



# RESTAURANT 45

dining | lounge | patio | functions | catering | takeout

*established*  
-- 2003 --

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

## Appetizers

- FOCACCIA FONDUE** 15  
house made roasted garlic and herb focaccia | roasted garlic gorgonzola fondue
- CALAMARI 45** 17  
lightly battered deep-fried calamari | sliced hot cherry peppers | black olives | tomatoes | olive oil | garlic
- PLAIN FRIED CALAMARI** 16  
lightly battered deep-fried calamari | remoulade sauce | marinara sauce
- BONELESS TENDERS** 16  
8 oz. lightly coated deep-fried chicken tenders sauce choice: Buffalo or Honey BBQ
- SHRIMP MOZAMBIQUE** 16  
eight sauteed shrimp | savory garlic + special house seasonings sauce | Italian toast
- STUFFED MUSHROOMS** 16  
mushroom caps | homemade seafood stuffing | Swiss cheese | garlic butter sauce
- GARLIC BREAD BASKET** 8  
toasted Italian garlic bread add cheese +4
- OG FRIES** 12  
French fries | olive oil | garlic | parmesan cheese | parsley | red pepper flakes
- SHRIMP COCKTAIL\*** 16  
eight jumbo shrimp | homemade zesty cocktail sauce
- FRIED MAC + CHEESE BALLS** 15  
four breaded + deep-fried homemade five cheese mac-n-cheese balls | tomato cream sauce
- CHICKEN LETTUCE WRAPS** 16  
sautéed chicken | peppers | Asian vegetable slaw | house orange-ginger sauce | crisp romaine lettuce leaves | cusabi + peanut dipping sauces
- THAI CURRY MUSSELS\*** 17  
sauteed mussels | red peppers | red onions | red pepper paste | coconut curry sauce | grilled ciabatta bread
- PESTO PIZZETTA** 15  
grilled pizza dough | pesto | house cheese blend | fire roasted cherry tomatoes | arugula | fresh parmesan cheese
- KYLE'S PIZZETTA** 15  
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 11 | cup 9

### CLAM CHOWDER (FRIDAYS ONLY)

bowl 10 | cup 8

## Soups



## Salads

half salads available upon request

### BUFFALO CHICKEN SALAD\* 20

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

### ORIENTAL CHICKEN SALAD 20

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:

6 oz. Grilled Chicken - 5 | 4 Grilled Shrimp - 8 |  
8 oz. Steak Tips - 10 | 9 oz. Grilled Salmon - 14

### MESCLUN SALAD\* 15

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

### CAESAR SALAD\* 15

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

### GARDEN SALAD\* 13

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

### ROASTED BEET SALAD\* 15

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

### MEDITERRANEAN SALAD\* 15

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 Peppercorn | Ranch | 1000 Island Extra Dressing .75

## Pasta + More

- CLASSIC CHICKEN + BROCCOLI\*** 23  
sautéed chicken fillets | broccoli | parmesan cheese | crushed red pepper | olive oil | garlic | penne
- CHICKEN + BROCCOLI ALFREDO\*** 24  
sauteed chicken fillets | broccoli | penne | alfredo sauce
- CAPELLINI RICHARD\*** 19  
angel hair pasta | stewed tomatoes | fresh basil | parmesan cheese | olive oil | garlic add grilled chicken +5 | add grilled shrimp +8
- CHICKEN + SHRIMP JAMBALAYA\*** 25  
sautéed chicken fillets | shrimp | ground andouille sausage | green peppers | onions | Cajun tomato sauce over rice pilaf
- PENNE CARBONARA\*** 24  
sautéed chicken fillets | bacon | mushrooms | peas | alfredo sauce | penne
- FRESH RIGATONI BOLOGNESE** 26  
fresh rigatoni | homemade tomato Bolognese | touch of cream | shaved parmesan
- LINGUINE + MEATBALLS** 19  
linguine | marinara sauce | 2 large homemade meatballs
- EGGPLANT PARMESAN** 22  
layered lightly breaded eggplant | marinara sauce | mozzarella | parmesan cheese | linguine | garlic bread
- HOUSE RISOTTO\*** 22  
slow-cooked Arborio rice | onions | asparagus | mushrooms | Parmigiano-Reggiano cheese add grilled chicken +5 | add grilled shrimp +8
- GABRIEL'S PESTO TORTELLINI** 23  
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 +8

## A La Carte

### SIDES

- Mixed Vegetables\* - 4
- Coleslaw\* - 4
- Asparagus\* - 8
- Green Beans\* - 7
- Broccoli\* - 7
- Spinach\* - 7
- Mashed Potatoes\* - 5
- Rice (Pilaf or Jasmine\*) - 5
- French Fries - 5
- OG Fries - 7
- Sweet Potato Fries - 6
- Onion Strings - 7
- Pasta Salad - 5
- House Risotto\* - 10
- Homemade Meatball - 5
- Sweet Italian Sausage\* - 5
- Gluten Free Roll\* - 1.50

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



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chicken | veal | beef

<b>ZIO'S CHICKEN</b>	26
twin parmesan panko encrusted boneless breast of chicken   potato gnocchi   tomato cream sauce   lightly dressed arugula   crispy prosciutto   shaved parmesan	
<b>CHICKEN* OR VEAL PARMESAN</b>	23/28
breaded boneless breast of chicken or veal   marinara sauce   mozzarella   over linguine	
<b>CHICKEN* OR VEAL MARSALA</b>	23/28
sautéed boneless breast of chicken or veal   mushrooms   marsala wine butter sauce   over linguine	
<b>CHICKEN* OR VEAL PICCATA</b>	23/28
sautéed boneless breast of chicken or veal   mushrooms   capers   artichoke hearts   lemon butter sauce   over linguine	
<b>CHICKEN LORETTA</b>	26
twin boneless chicken cutlets   ricotta + spinach filling   mushrooms   mozzarella   white wine mushroom sauce   mashed potatoes   green beans	
<b>CHICKEN BLUE EYES</b>	25
sautéed boneless breast of chicken   white wine sauce   breaded eggplant   sharp provolone   mushrooms   dollop of marinara sauce   over linguine	
<b>BRAISED SHORT RIB</b>	30
slow roasted braised short rib   mashed potatoes   grilled asparagus	
<b>SHORT RIB RIGATONI</b>	27
shredded short rib   wild mushrooms   roasted tomatoes   spinach   red wine demi-cream sauce   fresh rigatoni	
<b>RIB EYE*</b> 	34
14 ounce hand cut grilled rib eye   steak house butter   mashed potatoes   grilled asparagus	
<b>STEAK TIPS*</b> 	28
12 oz. marinated charbroiled steak tips   steak house butter   rice pilaf   sautéed mushrooms and onions	
<b>SURF + TURF</b> 	35
choose your surf: stuffed sea scallops or stuffed shrimp choose your turf: 8 oz. grilled steak tips or 10 oz. choice New York sirloin mashed potatoes   mixed vegetables	
<b>NEW YORK SIRLOIN*</b> 	28
grilled 10 oz. choice New York sirloin   mashed potatoes   mixed vegetables add Montreal or Cajun Seasoning +1	
<b>OPEN FACE STEAK SANDWICH</b> 	28
grilled 10 oz. choice New York sirloin   steak house butter   Italian garlic toast   French fries   onion strings	

seafood

<b>CIOPPINO*</b>	32
shrimp   sea scallops   haddock   calamari   littlenecks   mussels   seasoned tomato seafood broth   over linguine	
<b>JEFFREY'S SEAFOOD SAUTÉ*</b>	29
sautéed shrimp   sea scallops   salmon   sun-dried tomatoes   spinach   roasted red peppers   onions   roasted pine nuts   fresh basil   white wine garlic butter sauce   over angel hair	
<b>SHRIMP + SCALLOP RISOTTO*</b>	29
slow-cooked arborio rice   onions   asparagus   mushrooms   Parmigiano-Reggiano cheese   touch of cream   shrimp   scallops	
<b>SALMON ALEX</b>	27
9 oz. grilled Atlantic salmon   orange-ginger glaze   roasted matchstick vegetables   toasted sesame seeds   jasmine rice   green beans	
<b>SALMON STIR FRY*</b>	27
9 oz. seared blackened salmon filet   matchstick vegetables   orange-ginger sesame stir fry sauce   jasmine rice   gochujang aioli	
<b>FISH + CHIPS</b>	24
9 oz. deep-fried lightly battered fresh haddock   French fries   onion strings   coleslaw   rémoulade sauce	
<b>BAKED HADDOCK*</b>	24
9 oz. baked fresh haddock   seasoned Ritz cracker crumbs   mashed potatoes   mixed vegetables	
<b>HADDOCK FEENEY*</b>	25
9 oz. pan-seared haddock   sautéed garlic   basil   fire-roasted + garden fresh tomatoes   crumbled goat cheese   aged balsamic drizzle   mashed potatoes   mixed vegetables	
<b>STUFFED SEA SCALLOPS</b>	30
large sea scallops   homemade seafood stuffing   mashed potatoes   mixed vegetables	
<b>STUFFED SHRIMP</b>	28
five large baked shrimp   homemade seafood stuffing   garlic butter sauce   mashed potatoes   mixed vegetables	
<b>STUFFED HADDOCK</b>	28
9 oz. baked fresh haddock   homemade seafood stuffing   garlic butter sauce   mashed potatoes   mixed vegetables	
<b>SHRIMP SCAMPI*</b>	25
sauteed shrimp   diced tomatoes   scallions   roasted garlic scampi butter sauce   over angel hair	
<b>FISH TACO DINNER</b>	22
3 warm flour tortillas   6 oz. lightly battered deep-fried haddock   pickled onions   cilantro slaw   roasted corn, tomato + black bean salsa   chipotle aioli   jasmine rice	

substitute sides and pasta choices

ALTERNATIVE SIDE CHOICES:

mashed potatoes\* | rice pilaf | jasmine rice\* | French fries | mixed vegetables\* | coleslaw\* | OG Fries +1 | sweet potato fries +1 | onion strings +1 | house risotto\* +3 | asparagus\* +1 | broccoli\* +1 | spinach\* +1 | green beans\* +1

PASTA CHOICES (REPLACE STARCH & VEG FOR PASTA):

linguine | penne | angel hair | potato gnocchi +2 | fresh rigatoni +4 | gluten free penne\* +2.75

PASTA SAUCE CHOICES:


marinara\* | meat sauce\* +2 | oil + garlic\* | alfredo\* +1 | tomato cream\* +1 | pesto\* +1

<b>CHEESE PIZZA</b>	17
<b>VEGGIE TOPPINGS</b>	2 EACH
mushroom   green pepper   red onion   caramelized onions   spinach   broccoli   tomato   roasted red peppers	
<b>MEAT TOPPINGS</b>	3 EACH
pepperoni   grilled chicken   meatball   hamburger   sausage	
<i>-- specialty pizzas --</i>	
<b>BUFFALO CHICKEN PIZZA</b>	20
fresh homemade pizza dough   buffalo tenders   gorgonzola cheese   red onions   buffalo sauce   house cheese blend	
<b>BBQ CHICKEN PIZZA</b>	20
fresh homemade pizza dough   olive oil + garlic base   house cheese blend   grilled chicken   BBQ sauce   red onions	
<b>GOOSE'S FAVORITE PIZZA</b>	20
fresh homemade pizza dough   pizza sauce   house cheese blend   pepperoni   sausage   mushrooms   onions   green peppers	
<b>MARGHERITA PIZZA</b>	19
fresh homemade pizza dough   olive oil + garlic base   fresh mozzarella house cheese blend   sliced tomatoes   fresh basil	

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

<b>12 YEARS OLD AND UNDER ONLY, PLEASE</b>	
chicken fingers - 8	<b>choose one side: French fries   rice pilaf   jasmine rice* coleslaw   carrots + ranch*   Mandarin oranges*</b>
cheese pizza - 10	
linguine + meatball - 10	
penne marinara - 8	

<b>children's menu</b>	
<i>lunch only entrees</i>	
LUNCH ITEMS ONLY AVAILABLE Tuesday - Saturday until 4pm. NOT AVAILABLE ON SUNDAY	
SOME OF YOUR FAVORITE DISHES, AVAILABLE IN SMALLER PORTIONS FOR LUNCH!	
ZIO'S CHICKEN - 18	CHICKEN + SHRIMP JAMBALAYA* - 17
CHICKEN* OR VEAL PARM - 16/20	JEFFREY'S SEAFOOD SAUTE - 20
CLASSIC CHICKEN + BROCCOLI* - 16	FISH + CHIPS - 17
CHICKEN + BROCCOLI ALFREDO* - 17	BAKED HADDOCK* - 17
CHICKEN MARSALA* - 16	STEAK TIPS* - 18 
CHICKEN PICCATA* - 16	FRESH RIGATONI BOLOGNESE - 19
CHICKEN BLUE EYES - 17	CAPPELLINI RICHARD* - 15
PENNE CARBONARA* - 17	LINGUINE + MEATBALLS - 15
<i>lunch sandwiches</i> <span style="float: right;">with French fries or pasta salad</span>	
<b>THE DIRTY DILL CHICKEN SANDWICH</b>	16
buttermilk marinated fried chicken breast   dill pickle aioli   lettuce   tomato   pickles   American cheese   brioche roll	
<b>AARON'S FRIED CHICKEN SANDWICH</b>	16
crispy fried chicken breast   American cheese   lettuce   tomato   pickles   pickled onions   cracked pepper mayo   homemade buttered oven-baked focaccia	
<b>CHICKEN PARMESAN FOCACCIA</b>	16
lightly breaded boneless chicken breast   marinara sauce   mozzarella   homemade oven-baked focaccia	
<b>CHICKEN CAPRESE CIABATTA*</b>	16
grilled chicken   fresh mozzarella   basil   tomato   balsamic glaze   warm ciabatta bread sub gluten free roll +1.50	
<b>TURKEY CLUB*</b>	17
thinly sliced roast turkey breast   bacon   American cheese   lettuce   tomato   onion   mayonnaise   toasted triple decker wheat bread sub gluten free roll +1.50	
<b>BUFFALO CHICKEN WRAP</b>	16
boneless Buffalo tenders   bleu cheese dressing   lettuce   tomato   crispy onion strings   soft flour tortilla	
<b>EGGPLANT FOCACCIA</b>	15
warm breaded eggplant   sautéed spinach   caramelized onions   roasted red peppers   goat cheese   roasted garlic aioli   homemade oven-baked focaccia	

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