



RESTAURANT 45

established
-- 2003 --

dining | lounge | patio | functions | catering | takeout

*Indicates the dish can be altered to accommodate a Gluten Sensitivity, please ask your server.

Appetizers

CALAMARI 45 16

lightly battered deep-fried calamari | sliced hot cherry peppers | black olives | tomatoes | olive oil | garlic

PLAIN FRIED CALAMARI 15

lightly battered deep-fried calamari | remoulade sauce | marinara sauce

BONELESS TENDERS 15

lightly coated deep-fried chicken tenders
sauce choice: Buffalo or Honey BBQ

SHRIMP MOZAMBIQUE 15

eight sauteed shrimp | savory garlic + special house seasonings sauce | Italian toast

STUFFED MUSHROOMS 15

mushroom caps | homemade seafood stuffing | Swiss cheese | garlic butter sauce

GARLIC BREAD BASKET 8

toasted Italian garlic bread
add cheese +3

OG FRIES 11

French fries | olive oil | garlic | parmesan cheese | parsley | red pepper flakes

SHRIMP COCKTAIL* 15

eight jumbo shrimp | homemade zesty cocktail sauce

CHICKEN PARM SLIDERS 15

four chicken parm sliders | homemade focaccia bread

FOCACCIA 45 15

house made focaccia bread | balsamic marinated fresh + fire-roasted tomatoes | roasted garlic cloves | pearl mozzarella | basil | aged balsamic glaze

MUSSELS ZUPPA* 16

steamed native mussels | sauteed shallots | garlic | chorizo | spicy white wine tomato sauce | grilled ciabotta bread

FRIED MAC + CHEESE BALLS 14

breaded + deep-fried homemade five cheese mac-n-cheese | tomato cream sauce

CHICKEN LETTUCE WRAPS 15

sautéed chicken | peppers | Asian vegetable slaw | house orange-ginger sauce | crisp romaine lettuce leaves | cusabi sauce | peanut sauce

PESTO PIZZETTA 14

grilled pizza dough | pesto | house cheese blend | fire roasted cherry tomatoes | arugula | fresh parmesan cheese

KYLE'S PIZZETTA 14

grilled pizza dough | Pomodoro sauce | crispy crumbled Italian sausage | caramelized onions | ricotta cheese | house cheese blend

BREAD + BUTTER

complimentary available upon request
oil cheese mixture 2.50



SOUP OF THE DAY

bowl 8 | cup 6

LOBSTER + CORN CHOWDER

bowl 10 | cup 8

CLAM CHOWDER (FRIDAYS ONLY)

bowl 9 | cup 7

Soups



Salads

half salads available upon request

BUFFALO CHICKEN SALAD* 19

crisp romaine | tomatoes | cucumbers | red onions | carrots | pita bread croutons | blu cheese dressing | boneless buffalo tenders

ORIENTAL CHICKEN SALAD 19

crisp romaine lettuce | roasted cashews | sweet red peppers | pea pods | Mandarin oranges | goat cheese | crispy wontons | Mandarin orange sesame dressing | crispy chicken

ADD PROTEIN TO ANY BELOW SALAD:

Grilled Chicken - 5 | Grilled Shrimp - 6 |
Steak Tips - 9 | Grilled Salmon - 12

MESCLUN SALAD* 14

mixed field greens | sun-dried cranberries | roasted walnuts | pears | red seedless grapes | gorgonzola cheese | pita bread croutons | house balsamic vinaigrette

CAESAR SALAD* 14

crisp romaine lettuce | homemade focaccia croutons | parmesan cheese | house made Caesar dressing

GARDEN SALAD* 12

romaine lettuce | iceberg lettuce | mixed greens | tomatoes | cucumbers | red onions | carrots | dressing choice

ROASTED BEET SALAD* 14

mixed field greens | roasted beets | candied walnuts | goat cheese | house balsamic vinaigrette

MEDITERRANEAN SALAD* 14

house garden salad | feta cheese | pita bread croutons | house made lemon olive oil dressing

SALAD DRESSINGS*:

House Balsamic | Bleu Cheese | Caesar | Honey Mustard | Italian | Lemon-Mint | Orange Sesame |
Parmesan Peppercom | Ranch | 1000 Island
Extra Dressing .75

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

Pasta + More

CLASSIC CHICKEN + BROCCOLI* 22

sautéed chicken filets | broccoli | parmesan cheese | crushed red pepper | olive oil | garlic | penne

CHICKEN + BROCCOLI ALFREDO* 23

sautéed chicken filets | broccoli | penne | alfredo sauce

CAPELLINI RICHARD* 18

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

CHICKEN + SHRIMP JAMBALAYA* 24

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

PENNE CARBONARA* 23

sautéed chicken filets | bacon | mushrooms | peas | alfredo sauce | penne

FRESH RIGATONI BOLOGNESE 24

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

LINGUINE + MEATBALLS 18

linguine | marinara sauce | 2 large homemade meatballs

EGGPLANT PARMESAN 21

lightly breaded eggplant | marinara sauce | mozzarella | parmesan cheese | linguine | garlic bread

HOUSE RISOTTO* 20

slow-cooked Arborio rice | onions | asparagus | mushrooms |
Parmigiano-Reggiano cheese
add grilled chicken +5 | add grilled shrimp +6

GABRIEL'S PESTO TORTELLINI 21

caramelized onions | roasted red peppers | roasted garlic pesto sauce | tri-colored cheese filled tortellini | crispy eggplant | shaved parmesan cheese | balsamic glaze
add grilled chicken +5 | add grilled shrimp +6

SIDES

Mixed Vegetables* - 3

Coleslaw* - 3

Asparagus* - 7

Green Beans* - 6

Broccoli* - 6

Spinach* - 6

Mashed Potatoes* - 4

Rice Pilaf - 4

French Fries - 4

OG Fries - 6

Sweet Potato Fries - 5

Onion Strings - 6

Pasta Salad - 4

House Risotto* - 8

Homemade Meatball - 4

Sweet Italian Sausage* - 4

Gluten Free Roll* - 1.50

A La Carte



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 are not a gluten free, nut free or dairy free kitchen.

chicken | veal | beef

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| CHICKEN MARIE | 24 |
| sauteed boneless breast of chicken roasted almonds sweet red + yellow peppers brown sugar butter sauce butternut squash ravioli | |
| CHICKEN* OR VEAL PARMESAN | 22/26 |
| breaded boneless breast of chicken or veal marinara sauce mozzarella linguine | |
| CHICKEN* OR VEAL MARSALA | 22/26 |
| sauteed boneless breast of chicken or veal mushrooms marsala wine butter sauce pasta or your choice of two sides | |
| CHICKEN* OR VEAL PICCATA | 22/26 |
| sauteed boneless breast of chicken or veal mushrooms capers artichoke hearts lemon butter sauce pasta or your choice of two sides | |
| CHICKEN LORETTA | 24 |
| twin boneless chicken cutlets ricotta + spinach filling mushrooms mozzarella white wine mushroom sauce pasta or your choice of two sides | |
| ZIO'S CHICKEN | 24 |
| thin parmesan panko encrusted boneless breast of chicken potato gnocchi tomato sauce lightly dressed arugula crispy prosciutto shaved parmesan | |
| CHICKEN BLUE EYES | 24 |
| sauteed boneless breast of chicken white wine sauce breaded eggplant sharp provolone mushrooms dolop of marinara sauce pasta or your choice of two sides | |
| BRAISED SHORT RIB | 27 |
| slow roasted braised short rib mashed potatoes grilled asparagus | |
| RIB EYE*  | 33 |
| 14 ounce hand cut grilled rib eye steak house butter mashed potatoes grilled asparagus | |
| STEAK TIPS*  | 26 |
| 12 oz. marinated charcoal steak tips steak house butter rice pilaf sauteed mushrooms and onions | |
| SURF + TURF  | 33 |
| choose your surf: stuffed sea scallops or stuffed shrimp choose your turf: B oz. grilled steak tips or 1D oz. choice New York sirloin pasta or your choice of two sides | |
| NEW YORK SIRLOIN*  | 26 |
| grilled 1D oz. choice New York sirloin pasta or your choice of two sides old Montreal or Cajun Seasoning -1 | |
| OPEN FACE STEAK SANDWICH  | 26 |
| grilled 1D oz. choice New York sirloin steak house butter Italian garlic toast French fries onion strings | |

seafood

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| CIOPPINO* | 30 |
| shrimp sea scallops haddock calamari littlenecks mussels seasoned tomato seafood broth linguine | |
| JEFFREY'S SEAFOOD SAUTE* | 28 |
| sauteed 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 | |
| SHRIMP + SCALLOP RISOTTO*  | 27 |
| slow-cooked arborio rice onions asparagus mushrooms Parmigiano-Reggiano cheese touch of cream shrimp scallops | |
| SALMON ALEX | 26 |
| grilled Atlantic salmon orange-ginger glaze roasted matchstick vegetables toasted sesame seeds pasta or your choice of two sides | |
| PESTO SALMON* | 26 |
| grilled pesto brushed Atlantic salmon red + yellow tomatoes pearl mozzarella focaccia crumbs balsamic drizzle pasta or your choice of two sides | |
| FISH + CHIPS | 23 |
| deep-fried lightly battered fresh haddock French fries onion strings coleslaw remoulade sauce | |
| BAKED HADDOCK* | 23 |
| baked fresh haddock seasoned Ritz cracker crumbs mashed potatoes mixed vegetables | |
| HADDOCK FEENEY* | 24 |
| pan-seared haddock sauteed garlic basil fire-roasted + garden fresh tomatoes crumbed goat cheese aged balsamic drizzle pasta or your choice of two sides | |
| STUFFED SEA SCALLOPS | 28 |
| large sea scallops homemade seafood stuffing pasta or your choice of two sides | |
| STUFFED SHRIMP | 25 |
| five large baked shrimp homemade seafood stuffing garlic butter sauce pasta or your choice of two sides | |
| STUFFED HADDOCK | 26 |
| baked fresh haddock homemade seafood stuffing garlic butter sauce pasta or your choice of two sides | |
| SHRIMP SCAMPI* | 24 |
| sauteed shrimp diced tomatoes scallops roasted garlic scampi butter sauce angel hair | |
| FISH TACO DINNER | 22 |
| 3 warm flour tortillas lightly battered deep-fried haddock arugula pickled onions cilantro lime slaw roasted corn, tomato + black bean salsa chipotle aioli rice pilaf | |

entree sides and pasta choices

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| SIDE CHOICES: |
| mashed potatoes rice pilaf French fries mixed vegetables coleslaw |
| UP-CHARGE SIDE CHOICES: |
| QQ Fries -1 sweet potato fries -1 onion strings -1 house risotto -3 asparagus -1 broccolini -1 spinach -1 green beans -1 |

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| PASTA CHOICES: |
| linguine penne angel hair potato gnocchi +2 fresh rigatoni +3 gluten-free penne +2.75 |
| PASTA SAUCE CHOICES: |
| marinara meat sauce -2 oil + garlic Alfredo -1 tomato cream -1 pesto -1 |

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| CHEESE PIZZA | 15 |
| VEGGIE TOPPINGS | 1.50 EACH |
| mushroom green pepper onion caramelized onions spinach broccolini tomato roasted red peppers | |
| MEAT TOPPINGS | 2.50 EACH |
| pepperoni grilled chicken meatball hamburger sausage | |
| BUFFALO CHICKEN PIZZA | 19 |
| fresh homemade pizza dough buffalo tenders gorgonzola cheese red onions buffalo sauce house cheese blend | |
| BBQ CHICKEN PIZZA | 19 |
| fresh homemade pizza dough olive oil + garlic base house cheese blend grilled chicken BBQ sauce red onions | |
| GOOSE'S FAVORITE PIZZA | 19 |
| fresh homemade pizza dough pizza sauce house cheese blend pepperoni sausage mushrooms onions green peppers | |
| MARGHERITA PIZZA | 18 |
| fresh homemade pizza dough olive oil + garlic base fresh mozzarella house cheese blend sliced tomatoes fresh basil | |

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| all burgers come on a brioche bun and come with French fries or pasta salad and a pickle | |
| ALL AMERICAN BURGER*  | 15 |
| ground Angus sirloin lettuce tomato onion add cheese or bacon +1 sub gluten free roll -1.50 | |
| BBQ RANCH BURGER  | 17 |
| ground Angus sirloin bacon cheddar cheese lettuce tomato crispy onions BBQ ranch dressing | |
| THE BENJAMIN BURGER  | 17 |
| ground Angus sirloin cracked pepper mayo jack cheese bacon sauteed onions mushrooms homemade Guinness steak sauce | |

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| 12 YEARS OLD AND UNDER ONLY, PLEASE | children's menu |
| chicken fingers - 8 cheese pizza - 30 linguine + meatball - 10 penne marinara - 7 | choose one side: French fries rice pilaf coleslaw carrots + ranch Mandarin oranges |

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| lunch only entrees | LUNCH ITEMS ONLY AVAILABLE Tuesday - Sunday until April. NOT AVAILABLE ON SUNDAY |
| SOME OF YOUR FAVORITE DISHES, AVAILABLE IN SMALLER PORTIONS FOR LUNCH! | |
| ZIO'S CHICKEN - 17 CHICKEN* OR VEAL PARM - 15/19 CLASSIC CHICKEN + BROCCOLI* - 15 CHICKEN + BROCCOLI ALFREDO* - 16 CHICKEN MARSALA* - 15 CHICKEN PICCATA* - 15 CHICKEN BLUE EYES - 16 PENNE CARBONARA* - 16 | CHICKEN + SHRIMP JAMBALAYA* - 16 JEFFREY'S SEAFOOD SAUTE - 19 FISH + CHIPS - 17 BAKED HADDOCK* - 17 STEAK TIPS* - 17  FRESH RIGATONI BOLOGNESE - 17 CAPPELLINI RICARDO* - 13 LINGUINE + MEATBALLS - 14 |
| CHICKEN PARMESAN FOCACCIA | 15 |
| lightly breaded boneless chicken breast marinara sauce mozzarella homemade oven-baked focaccia | |
| AARON'S FRIED CHICKEN SANDWICH | 15 |
| crispy fried chicken breast American cheese lettuce tomato pickles pickled onions cracked pepper mayo homemade buttered oven-baked focaccia | |
| CHICKEN CAPRISE CIABATTA* | 15 |
| grilled chicken fresh mozzarella basil tomato balsamic glaze warm ciabotta bread sub gluten free roll -1.50 | |
| TURKEY CLUB* | 16 |
| thinly sliced roast turkey breast bacon American cheese lettuce tomato onion mayonnaise roasted triple decker wheat bread sub gluten free roll -1.50 | |
| BUFFALO CHICKEN WRAP | 15 |
| boneless Buffalo tenders bleu cheese dressing lettuce tomato onion onion strings soft flour tortilla | |
| CARIN CHICKEN WRAP | 15 |
| grilled Cajun chicken crisp romaine lettuce parmesan cheese diced tomatoes parmesan pepperoni dressing soft flour tortilla | |
| EGGPLANT FOCACCIA | 14 |
| warm breaded eggplant sauteed spinach caramelized onions roasted red peppers goat cheese roasted garlic aioli homemade oven-baked focaccia | |

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