARLIC AND EXTRA
VIRGIN OLIVE OIL OVER ANGEL
HAIR PASTA
\$24.95

EGGPLANT PARMAGIANA WITH ANGEL HAIR PASTA

PANÉED MEDALLIONS OF
EGGPLANT TOPPED WITH RED
SAUCE AND MELTED
MOZZARELLA CHEESE
\$16.95

HOMEMADE LASAGNA

GROUND BEEF & ITALIAN
SAUSAGE LAYERED BETWEEN
FRESH LASAGNA SHEETS WITH
MOZZARELLA, PARMESAN,
RICOTTA, & BASIL, FINISHED WITH
OUR HOMEMADE RED SAUCE.
\$20.95

ALL PASTA SERVED WITH ITALIAN CHICKEN VEGETABLE SOUP
CORN AND CRABMEAT BISQUE AS A SUBSTITUTE FOR CHICKEN VEGETABLE SOUP \$6 EXTRA

MEAT

LAMB CHOPS

MARINATED AND GRILLED, SERVED
WITH BRABANT POTATOES AND
FRENCH BEANS, FINISHED WITH A
MINT DEMI-GLACÉ
\$27.95

SEAFOOD STUFFED

PORK CHOP

DOUBLE-CUT PORK CHOP BREADED
AND STUFFED WITH A SEAFOOD
STUFFING, TOPPED WITH A LIGHT
PINEAPPLE DEMI-GLACÉ
\$28.95

ROASTED DUCK BREAST

THINLY SLICED AND TOPPED WITH A
SWEET HOT PEPPER JELLY GLAZE.
SERVED WITH BRABANT POTATOES AND
FRENCH BEANS
\$25.95



SERVED WITHOUT POTATOES

BRACIALONI

VEAL STUFFED WITH ARTICHOKE HEARTS, BACON,
GARLIC & PARMESAN CHEESE, BAKED AND TOPPED
WITH RED SAUCE
\$24.95

FILET MIGNON

GRILLED 8OZ FILET SERVED WITH WHIPPED POTATOES AND
GRILLED ASPARAGUS; TOPPED WITH MARCHAND DE VIN
\$36.95

ADD JUMBO LUMP CRABMEAT BORDELAISE \$8



SERVED WITHOUT POTATOES

VEAL

VEAL PICATA

SAUTÉED VEAL TOPPED
WITH LEMON CREAM
\$19.95

OSSO BUCCO

BRAISED VEAL SHANK WITH
ANGEL HAIR PASTA; TOPPED WITH
VEAL DEMI-GLACÉ
\$35.95

VEAL ROBERTO

SAUTÉED VEAL TOPPED WITH
JUMBO LUMP CRABMEAT;
FINISHED WITH A PORTOBELLO
MUSHROOM SHERRY BEURRE BLANC
\$28.95

VEAL MARSALA

SAUTÉED VEAL WITH
MUSHROOM MARSALA
SAUCE
\$21.95

VEAL PARMIGIANA

BREADED VEAL TOPPED WITH
MELTED MOZZARELLA CHEESE
AND RED SAUCE
\$19.95

VEAL SORRENTINO

VEAL SAUTEED & LAYERED
WITH PANEED EGGPLANT & RED
SAUCE. TOPPED WITH MELTED
MOZZARELLA
\$23.95

VEAL CHOP

14 OZ. VEAL CHOP STUFFED WITH FRESH BASIL, FONTINA CHEESE, & PROSCIUTTO. GRILLED AND FINISHED
WITH A CREAM SHERRY WINE DEMI-GLACÉ. SERVED WITH WHITE TRUFFLE RISSOTO AND GRILLED ASPARAGUS
\$45.95

WINES BY THE GLASS

WHITE

PINOT GRIGIO, CAPOSALDO (ITALY)	7.00
SAUVIGNON BLANC, WOODBRIDGE (CA)	7.00
CHARDONNAY, LA TERRE (CALIFORNIA)	7.00

BLUSH

WHITE ZINFANDEL, BERINGER (CALIFORNIA)	7.00
ROSE, VILLA VIVA (FRANCE)	7.00

RED

RUFFINO CHIANTI D.O.C.G. (ITALY)	7.00
PINOT NOIR, ROBERT MONDAVI "PRIVATE SELECTION" (CALIFORNIA)	7.00
MERLOT, WOODBRIDGE (CALIFORNIA)	7.00
CABERNET SAUVIGNON, WOODBRIDGE (CALIFORNIA)	7.00

INQUIRE WITH SERVER ABOUT OUR SPECIAL WINES BY THE GLASS