



RESTAURANT 45

- established 2003 -
eat local | drink local

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www.45restaurant.com

LUNCH ENTREES

in addition to our full regular menu

some of your favorite dishes, available in a smaller portion for lunch!

Zio's Chicken

parmesan panko encrusted boneless breast of chicken | potato gnocchi tomato cream sauce | lightly dressed arugula | crispy prosciutto | shaved parmesan - 17

Chicken* or Veal Parmesan

breaded boneless breast of chicken or veal | marinara sauce | mozzarella | linguine - 15/19

Classic Chicken + Broccoli*

sautéed chicken fillets | broccoli | parmesan cheese | crushed red pepper | olive oil | garlic | penne - 15

Chicken + Broccoli Alfredo*

sautéed chicken | broccoli | alfredo sauce | penne - 16

Chicken Marsala*

sautéed boneless chicken fillets | mushrooms | marsala wine butter sauce | linguine - 15

Chicken Piccata*

sautéed chicken fillets | mushrooms | capers | artichoke hearts | lemon butter sauce | linguine - 15

Chicken Blue Eyes

sautéed boneless breast of chicken | white wine sauce | breaded eggplant | sharp provolone | mushrooms | dollop of marinara sauce | pasta or mashed potatoes + mixed vegetables - 16

Penne Carbonara*

sautéed chicken fillets | bacon | mushrooms | peas | homemade alfredo sauce | penne - 16

Chicken + Shrimp Jambalaya*

sautéed chicken fillets | shrimp | ground andouille sausage | green peppers | onions Cajun tomato sauce | over linguine or rice pilaf - 16

Jeffrey's Seafood Sauté*

sautéed shrimp | sea scallops | salmon | sun-dried tomatoes | spinach | roasted red peppers | onions | roasted pine nuts | fresh basil | white wine garlic butter sauce | angel hair pasta - 19

Baked Haddock*

baked fresh haddock | seasoned Ritz cracker crumbs mashed potatoes | mixed vegetables - 17

Fish + Chips

deep-fried lightly battered fresh haddock | French fries | onion strings | coleslaw | rémoulade sauce - 17

Steak Tips*

8 oz marinated charbroiled steak tips | rice pilaf | sautéed mushrooms + onions | marsala wine butter sauce - 17

Fresh Rigatoni Bolognese

fresh rigatoni | homemade tomato Bolognese | touch of cream | shaved parmesan - 17

Capellini Richard*

angel hair | stewed tomatoes | fresh basil | parmesan cheese | olive oil | garlic - 13
add grilled chicken +5 or add grilled shrimp +6

Linguine + Meatballs

linguine | marinara | 2 large homemade meatballs - 14

complimentary bread + butter available upon request | oil cheese mixture 2.50



LUNCH SANDWICHES

all sandwiches come with French fries or pasta salad + a pickle

Chicken Parmesan Focaccia

lightly breaded boneless chicken breast | marinara sauce | mozzarella | homemade toasted garlic focaccia - 15

Aaron's Fried Chicken Sandwich

crispy fried chicken breast | American cheese | lettuce | tomato pickles | pickled onions | cracked pepper mayo | homemade garlic buttered focaccia - 15

Chicken Caprese Ciabatta*

grilled chicken | fresh mozzarella | basil | tomato | balsamic glaze | warm ciabatta bread - 15
sub gluten free roll +1.50

Turkey Club*

thinly sliced roast turkey breast | bacon | American cheese | lettuce | tomato | onion | mayonnaise | toasted triple decker wheat bread - 16
sub gluten free roll +1.50

Buffalo Chicken Wrap

boneless Buffalo tenders | bleu cheese dressing | lettuce | tomato | crispy onion strings | soft flour tortilla - 15

Cajun Chicken Wrap


grilled Cajun chicken | crisp romaine lettuce | parmesan cheese | diced tomatoes | parmesan peppercorn dressing | soft flour tortilla - 15

Eggplant Focaccia

warm breaded eggplant | sautéed spinach | caramelized onions | roasted red peppers | goat cheese | roasted garlic aioli | homemade oven-baked focaccia - 14

save room for dessert!

ONLY AVAILABLE
Tuesday - Friday 11:30am-4pm
Saturday 12pm-4pm
(not available on Sundays)

 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.

Menu alterations (including Gluten Sensitive), substitutions and extras are subject to an upcharge

*Indicates the dish can be altered to accommodate a Gluten Sensitivity, please ask your server. We are not a gluten free, nut free or dairy free kitchen.