



FORK & BALLS

JUST BALLS 8 Small skillet with 3 balls (1 style) with choice of Sauce, served with Focaccia

BALLS

- Classic Beef
- ☉ Chicken
- ☉ Veggie
- Spicy Pork
- F&B Blend
- Daily Special

SAUCES

- ☉ Traditional Tomato Parmesan Cream
- Mushroom
- ☉ Herb Pesto
- ☉ Roasted Tomato

BALLS ON TOP

 13

Choose 3 balls (1 style) & 1 sauce from above, and put it on top of 1 item below:

- ☉ Traditional Salad, ☉ Daily Veggie, ☉ Garlic Spinach,
- ☉ Whole Wheat Spaghetti, Spaghetti, Penne, Creamy Polenta,

BALLS IN BETWEEN

SLIDERS

 3 (each)

Pick a Ball & Sauce, served on Focaccia

- ☉ Have it Naked (No Bread)

HEROS

 10

Pick a Ball & Sauce, served on Italian Bread or Wheat

Choice of ☉ Mozzarella or Provolone

SALADS & STARTERS

- ☉ TRADITIONAL - tomato, onion, chick peas, olives, house vinaigrette (plenty for two) 8, add blue cheese 1.50
- ☉ MOZZARELLA-TOMATO SALAD - grape tomatoes, red onion, marinated ciliegini, basil, virgin oil & balsamic 9
- ☉ STEF'S MARKET SALAD of the Day MP
- GRILLED ROMAINE BLT - artisan romaine, applewood-smoked bacon, grape tomatoes, blue cheese, ranch dressing 7
- CRISPY CALAMARI - marinara sauce, sweet & hot peppers, roasted garlic aioli 10
- BRUSSELS SPROUTS - toasted garlic-tomato sauce, bacon, parmesan 7
- HERB POLENTA FRIES - rosemary, thyme, parmesan, dipping sauce 7
- F&B GARLIC BREAD - toasted italian bread, fresh garlic, oregano, parmesan 5

F&B FAVORITES

- ☉ TOSCANA - F&B blend, rapini, butter beans, prosciutto, light broth, parmesan 14
- ☉ B&E CHICKEN - grilled romaine, roasted tomato, white beans, lemon & parmesan 13
- ☉ VEGGIE - over a Chef selection of veggies with pesto 12
- GRANDMA'S BOWL - F&B blend, spaghetti, tomato-eggplant sauce, mozzarella 14
- THE TEXAN - classic beef balls, slow-cooked chili, aged cheddar & corn tortillas 13
- SPICY ITALIAN - spicy pork balls, creamy polenta, roasted tomato sauce, ricotta, sweet & hot peppers 14

F&B SANDWICHES

- on Italian Bread or Wheat, with simple arugula salad
- SICILIAN - classic beef balls, tomato sauce, mozzarella, sweet & hot peppers 11
 - THE JEFFRY - F&B blend, rapini, roasted garlic-white bean spread, ricotta 12
 - B&E GRINDER - chicken balls, roasted mushroom, parmesan cream & pesto 11
 - THE GREEK - lamb balls, pita bread, tomato, sweet onion, tzatziki sauce 12

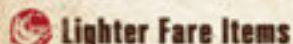
SIDES

Be sure to complete your entrée with an F&B side dish

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|-------------------------|---------------------|---------------------------|
| ☉ BRAISED GREEN BEANS 5 | F&B MAC 'N CHEESE 6 | ☉ VEGETABLE OF THE DAY 5 |
| ☉ BROCCOLI RABE 6 | ☉ GARLIC SPINACH 5 | SPAGHETTI 5 |
| CREAMY POLENTA 5 | ☉ KALE CHIPS 5 | ☉ WHOLE WHEAT SPAGHETTI 5 |
| ☉ FARRO TOMATO FETA 5 | PENNE 5 | WHITE BEANS & KALE 5 |

DESSERTS

- FRIED BREAD PUDDING 6 | GELATO-SORBET SUNDAE 5 | COOKIES & MILK 5



Lighter Fare Items

WE PROUDLY SUPPORT LOCAL FARMERS AND SUSTAINABILITY EFFORTS.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition. Many of our recipes use pork.