

Welcome to Rocco's Neighborhood Newsletter
"Rocco's Cafe...one of the Best Kept Secrets of SOMA"

A Special Note

In your quest for a healthier lifestyle this Spring and Summer, remember Rocco's is here to help! Please ask us for any healthy alternatives that you don't see on our menu and we will do our best to accommodate you. 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
Salads	Caesar Salad w/ Grilled Chicken, Prawns, or Calamari; Vegetarian or Pasta Salad
Sandwiches	Grilled Chicken Breast or Filet of Sole w/ Avocado, Tomato, & Tartar Sauce
Wraps	Smoked Turkey w/ Cream Cheese, Cucumber, & Roasted Bell Peppers
Entrees	Grilled Petrale Sole w/ Fresh Vegetables; Prawns or Calamari over Linguine

Rocco's Specials

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

Monday, May 22nd

- Philly Cheese Steak Sandwich w/ Home Made Potato Chips
- Linguine Carbonara

Tuesday, May 23rd

- Fresh Large Bay Shrimp Salad w/ Rocco's Louie Dressing
- Cheese Tortellini in a Creamy Pesto Sauce w/ Grilled Chicken

Wednesday, May 24th

- Grilled Chicken Caesar Wrap in a Sun-Dried Tomato Flour Tortilla
- Cream of Broccoli Soup
- Bowtie Pasta Puttana w/ Shaved Parmesan Cheese & Grilled Prawns

Thursday, May 25th

- Pesto, Sausage & Tomato Pizza w/ Choice of Salad
- Fettuccine Alfredo w/ Prosciutto

Friday, May 26th

- Crab Cannelloni
- Baked Halibut w/ Fresh Vegetables & Wild Rice

Saturday, May 27th

- Crab Cake Benedict
- Polenta & Eggs Any Style

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

Rocco's Catering - Mention this newsletter & receive 15% off catering! (May/June only*)

Whether it's a Graduation Party, Special Anniversary, Wedding, or Birthday, let Rocco's Catering do all the work! And remember these options when planning your Special Event:

1. 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)
2. We prepare the food - you pick up or we deliver
3. 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

*15% Discount expires June 30, 2006. Tax, Gratuity & Alcohol not included. No Cash Value.
Cannot be combined with any other offer.

You are receiving this email because you joined our Email Club in our restaurant. Your email address will not be shared with anyone. You can opt out at any time by replying to this email with REMOVE in the subject line, calling us at 415-554-0522, or by snail mail to Rocco's Caf , 1131 Folsom St. San Francisco CA 94103.