

# Greek and Italian Dishes & Fish

# Nicky's

*Specializing in  
PRIME Rib roasted in rock salt  
SUPERB STEAK & CHOPS  
FRESH SEAFOOD*

**Italian Vegetarian Lasagna.....**

**Lasagna Parmigiana.....**

*Garlic bread and salad.*

**Fetuccine Alfredo.....**

*Garlic bread and salad.*

**Veal Marsala.....**

*Tender veal sauteed in olive oil with Mushrooms, marsala wine and a touch of garlic. Served with rice and salad.*

**Chicken Marsala.....**

*Breast of chicken lightly sauteed with mushrooms and chicken stock, flavored with marsala wine. Served with rice and salad.*

**Mahi Mahi.....**

*Known as Dorado in Mexico and Dolphin in Florida, this fish has a medium flavor and firm texture. We broil or bake the fish in lemon Butter. Served with rice and salad.*

**Salmon.....**

*Our most popular fish. Wild fish is not always available. We grill or bake this fish in lemon butter. Served with rice and salad.*

**Mussels.....**

*Our mussels are among the freshest available - farm raised on Prince Edward Island, Canada. We cook the mussels in a broth of butter, white wine, garlic, green onions and other spices.*

**Alaskan Halibut.....**

*We serve only fish from Alaska. We bake this firm white, delicate flavor fish in lemon butter. Served with rice and salad.*

**Gyros Sandwich.....**

*A blend of lightly seasoned lamb and beef in pita bread with tomato, onion, and yogurt sauce, Served with French fries.*

**Gyros Plate.....**

*Same as gyros sandwich only a larger portion. Served with Greek salad and French fries*

**Spinach Pie (spanakopita).....**

*Spinach and a blend of cheese baked in a filo type dough. Served with country fries.*

**Dolmades.....**

*Tender grape leaves stuffed with rice and mild spices. Topped with egg and lemon sauce. Served with Country Fries*

**Greek Salad (large).....**

*Country style with tomato, Greek olives, feta cheese, Greek dressing, cucumbers.*

## All Fish Are Not Created Equal



We serve the freshest fish available. Fish is a good source of protein and, unlike red meat products, it's not high in saturated fat. It's also a good source of omega-3 fatty acids, which benefit heart health. The American Heart Association recommends eating fish twice a week. **Why?** Because fish are a great source of protein, vitamins, and nutrients. Fish are loaded with omega-3 fatty acids, which provide protection from heart disease and are great brain food for you, your children and if you are pregnant, for your unborn child.

The Healthy Fish Guide published by Washington State Department of Health identifies fish which are low in mercury and other contaminants, and recommends they be included 2 to 3 times a week in a healthy diet. The list includes Salmon, Shrimp, Trout, Scallops, Tilapia, Crab, and Cod.

Fish with slightly higher amounts of mercury are acceptable for eating 1 meal of per week include - Halibut, Lobster, and Mahi Mahi.

Those with high concentrations of mercury that are recommended to be avoided include Shark, Swordfish and Tuna Steak.