2019 LUNCH SPECIALS

$8.50 includes:
1 of the following plus side of homemade potato croquettes and can of soda or water

- South Beach Salad w Grilled Chicken
- Caesar Salad w Grilled Chicken
- Italian Salad w Grilled Chicken
- 12in Chicken Parm Hero
- 12in Meatball Parm Hero
- 12in Potato & Egg w Peppers & Onions Hero
- 12in Sausage & Peppers Hero
- Penne Vodka
- Rigatoni w Broccoli
- Small Pizza Pie
- Chicken Noodle Soup
- Grilled Chicken Caesar Wrap

6 Sneden Avenue SI NY 10312 P: 718.356.4233
ALL NEW GET FIT MENU

Gluten Free - Vegan - Keto

Healthy Options Here at the Pizza Parlor

Vegan Meatballs Over Gluten Free Pasta $15
with Marinara sauce

Vegan Meatballs $12 for 3

Gluten Free Wrap $13
w grilled chicken, lettuce, tomato

Gluten Free Wrap $13
w grilled chicken, roasted peppers, fresh mozzarella

Zucchini Spaghetti $13
garlic, EVO, parsley, basil
add grilled chicken $4, add grilled shrimp $6

Grilled Chicken & Broccoli Rabe $19
w Whole Wheat Penne Pasta

Gluten Free Pasta $12
w Marinara or garlic & oil

Lentil Soup $9
w Gluten Free Pasta

VEGAN Cauliflower Pizza (10") $16
Gluten Free Pizza (12") $13

add broccoli, spinach, zucchini, black olives, kalamata olives
artichoke hearts, mushrooms, onions, peppers, garlic
portobello mushrooms $1.75

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