

## Welcome to Rocco's Neighborhood Newsletter

"Rocco's Cafe...one of the Best Kept Secrets of SOMA"

### Rocco's Specials

So you can plan the rest of your week around your favorite Rocco's Specials, here they are:

Thursday, April 20<sup>th</sup>

- 1) Bowtie Pasta Puttana w/ Shaved Parmesan Cheese & Grilled Chicken
- 2) Home made Leanora Coscarelli Pizza, your choice between:
  - A) Vegetarian with Marinara Sauce
  - B) Italian Sausage with Pesto Sauce

Friday, April 21<sup>st</sup>

- 1) Manhattan Clam Chowder
- 2) Saut ed Fresh Mussels over Fettuccine
- 3) Grilled Center-cut Pork Chops w/ Carmelized Onions & Saut ed Vegetables

Remember, you can always give us a quick call to check how busy we are or to make reservations (parties of six or more).

### A Special Note

It appears that spring has finally sprung!! Because I know some of you will be heading to the gym more often and watching what you eat more closely, here are a few low-fat healthy options for you to think about:

- Breakfast - Bowl of Granola w/ Almonds & Bananas  
Cantaloupe w/ Low-Fat Cottage Cheese  
Vegetarian Omelette
- Salads - w/ Grilled Chicken, Grilled Prawns, Calamari, Vegetarian, or Pasta
- Sandwiches - Grilled Chicken Breast, Eggplant, Filet of Sole, Garden Burger
- Wraps - Grilled Chicken, Cream Cheese, Pesto, Sundried Tomatoes
- Entrees - Petrale Sole, Grilled Chicken Breast, Prawns, or Calamari

In addition, I invite you to ask us for any healthy alternatives that you don't see on our menu and we will do our best to accommodate you.

Rocco's Catering - Mention this newsletter and receive 10% off the cost of your party!

Whether it's a Birthday, Anniversary, Wedding, or other special occasion, let [Rocco's Catering](#) do all the work! And remember, you also have these options:

- Host your party here at Rocco's Caf - on Sunday, Monday, & Tuesday nights you can have Rocco's all to yourselves! (Minimum number of people 25, Maximum 50)
- We prepare the food - you pick up or we deliver
- We prepare the food - we deliver, set up, and provide service staff

Come visit us at [Rocco's Caf](#) ... we're a neighborhood institution having the same ownership and many of the same staff today as the day we opened in June of 1990. Thank you for being a Rocco's Caf customer!

Don Dial  
Chef/Owner

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