



ESSENTIAL FITNESS

A PERSONAL TRAINING STUDIO

Essential Choices Menu

Salads

All of these salads would be a great start to your Italian meal, however, it is recommended that you ask for the vinaigrette dressing on the side as it can easily dominate a crisp salad.

MIXED FIELD GREENS-Balsamic Roasted Tomatoes, Balsamic Vinaigrette, Pickled Pearl Onions, Parmesan Reggiano | 9

FRESH MOZARELLA- Roasted Fennel, Basil, Cherry Tomatoes, Shallot Pepper Vinaigrette | 12

BABY ARUGULA- D'anjou Pear, Pecorino Romano, Citrus Vinaigrette | 11

Wood-Fired Pizzas

It's best to stick to pizzas loaded with fresh vegetables. Of the specialty meats, Prosciutto Di Parma and Capicola are lowest in calories (55 calories or less per ounce) and fat (2.5 gm or less per ounce).

QUEEN MARGHERITA PIZZA

Pomodoro San Marzano, Fresh Mozzarella, Fresh Basil, Extra Virgin Olive Oil | 14

CRISP PANCETTA

Fresh Mozzarella, Roasted Heirloom Tomatoes, Caramelized Onions | 15

PIZZA RUSTICA

Pomodoro San Marzano, In-House Sausage, Crisp Prosciutto, Fresh Mozzarella, Dried Chili | 16

NEAPOLITAN PIZZA

Pomodoro San Marzano, Shaved Garlic, Oregano, Extra Virgin Olive Oil | 14

PIZZA GEORGIO

Fennel Sausage, Fire Roasted Pearl Onion, Shaved Garlic, Extra Virgin Olive Oil, Fresh Mozzarella | 16

PIZZA GIACOMO

Pomodoro San Marzano, Marinated Mushroom, Fresh Mozzarella, Fresh Ricotta Cheese, Shaved Garlic, Baby Arugula | 16



PIZZA REPUBLICA'S "PIZZA FOR THE PEOPLE"

BUILD YOUR OWN WOOD-FIRED NEAPOLITAN PIZZA

STEP 1 - Start with the Pomodoro San Marzano and Fresh Mozzarella | 12

STEP 2 - Add Up To 4 Fresh Toppings

VEGETABLES | 1

Wild Mushrooms
Caramelized Onions
Fire Roasted Fennel
Balsamic Roma Tomatoes
Pickled Pearl Onions
Tri-Colored Bell Peppers

MEATS & CHEESES | 1.50

Pepperoni
Meatball
Sausage
Fresh Mozzarella
Parmesan Reggiano
Pecorino Romano
Ricotta

SPECIALTY MEATS | 2

Prosciutto Di Parma
Crisp Pancetta
Genoa Salami
Capicola
Osso Bucco



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Sandwiches

MOZARELLA IN CARROZZA Fresh Mozzarella, Balsamic Roasted Tomatoes, Fresh Basil, Pomodoro San Marzano | 11

ENTRÉES

BAKED STRIPED BASS Sautéed Wild Mushrooms, Sage Potato Gnocchi, Citrus Watercress Salad | 21

Pastas

MANILA CLAM ZITI Sundried Tomatoes, Asparagus, Pearl Onions, Hydro Watercress | 16

Dessert

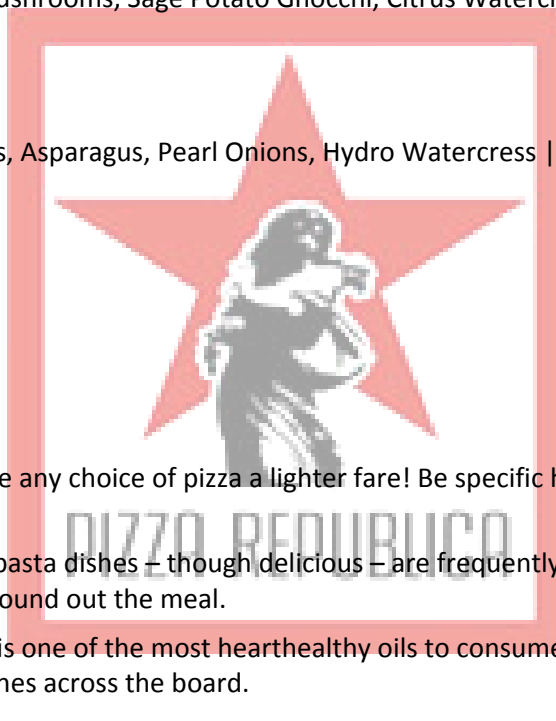
GELATO Vanilla, Chocolate, Nutella | 5

Pizza Republica Tips:

Request, “easy on the cheese” to make any choice of pizza a lighter fare! Be specific here – ask for ¼ - ½ the typical amount of cheese.

Share with a friend - The entrees and pasta dishes – though delicious – are frequently enough for two... therefore, share a dish with a friend and order salads to round out the meal.

Heart healthy oils – Although olive oil is one of the most hearthealthy oils to consume – it is still very caloric... watch how it adds up as it is used in many of the dishes across the board.



*All selections have been picked by Essential Fitness Dietician Traci Thompson.

To schedule a consultation with Traci please contact Essential Fitness.

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