

## PICK - A - PAIR

Prices vary based on selection

CUP OF SOUP  
OR  
MIDSIZE SALAD

AND

HALF PANINI  
HALF PIZZA  
HALF LASAGNA  
HALF PASTA

## SIGNATURE SALADS

**KALE CAESAR SALAD** 7.29

romaine lettuce, baby kale, shredded parmesan, croutons, \*eggless Caesar dressing

**SAMANTHA SALAD** 9.59

mixed greens, sliced antibiotic free chicken breast, roma tomatoes, bell peppers, green beans, fresh parmesan, croutons, \*fat free honey mustard dressing

**SOUTHWEST SALAD\*** 9.99

mixed greens, sliced antibiotic free cilantro lime chicken breast, roasted corn, black beans, radish, green onion, pepper jack, tortilla strips, \*cilantro lime dressing

**ITALIAN CHEF'S SALAD\*** 9.59

mixed greens with antibiotic free salami, provolone, bell peppers, green beans, roma tomatoes, red onion, \*Italian Chefs dressing

**SWEET LIFE SALAD** 9.99

mixed greens, roasted sweet potato, golden raisins, barley, sliced antibiotic free chicken breast, spicy peanuts, \*honey-white balsamic dressing

**HILLTOP SALAD\*** 8.89

mixed greens, candied walnuts, fresh pears, dried cranberries, gorgonzola cheese, \*balsamic vinaigrette

**ASIAN CRUNCH SALAD** 9.99

mixed greens, napa cabbage, sliced antibiotic free chicken breast, edamame, carrots, radish, snap peas, green onion, chow mein noodles, sesame ginger dressing

**MEDITER"GRAIN"EAN SALAD** 8.89

romaine, baby kale, bulgur tabbouleh, feta cheese, bell peppers, green beans, Kalamata olives, \*lemon vinaigrette

**SEASONAL SALAD** PRICE VARIES*Add antibiotic free sliced chicken breast, smoked turkey or salami* 2.99*Add wild Alaskan salmon filet* 6.99*Add nuts, cranberries, cheese, egg, avocado or dressing* 1.00

## ANTIPASTI SALADS

Subject to seasonal change. Selection may vary by location.

**VEGETABLE PASTA SALAD**

KALE PESTO CAPRESE\*  
ABF CHICKEN SALAD\*  
ALBACORE TUNA SALAD\*

**SHRIMP PASTA SALAD**

MEDITERRANEAN  
VEGETABLE SALAD\*  
CANNELLINI BEAN  
& ARUGULA\*

**BULGUR TABBOULEH\***

FRESH FRUIT SALAD\*\*  
SUPERFOOD SALAD\*\*  
SEASONAL ANTIPASTO

**VEGETARIAN ANTIPASTO** 3.39

ALBACORE TUNA SALAD\*,  
SHRIMP ANTIPASTO OR  
ABF CHICKEN SALAD\* 4.39

**CHILLED BREAST OF ROASTED ANTIBIOTIC FREE CHICKEN\*** 5.89

CHILLED WILD ALASKAN  
SALMON\* 6.99

**ANTIPASTI TRIO (SELECT ONE OF THE FOLLOWING:)**

// choice of 3 vegetarian\* antipasti with focaccia bread or italian roll 10.29  
// chilled breast of chicken + choice of 2 vegetarian\* antipasti 12.67  
// chilled wild alaskan salmon + choice of 2 vegetarian\* antipasti 13.77

\*Upcharge of \$1 per portion of tuna, shrimp, or chicken salad included in any antipasti trio.

## SOUPS

All soups are homemade daily and vary with season.

VEGETARIAN  
MINISTRONE\*\*

4.49

OR

SOUP OF THE DAY

4.49

## SANDWICHES

Gourmet sandwiches served on our signature ciabatta bread. Served hot or cold.

Gluten Free bread available on request for \$1 upcharge.

- 1 **AMALFI** 4.69 / 7.99 (vegetarian)  
cucumber, shaved beet, marinated radish, roasted cauliflower, feta, arugula and spinach, creamy edamame spread on pumpkin flax seed ciabatta
  - 2 **CAPRESE** 4.69 / 7.99 (vegetarian)  
fresh mozzarella, tomatoes, basil vinaigrette, parmesan cheese on rustic Italian ciabatta
  - 3 **PARMA** 5.29 / 8.79  
ABF applewood smoked ham, Swiss cheese, lettuce, tomato, whole grain mustard dressing on pretzel ciabatta
  - 4 **CORTINA** 5.29 / 8.79  
ABF oven roasted turkey, provolone cheese, lettuce, tomato, pesto mayonnaise on sun-dried tomato ciabatta
  - 5 **MILANO** 5.29 / 8.79  
ABF roast beef, provolone cheese, lettuce, giardiniera, horseradish mayonnaise on rustic Italian ciabatta
  - 6 **TURINO** 5.29 / 8.79  
sliced ABF chicken breast, roasted red peppers, roasted zucchini, fresh mozzarella, lettuce, sun-dried tomato pesto mayonnaise on focaccia
  - 7 **PORTOFINO** 5.29 / 8.79  
homemade premium MSC certified albacore tuna salad, dill-havarti cheese, lettuce, tomato on multigrain ciabatta
  - 8 **ROMA** 5.29 / 8.79  
homemade ABF chicken salad, lettuce, tomato on rustic Italian ciabatta
  - 9 **SORRENTO** 5.39 / 8.99  
ABF oven roasted turkey breast, white cheddar, applewood smoked bacon, mayo, tomato jam, arugula & spinach on tomato ciabatta
- SP DAILY SANDWICH SPECIAL**

## PIZZA

Our 10 inch thin crust pizzas have a honey whole wheat crust that is made fresh daily.

### MARGHERITA 5.99 / 9.69

fresh mozzarella, pesto, basil, and plum tomatoes (vegetarian)

### SUPREMO 7.09 / 11.39

ABF sausage & pepperoni, green peppers, mushrooms, fontina, provolone, and parmesan

### TUSCAN SAUSAGE WITH THREE CHEESES 6.89 / 10.69

ABF sausage, fontina, provolone, & parmesan

### TOMATO, SPINACH AND MUSHROOM 6.89 / 10.69

with basil pesto, red onion, fontina, and parmesan cheese (vegetarian)

### PEPPERONI WITH THREE CHEESES 6.89 / 10.69

ABF pepperoni, fontina, provolone, and parmesan

### GLUTEN FREE PIZZA\*

order any pizza on a gluten free crust whole pizza only / \$1 upcharge

## ENTRÉES & PASTA

Served with fresh baked focaccia or bread roll. \*Gluten free noodles available upon request.

### PENNE PASTA CON POLLO 9.49

penne pasta, sliced antibiotic free chicken breast, roasted red peppers, crimini mushrooms, peas, tomato basil cream sauce

\*Gluten free noodles available upon request.

### LASAGNA TOSCANA 11.29

layers of antibiotic free ground beef and sausage, mozzarella cheese and choice of sauce

### STUFFED SHELLS 5.29 (2) / 9.19 (4)

ricotta, garden vegetables, choice of sauce (vegetarian)

### CAVATAPPI 7.99

spiral pasta with choice of sauce

\*Gluten free noodles available upon request.

### SAUSAGE RAVIOLI 9.79

with choice of sauce

**SAUCES:** arrabiatta<sup>V</sup>, meat sauce<sup>\*</sup>, creamy tomato basil<sup>\*</sup>, daily special sauce

## DESSERTS

### COOKIES

2.39

OR

### DESSERT BARS

2.99

## CHICAGO LOCATIONS

222 W ADAMS  
200 E RANDOLPH  
111 E WACKER

312.726.4800  
312.729.9200  
312.861.0200

175 W JACKSON  
10 N DEARBORN

312.583.1100  
312.984.0044

ORDER ONLINE AT  
[WWW.SOPRAFFINA.COM](http://WWW.SOPRAFFINA.COM)

\* = GLUTEN FREE    V = VEGAN    ABF = 100% RAISED WITHOUT ANTIBIOTICS

Menu items vary from location to location. Prices are subject to change without notice.

1.20/3k

# GF GLUTEN FREE MENU GF

\*Our gluten free items are prepared in a kitchen where foods containing wheat/gluten are also prepared. We are not a gluten free restaurant and cannot ensure that cross contamination of ingredients does not occur in our kitchen. Therefore, WE DO NOT RECOMMEND consumption of our gluten free foods by those with celiac disease.

## SIGNATURE SALADS

THE FOLLOWING SALADS ARE GLUTEN FREE

**SOUTHWEST SALAD** mixed greens, cilantro lime antibiotic free chicken breast, roasted corn, black beans, radish, green onion, pepper jack, tortilla strips\*, cilantro lime dressing (\*tortilla strips are fried in same oil as items containing gluten)

**ITALIAN CHEF'S SALAD** mixed greens with antibiotic free salami, provolone, bell peppers, green beans, roma tomatoes, red onion, Italian Chef's dressing

**HILLTOP SALAD** mixed greens, candied walnuts, fresh pears, dried cranberries, gorgonzola cheese, balsamic vinaigrette

**KALE CAESAR SALAD (REQUEST NO CROUTONS)** romaine lettuce, baby kale, shredded parmesan, croutons, eggless Caesar dressing

**SAMANTHA SALAD (REQUEST NO CROUTONS)** mixed greens, sliced antibiotic free chicken breast, roma tomatoes, bell peppers, green beans, fresh parmesan, croutons, fat free honey mustard dressing

**SWEET LIFE SALAD (REQUEST NO BARLEY)** mixed greens, roasted sweet potato, golden raisins, barley, sliced antibiotic free chicken breast, spicy peanuts, honey-white balsamic dressing

**MEDITERRANEAN SALAD (REQUEST NO TABBOULEH)** romaine, baby kale, bulgur tabbouleh, feta cheese, bell peppers, Kalamata olives, lemon vinaigrette

**ASIAN CRUNCH SALAD (REQUEST NO NOODLES, SUB DRESSING)** mixed greens, napa cabbage, sliced antibiotic free chicken breast, edamame, carrots, radish, snap peas, green onion, chow mein noodles, sesame ginger dressing onion, chow mein noodles, sesame ginger dressing

### GLUTEN FREE DRESSINGS:

Balsamic Vinaigrette, Caesar Dressing, Italian Chef's, Cilantro Lime, Honey-White Balsamic, Lemon Vinaigrette, Fat Free Honey Mustard

## ANTIPASTI SALADS

KALE PESTO CAPRESE  
ABF CHICKEN SALAD  
ALBACORE TUNA SALAD

MEDITERRANEAN  
VEGETABLE SALAD  
SUPERFOOD SALAD

FRESH FRUIT SALAD  
CANNELLINI BEAN  
& ARUGULA

CHILLED BREAST OF ANTIBIOTIC FREE CHICKEN / CHILLED WILD ALASKAN SALMON

## SANDWICHES & SOUP

ALL SANDWICHES CAN BE PREPARED ON GLUTEN FREE BREAD

- AMALFI** cucumber, shaved beet, marinated radish, roasted cauliflower, feta, arugula and spinach, creamy edamame spread
- CAPRESE** fresh mozzarella, tomatoes, basil vinaigrette, parmesan cheese
- PARMA** smoked ham (ABF), Swiss cheese, lettuce, tomato, whole grain mustard dressing
- CORTINA** oven roasted turkey (ABF), provolone cheese, lettuce, tomato, pesto mayonnaise
- MILANO** roast beef (ABF), provolone cheese, lettuce, giardiniera, horseradish mayonnaise
- TURINO** sliced chicken breast (ABF), roasted red peppers, roasted zucchini, fresh mozzarella, lettuce, sun-dried tomato pesto mayonnaise
- PORTOFINO** premium MSC certified albacore tuna salad, dill-havarti cheese, lettuce, tomato
- ROMA** homemade ABF chicken salad, lettuce, tomato
- SORRENTO** sliced oven roasted turkey breast (ABF), white cheddar, applewood smoked bacon, mayo, tomato jam, arugula & spinach

VEGETARIAN MINISTRONE SOUP

## PASTA

GLUTEN FREE PASTA IS AVAILABLE UPON REQUEST

**PENNE PASTA CON POLLO (SUB GF PASTA)** pasta, sliced chicken breast (ABF), roasted red peppers, crimini mushrooms, snap peas, tomato basil cream sauce

**CAVATAPPI (SUB GF PASTA)** pasta with choice of gluten free sauce: arrabiatta, meat sauce, creamy tomato basil

## DESSERTS

GLUTEN FREE COFFEE FUDGE BROWNIE  
MARSHMALLOW RICE CRISPY TREAT

ABF = 100% RAISED WITHOUT ANTIBIOTICS

## SIGNATURE SALADS

SALADS CAN BE PREPARED VEGAN WITH THE LISTED ADJUSTMENTS

**SOUTHWEST SALAD (NO CHICKEN, NO CHEESE)** mixed greens, sliced antibiotic free cilantro lime chicken breast, roasted corn, black beans, radish, green onion, pepper jack, tortilla strips, cilantro lime dressing

**ITALIAN CHEF'S SALAD (NO SALAMI, NO CHEESE, SUB DRESSING)** mixed greens with antibiotic free salami, provolone, bell peppers, green beans, roma tomatoes, red onion, Italian Chef's dressing

**HILLTOP SALAD (NO CHEESE)** mixed greens, candied walnuts, fresh pears, dried cranberries, gorgonzola cheese, balsamic vinaigrette

**KALE CAESAR SALAD (NO CHEESE, NO CROUTONS\*, SUB DRESSING)** romaine lettuce, baby kale, shredded parmesan, croutons, eggless Caesar dressing

**SAMANTHA SALAD (NO CHICKEN, NO CHEESE, NO CROUTONS\*)** mixed greens, sliced antibiotic free chicken breast, roma tomatoes, bell peppers, green beans, fresh parmesan, croutons, fat free honey mustard dressing

**SWEET LIFE SALAD (NO CHICKEN)** mixed greens, roasted sweet potato, golden raisins, barley, sliced antibiotic free chicken breast, spicy peanuts, honey-white balsamic dressing

**MEDITER"GRAIN"EAN SALAD (NO CHEESE)** romaine, baby kale, bulgur tabbouleh, feta cheese, bell peppers, Kalamata olives, lemon vinaigrette

**ASIAN CRUNCH SALAD (NO CHICKEN)** mixed greens, napa cabbage, sliced antibiotic free chicken breast, edamame, carrots, radish, snap peas, green onion, chow mein noodles, sesame ginger dressing

## VEGAN SALAD DRESSINGS:

Balsamic Vinaigrette\*, Cilantro Lime\*, Honey-White Balsamic\*, Sesame Ginger, Lemon Vinaigrette\*, Fat Free Honey Mustard\*

\*contains honey

## ANTIPASTI SALADS

SUPERFOOD SALAD

BULGUR TABBOULEH

FRESH FRUIT SALAD

Check antipasti case for other seasonal vegan options.

## SANDWICHES &amp; SOUP

SANDWICHES CAN BE PREPARED VEGAN WITH THE LISTED ADJUSTMENTS

- AMALFI (NO CHEESE, SUB ITALIAN CIABATTA)** cucumber, shaved beet, marinated radish, roasted cauliflower, feta, arugula and spinach, creamy edamame spread on pumpkin flax seed ciabatta
- CAPRESE (NO CHEESE)** fresh mozzarella, tomatoes, basil vinaigrette, parmesan cheese

VEGETARIAN MINISTRONE SOUP

## BREAKFAST

(NOT AVAILABLE AT 10 N. DEARBORN)

GF

## ALL AMERICAN BREAKFAST

scrambled eggs, potatoes, choice of ABF sausage or bacon, served with fruit

## WALKING CHILAQUILES

corn tortilla cup baked with eggs, antibiotic free ham, chihuahua cheese, red tomatillo salsa, topped with guacamole

## FRITTATAS

**SIDES:** roasted potatoes, ABF bacon, ABF sausage

AVOCADO TOAST ON GF BREAD

FRESH FRUIT SALAD

HARD BOILED EGGS

YOGURT PARFAIT (NO GRANOLA)

V

## FRESH FRUIT

AVOCADO TOAST WITH TOMATO

ROASTED POTATOES

CHIA PUDDING\*

ASSORTED BAGELS

\*contains honey