

## LUNCH MENU

### LUNCH entrees

#### Chicken Marsala

Sautéed boneless chicken fillets with mushrooms in a marsala wine butter sauce over linguine - 13.99

#### Chicken & Shrimp Jambalaya

Sautéed chicken fillets, shrimp, ground andouille sausage and vegetables in a Cajun tomato sauce over linguine or rice pilaf - 14.99

#### Capellini Richard

Angel hair pasta tossed with stewed tomatoes, fresh basil, parmesan cheese, olive oil and garlic - 11.99  
Add Grilled Chicken - 5.00  
Add Grilled Shrimp - 6.00

#### Fish & Chips

Deep-fried lightly battered fresh haddock served with French fries, onion strings, coleslaw and rémoulade sauce - 15.99

#### Penne Carbonara

Sautéed chicken fillets, bacon, mushrooms and peas in a classic alfredo sauce tossed with penne - 14.99

#### Classic Chicken & Broccoli

Sautéed chicken fillets, broccoli, parmesan cheese, crushed red pepper, olive oil and garlic tossed with penne - 13.99

#### Chicken & Broccoli Alfredo

Sautéed chicken and broccoli tossed with penne in our homemade alfredo sauce - 14.99

#### Baked Haddock

Baked fresh haddock with a seasoned Ritz cracker crumb topping served with mashed potatoes and vegetables - 14.99

#### Jeffrey's Seafood Sauté

Sautéed shrimp, sea scallops and salmon with sun-dried tomatoes, spinach, roasted red peppers, onions, roasted pine nuts and fresh basil in a white wine and garlic butter sauce over angel hair pasta - 16.99

#### Chicken Parmesan

Breaded boneless breast of chicken topped with marinara sauce and mozzarella cheese served with linguine - 13.99

#### Veal Parmesan

Tender breaded veal cutlet topped with marinara sauce and mozzarella cheese served with linguine - 17.99

#### Spaghetti & Meatballs

Spaghetti, marinara and 2 large homemade meatballs - 11.99

Only Available  
Tues-Fri 11:30-4:00  
Saturday 12:00-4:00

#### Chicken Piccata

Sautéed chicken fillets with mushrooms, capers and artichoke hearts in a lemon butter sauce over linguine - 13.99

#### Chicken Blue Eyes

Sautéed boneless breast of chicken de-glazed with white wine topped with breaded eggplant, sharp provolone cheese, mushrooms and marinara sauce served with pasta or mashed potatoes and vegetables - 14.99

#### Eggplant Parmesan

Lightly breaded eggplant layered with marinara sauce, mozzarella and parmesan cheese served with pasta and garlic bread - 13.99

#### Steak Tips\*

8 oz. of marinated charbroiled steak tips served over rice pilaf, topped with sautéed mushrooms and onions in a Marsala wine butter sauce - 15.99

#### Fresh Rigatoni Bolognese

Fresh rigatoni in our homemade tomato Bolognese sauce finished with a touch of cream and shaved parmesan - 14.99

#### Zio's Chicken

Parmesan panko encrusted boneless breast of chicken over potato gnocchi on a tomato cream sauce with lightly dressed arugula, crispy prosciutto and shaved parmesan - 15.99

### sides à la carte

Mixed Vegetables - 2.99

Coleslaw - 2.99

Grilled Asparagus - 5.99

Baby Green Beans - 4.99

Broccoli\*- 4.99

Spinach\* - 4.99

Spinach & Broccoli\* - 4.99

\*prepared steamed or with olive oil and garlic

Mashed Potatoes - 2.99

Rice Pilaf - 2.99

French Fries - 2.99

OG Fries - 4.99

Waffle Fries - 3.99

Sweet Potato Fries - 3.99

Onion String Basket - 6.99

Baked Potato - 3.99

### Available Anytime

Homemade Meatball - 3.99

Sweet Italian Sausage - 3.99

Pasta with Marinara - 5.99  
substitute gluten free penne +2.75

Pasta Salad - 2.99

Fresh Rigatoni - 7.99

Gluten Free Roll - 1.50

House Risotto - 6.99  
Slow cooked Arborio rice folded with Parmigiano-Reggiano cheese, asparagus, mushrooms and a touch of cream

### burgers

### Available Anytime

#### Ed's All American Sirloin Burger

Ground Angus sirloin with lettuce, tomato, and onion served with French fries - 13.99 Add Cheese or Bacon - 1.00 each

#### BBQ Ranch Burger

Ground Angus sirloin with bacon, cheddar cheese, lettuce, tomato, crispy onions and BBQ ranch dressing served with French fries - 15.99

#### The Benjamin Burger

Ground Angus sirloin with cracked pepper mayo, jack cheese, bacon, sautéed onions and mushrooms topped with a homemade Guinness steak sauce served with waffle fries - 15.99

#### The Signature Burger

Ground Angus sirloin with chipotle aioli, smoked gouda, bacon, lettuce, tomato and pickled jalapeños served with waffle fries - 15.99

### build your own pizza

### Available Anytime

Cheese Pizza - 14.99

#### Meat Toppings

Pepperoni · Grilled Chicken · Meatball · Hamburger · Sausage - 2.50 each

#### Veggie Toppings

Mushroom · Green Pepper · Onion · Spinach · Broccoli · Tomato · Roasted Red Pepper - 1.50 each

### specialty pizzas

### Available Anytime

#### Buffalo Chicken Pizza

Fresh homemade pizza dough topped with buffalo tenders, gorgonzola cheese, red onions, buffalo sauce and our house cheese blend - 18.99

#### BBQ Chicken Pizza

Fresh homemade pizza dough brushed with olive oil and garlic topped with our house cheese blend, grilled chicken, BBQ sauce and red onions - 18.99

#### The Goose's Favorite Pizza

Fresh homemade pizza dough topped pizza sauce, our house cheese blend, pepperoni, sausage, mushrooms, onions and green peppers - 18.99

#### Margherita Pizza

Fresh homemade pizza dough brushed with olive oil and garlic topped with fresh mozzarella, our house cheese blend, sliced tomatoes and fresh basil - 17.99

### children's menu

12 years old and under

### Available Anytime

choose one side: fries, mashed potatoes, rice pilaf, coleslaw, carrots & ranch, or Mandarin oranges

Cheese Pizza - 8.99

Spaghetti & Meatball - 7.99

Penne Marinara - 6.99

substitute Gluten Free penne +2.75

Steak Tips - 9.99

Homemade Mac-n-Cheese - 7.99

Chicken Fingers - 7.99

Menu alterations, substitutions and extras are subject to an upcharge

\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Before placing your order, please inform your server if anyone in your party has a food allergy. We can accommodate gluten free needs.

## hold your function at 45!

We can accomodate private parties of 17-70 people. Please call 508-533-8171 or inquire within for more information on planning your special occasion. Our Function menus can also be found on our website [www.45restaurant.com](http://www.45restaurant.com)

### catering services

Let us cater your next event while you sit back & enjoy. Ask for our offsite catering menu or visit our website [www.45restaurant.com](http://www.45restaurant.com)

### gift cards

We gladly accept Visa, Mastercard, American Express & Discover Cards. Gift cards can be purchased in the restaurant or on our website [www.45restaurant.com](http://www.45restaurant.com)

### online ordering

Our lunch and dinner menu can all be ordered online at [www.45restaurant.com](http://www.45restaurant.com)



# restaurant 45

[www.45restaurant.com](http://www.45restaurant.com)

45 Milford Street, Medway MA 02053

508-533-8171

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EAT LOCAL. DRINK LOCAL.

### LUNCH sandwiches

served with French fries or pasta salad and a pickle

Only Available  
Tues-Fri 11:30-4:00  
Saturday 12:00-4:00

#### Chicken Parmesan Focaccia

Lightly breaded boneless chicken breast topped with marinara sauce and mozzarella cheese on homemade toasted garlic focaccia - 13.99

#### Aaron's Fried Chicken Sandwich

Crispy fried chicken breast with American cheese, lettuce, tomato, pickles, pickled onions and cracked pepper mayo on a garlic buttered focaccia roll - 13.99

#### Chicken Caprese Ciabatta

Grilled chicken, fresh mozzarella, basil and tomato drizzled with a balsamic glaze on warm ciabatta bread - 13.99

#### Turkey Club

Thin sliced roast turkey breast with bacon, American cheese, lettuce, tomato, onion and mayonnaise on toasted triple decker wheat bread - 13.99

#### Buffalo Chicken Wrap

Boneless Buffalo tenders with bleu cheese dressing, lettuce, tomato and crispy onion strings wrapped in a soft tortilla - 13.99

#### Eggplant Focaccia

Warm breaded eggplant, sautéed spinach, caramelized onions, roasted red peppers, goat cheese and roasted garlic aioli on oven-baked focaccia - 12.99

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## appetizers

Available Anytime

### Calamari 45

Deep-fried crispy calamari with sliced hot cherry peppers, black olives and tomatoes tossed in olive oil and garlic, served with garlic crostini - 14.99

### Fried Calamari

Lightly battered deep-fried calamari served with rémoulade and marinara sauces - 13.99

### Artichoke & Spinach Dip

A blend of artichoke, spinach, four cheeses and seasonings served warm with tortilla chips - 12.99

### Boneless Buffalo Tenders

Lightly coated chicken tenders tossed in a tangy buffalo sauce served with celery sticks and bleu cheese dressing - 13.99

### Boneless BBQ Tenders

Lightly coated chicken tenders tossed in our own honey BBQ sauce served with celery sticks and ranch dressing - 13.99

### Paul's Shrimp Mozambique

Traditional recipe of eight shrimp sautéed in a savory sauce of garlic and special house seasonings served over Italian toast - 13.99

### Stuffed Mushrooms

Large mushroom caps filled with our homemade seafood stuffing, melted Swiss cheese and a garlic butter sauce - 12.99

### Mussels Zuppa

Steamed native mussels, sauteed shallots, garlic, fennel and chorizo served in a spicy white wine tomato sauce served with grilled ciabatta bread - 14.99

### Shrimp Cocktail

Eight jumbo shrimp served with homemade zesty cocktail sauce - 13.99

### OG Fries

French fries tossed in a mixture of olive oil, garlic, parmesan cheese, parsley, and red pepper flakes - 10.99

### Fried Mac & Cheese Balls

The Chef's homemade five cheese mac-n-cheese, breaded and deep-fried served with a tomato cream sauce - 12.99

### Chicken Lettuce Wraps

Sautéed chicken, peppers and an Asian vegetable slaw in our house orange-ginger sauce served with crisp romaine lettuce leaves, cusabi, and peanut dipping sauces - 13.99

### Garlic Bread Basket

A basket of our toasted Italian garlic bread - 7.99 add cheese +3.00

### Kyle's Pizzetta

Grilled pizza dough topped with chunky Pomodoro sauce, crispy crumbled Italian sausage, caramelized onions, ricotta cheese, and our four cheese blend - 12.99

### Pomodoro Pizzetta

Grilled pizza dough topped with Pomodoro sauce, sliced tomatoes, fresh mozzarella, basil and caramelized onions - 12.99

## soup & salads

Available Anytime

### Lobster & Corn Chowder

Bowl - 9.99 Cup - 7.99

### Clam Chowder

Available Fridays only  
Bowl - 8.99 Cup - 6.99

### Soup of the Day

Bowl - 6.99 Cup - 4.99

HALF SALADS AVAILABLE UPON REQUEST

### Oriental Chicken Salad

Crisp romaine lettuce with a Mandarin orange sesame dressing, roasted cashews, sweet red peppers, pea pods, Mandarin oranges, goat cheese and crispy wontons topped with crispy chicken - 16.99

### Buffalo Chicken Salad

Crisp romaine, tomatoes, cucumber, Bermuda onions, and carrots tossed with bleu cheese dressing and pita bread croutons topped with boneless buffalo tenders - 16.99

### Mediterranean Salad

Our house garden salad with feta cheese and pita bread croutons tossed with a lemon olive oil dressing - 11.99  
Add Grilled Chicken - 5.00  
Add Grilled Shrimp - 6.00  
Add Steak Tips\* - 8.00  
Add Grilled Salmon - 10.00

### Mesclun Salad

Mixed field greens tossed with sun-dried cranberries, roasted walnuts, pears, red seedless grapes, gorgonzola cheese, pita bread croutons, and a balsamic vinaigrette - 11.99  
Add Grilled Chicken - 5.00  
Add Grilled Shrimp - 6.00  
Add Steak Tips\* - 8.00  
Add Grilled Salmon - 10.00

### Caesar Salad

Crisp romaine lettuce tossed with our homemade Caesar dressing, garlic croutons and parmesan cheese - 11.99  
Add Grilled Chicken - 5.00  
Add Grilled Shrimp - 6.00  
Add Steak Tips\* - 8.00  
Add Grilled Salmon - 10.00

### BBQ Chicken Salad

Our Garden salad topped with black bean & corn salsa, pickled onions, shredded pepper jack cheese, boneless BBQ tenders and a side of Ranch dressing - 16.99

### Roasted Beet Salad

Mixed field greens with roasted beets, candied walnuts, goat cheese and a balsamic vinaigrette - 11.99  
Add Grilled Chicken - 5.00  
Add Grilled Shrimp - 6.00  
Add Steak Tips\* - 8.00  
Add Grilled Salmon - 10.00

### Garden Salad

Romaine, iceberg and mixed greens with tomatoes, cucumber, Bermuda onions, and carrots - 9.99  
Add Grilled Chicken - 5.00  
Add Grilled Shrimp - 6.00  
Add Steak Tips\* - 8.00  
Add Grilled Salmon - 10.00

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## DINNER ENTREES

## veal & beef

Available Anytime

### Veal Parmesan

Tender breaded veal cutlet topped with marinara sauce and mozzarella cheese served over linguine - 23.99

### Veal Marsala

Sautéed veal scallopinis with mushrooms in a Marsala wine butter sauce. Served with pasta or your choice of two sides - 23.99

### Veal Piccata

Sautéed veal scallopini with mushrooms, capers, and artichoke hearts in a lemon butter sauce. Served with pasta or your choice of two sides - 23.99

### Veal Saltimbocca

Sautéed veal scallopinis topped with fresh sage, prosciutto, mozzarella cheese, mushrooms and spinach in a lemon butter sauce. Served with pasta or your choice of two sides - 23.99

## chicken

Available Anytime

## Chicken Parmesan

Breaded boneless breast of chicken topped with marinara sauce and mozzarella cheese served over linguine - 20.99

## Chicken Blue Eyes

Sautéed boneless breast of chicken de-glazed with white wine topped with breaded eggplant, sharp provolone cheese, mushrooms and marinara sauce. Served with pasta or your choice of two sides - 21.99

## Chicken Marsala

Sautéed boneless breast of chicken with mushrooms in a marsala wine butter sauce. Served with pasta or your choice of two sides - 20.99

## Chicken Piccata

Sautéed boneless breast of chicken with mushrooms, capers and artichoke hearts in a lemon butter sauce. Served with pasta or your choice of two sides - 20.99

**side choices:** mashed potatoes, rice pilaf, French fries, mixed vegetables, coleslaw  
**upcharge sides:** OG Fries (+1.00), sweet potato fries (+1.00), waffle fries (+1.00), onion strings (+1.00), baked potato (+1.50), house risotto (+3.00), asparagus (+1.00), broccoli (+1.00), green beans (+1.00), spinach (+1.00), spinach & broccoli (+1.00)

**pasta choices:** linguine, penne, spaghetti, or angel hair  
Substitute Gluten Free Penne (+2.75), or Fresh Rigatoni (+3.00)

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## seafood

Available Anytime

### Cioppino

Shrimp, sea scallops, haddock, calamari, littlenecks and mussels in a seasoned seafood tomato broth over linguine - 28.99

### Jeffrey's Seafood Sauté

Sautéed shrimp, sea scallops and salmon with sun-dried tomatoes, spinach, roasted red peppers, onions, roasted pine nuts and fresh basil in a white wine and garlic butter sauce over angel hair pasta - 25.99

### Shrimp & Scallop Risotto

Slow-cooked arborio rice folded with Parmigiano-Reggiano cheese, asparagus, wild mushrooms, shrimp, scallops and a touch of cream - 25.99

### Haddock Feeney

Pan-seared haddock with sautéed garlic, basil, and a medley of fire-roasted and garden fresh tomatoes topped with crumbled goat cheese finished with an aged balsamic drizzle. Served with pasta or your choice of two sides - 22.99

### Salmon Nicola

Grilled Atlantic salmon fillet over mixed field greens topped with a roasted shallot vinaigrette, feta cheese and crispy carrot curls. Served with pasta or your choice of two sides - 23.99

### Salmon Alex

Grilled Atlantic salmon fillet brushed with an orange ginger glaze, topped with roasted matchstick vegetables and toasted sesame seeds. Served with pasta or your choice of two sides - 23.99

## pasta & more

Available Anytime

### Classic Chicken & Broccoli

Sautéed chicken filets, broccoli, parmesan cheese, crushed red pepper, olive oil and garlic tossed with penne - 20.99

### Chicken & Broccoli Alfredo

Sauteed chicken filets and broccoli tossed with penne in our homemade alfredo sauce - 21.99

### Capellini Richard

Angel hair pasta tossed with stewed tomatoes, fresh basil, parmesan cheese, olive oil and garlic - 16.99  
Add Grilled Chicken - 5.00 Add Grilled Shrimp - 6.00

### Chicken & Shrimp Jambalaya

Sautéed chicken filets, shrimp, ground andouille sausage peppers and onions in a Cajun tomato sauce over linguine or rice pilaf - 21.99

**side choices:** mashed potatoes, rice pilaf, French fries, mixed vegetables, coleslaw  
**upcharge sides:** OG Fries (+1.00), sweet potato fries (+1.00), waffle fries (+1.00), onion strings (+1.00), baked potato (+1.50), house risotto (+3.00), asparagus (+1.00), broccoli (+1.00), green beans (+1.00), spinach (+1.00), spinach & broccoli (+1.00)

**pasta choices:** linguine, penne, spaghetti, or angel hair  
Substitute Gluten Free Penne (+2.75), or Fresh Rigatoni (+3.00)

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### Fish & Chips

Deep-fried lightly battered fresh haddock served with French fries, onion strings, coleslaw and rémoulade sauce - 20.99

### Baked Haddock

Baked fresh haddock with a seasoned Ritz cracker crumb topping. Served with pasta or your choice of two sides - 20.99

### Baked Stuffed Shrimp

Five large baked shrimp filled with our homemade seafood stuffing topped with garlic butter sauce. Served with pasta or your choice of two sides - 23.99

### Stuffed Sea Scallops

Large sea scallops topped with our homemade seafood stuffing baked to perfection. Served with pasta or your choice of two sides - 25.99

### Stuffed Haddock

Baked fresh haddock topped with our homemade seafood stuffing and a garlic butter sauce. Served with pasta or your choice of two sides - 24.99

### Shrimp Scampi

Sauteed shrimp with diced tomatoes and scallions in a classic scampi butter sauce over spaghetti - 22.99

### Fish Taco Dinner

Three lightly battered deep-fried haddock with arugula, pickled onions, cilantro lime slaw, roasted corn, tomato, and black bean salsa with chipotle aioli on warm flour tortillas served with rice pilaf - 20.99