

ENTREES

ADD A CUP OF SOUP OR SALAD TO ANY ENTRÉE FOR \$3 (GUMBO \$4)

ZOODLES: CHICKEN LEONORA OR LEMON BEEF OR SHRIMP MARINARA 15

HOMEMADE ZUCCHINI NOODLES: CHOICE OF LEMON PEPPER BEEF TENDERLOIN- OR: CHICKEN, ARTICHOKE, MUSHROOM WITH CITRUS SAUCE- OR: SHRIMP MARINARA ZOODLES- ALL TASTY & HEALTHY!

SALUTE VEAL MARSALA 18 OR CHICKEN MARSALA 16 GF W/VEGGIES

VEAL OR CHICKEN SAUTEED IN A MARSALA, MUSHROOM GRAVY SERVED WITH PASTA OR VEGGIES

FRIED CATFISH OR SHRIMP PLATE 14

GOLDEN SOUTHERN FRIED SHRIMP OR CATFISH SERVED WITH FRIES, PASTA OR VEGGIES

MARINARA PASTA 9 (ADD CHICKEN 5 ADD SHRIMP 6)

PLUM TOMATOES, SAUTÉED GARLIC, ONIONS, & FRESH BASIL SLOW COOKED DAILY SERVED OVER ANGEL HAIR.

ALFREDO PASTA 10 (ADD CHICKEN 5 ADD SHRIMP 6)

RICH FOUR CHEESE CREAM SAUCE WITH ROASTED GARLIC COOKED DAILY SERVED OVER FETTUCCHINE

TRADITIONAL SPAGHETTI W/ MEATBALLS OR BOLOGNESE 12

CHOICE OF MEATBALLS, OR BOLOGNESE OVER SPAGHETTI TOSSED WITH OUR HOMEMADE MARINARA

BALSAMIC GLAZED GRILLED CHICKEN GF 12

GRILLED CHICKEN BREAST GLAZED WITH HONEY BALSAMIC REDUCTION SERVED WITH VEGETABLES

MANICOTTI 16 SEAFOOD MANICOTTI 19

RICOTTA CHEESE, BASIL & SPINACH WRAPPED IN PASTA, FINISHED WITH ROASTED GARLIC ALFREDO, MOZZARELLA & MARINARA. ADD OUR DELICIOUS SHRIMP & CRAWFISH ALFREDO!

*** PIZZA PASTA 14 ***

PEPPERONI, HOMEMADE MEATBALLS DICED, SAUSAGE TOPPED WITH MELTED MOZZARELLA OVER PENNE PASTA

LASAGNA AL FORNO 14

FRESH PASTA, BOLOGNESE, ROASTED GARLIC ALFREDO, RICOTTA, SPINACH, MARINARA & MELTED MOZZARELLA

TUSCAN FUSION 16

EGGPLANT PARMIGIANA, MANICOTTI, & PANNEED CHEESE RAVIOLI. A VEGETARIAN DELIGHT!

CHICKEN PARMESAN 16 EGGPLANT PARMESAN 15 VEAL PARMESAN 19

FRIED IN ITALIAN BREAD CRUMBS TOPPED WITH HOMEMADE MARINARA & MELTED MOZZARELLA & PASTA

CHEESE RAVIOLI WITH SALUTE BOLOGNESE SAUCE 13

6 LARGE CHEESE RAVIOLI TOPPED WITH HOMEMADE MEAT BOLOGNESE SAUCE- INCREDIBLE!

TOUR OF SALUTE 19

LASAGNA, CHICKEN PARMESAN, SIGNATURE SHRIMP & CRAWFISH RAVIOLI

VEAL SALUTE 21

VEAL CUTLETS, CRISPY EGGPLANT & BUFFALO MOZZARELLA WITH TOMATO BASIL CREAM & SIDE PASTA

CRABCAKE PORK LOINS 19

GRILLED CENTER CUT PORK LOINS (2) TOPPED WITH A GRILLED CRABCAKE, FINISHED WITH CRABMEAT ALFREDO AND CHOICE OF SIDE

CHICKEN SALUTE PASTA—HOUSE SPECIALTY! 18

GRILLED CHICKEN BREAST, SLICED SAUSAGE, MUSHROOMS, GARLIC, ONIONS, ROASTED RED PEPPERS, IN GARLIC CREAM ALFREDO OVER PENNE PASTA

GRILLED FILET 4 OZ GF 19 GRILLED TWIN 4 OZ FILETS GF 31

HAND CUT CENTER FILET WITH CHOICE OF SIDE

GRILLED 4 OZ FILET TOPPED WITH CRABMEAT & SHRIMP GF 28

LARGE SHRIMP AND LUMP CRAB MEAT WITH LITE LEMON, GARLIC OIL & SIDE VEGGIE

PIZZAS

HAND TOSSED HOMEMADE DOUGH OR: CAULIFLOWER CRUST GF

CLASSIC CHEESE PIZZA 9 PEPPERONI PIZZA 10 CLASSIC MEAT LOVER 16

CHICKEN GORGONZOLA ALFREDO 15

ROASTED GARLIC ALFREDO, MOZZARELLA, SEASONED CHICKEN & GORGONZOLA CHEESE CRUMBLES

MARGHERITA 14

ROASTED GARLIC OIL, SLICED TOMATOES, FRESH MOZZARELLA CHEESE & BASIL

ADD INGREDIENTS

PEPPERONI, SAUSAGE, ANDOUILLE, MEATBALLS, BACON, MUSHROOMS, RED ONIONS, TOMATOES, SUN-DRIED TOMATOES, ROASTED RED PEPPERS, GORGONZOLA, FRESH MOZZARELLA CHEESE, FRESH BASIL

SALUTE SUNDAY BRUNCH

(ONLY AVAILABLE 11AM -3PM)

\$3 CHAMPAGNE, MIMOSAS & BLOODY MARYS

GRILLED PORK LOIN & CRABMEAT CHEESE OMELET 16
CENTER CUT PORK LOIN, SERVED OVER A CHEESE & CRABMEAT OMELET WITH BASIL HOLLANDAISE, WITH A SIDE BACON & CREAM CHEESE GRITS W/ GOUDA

SUNDAY BRUNCH PANCAKES 9

SWEET AND FLUFFY SALUTE PANCAKES SERVED WITH MAPLE SYRUP, BACON & CREAM CHEESE GRITS W/GOUDA

CHOCOLATE CHIP PANCAKES 10

MILK CHOCOLATE CHIPS MELTED INTO HOMEMADE PANCAKES SERVED WITH MAPLE SYRUP, BACON & CREAM CHEESE GRITS W/ GOUDA

BLUEBERRY CREAM STUFFED FRENCH TOAST 10

DEEP FRIED & FINISHED WITH POWDERED SUGAR SERVED WITH A SIDE OF MAPLE SYRUP BACON & CREAM CHEESE GRITS W/ GOUDA

SALUTE HAM & CHEESE OMELET 11

ITALIAN PROSCIUTTO & SHREDDED CHEDDAR IN A LIGHT AND FLUFFY OMELET SERVED WITH BACON & CREAM CHEESE GRITS W/ GOUDA

MANICOTTI OMELET 11

LIGHT AND FLUFFY OMELET FILLED WITH A SPINACH AND RICOTTA BLEND, SERVED WITH BACON & CREAM CHEESE GRITS W/ GOUDA

SUPREME OMELET 15

CHEDDAR OMELET WITH A SPICY SHRIMP, CRAWFISH, ANDOUILLE, MUSHROOM CREAM WITH BACON & CREAM CHEESE GRITS W/ GOUDA

SURF & TURF OMELET 17

SHAVED TENDERLOIN WITH A SHRIMP & CRAWFISH CHEDDAR OMELET SERVED WITH CREAM CHEESE GRITS W/ GOUDA

ITALIAN EGGS BENEDICT 13

TOASTED CIABATTA, POACHED EGGS, PROSCIUTTO, TOMATO & BASIL HOLLANDAISE SERVED WITH BACON & CREAM CHEESE GRITS W/ GOUDA

CRAB CAKE BENEDICT 16

PANKO ENCRUSTED CRAB CAKE, POACHED EGGS WITH HOLLANDAISE SERVED WITH BACON & CREAM CHEESE GRITS W/ GOUDA

SHRIMP & GRITS BENEDICT 15

FRIED GRIT CAKE, POACHED EGGS WITH A SHRIMP, ANDOUILLE, MUSHROOM CREAM SERVED WITH BACON & CREAM CHEESE GRITS W/ GOUDA

SMOKED SALMON SARDOU (NEW ORLEANS SPECIALTY) 17

SMOKED SALMON ON TOASTED CIABATTA TOPPED WITH A SPINACH ARTICHOKE CREAM SERVED WITH BACON & CREAM CHEESE GRITS W/ GOUDA

SALUTE DINNER MENU AVAILABLE ALL DAY SUNDAY



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SEAFOOD ITALIAN
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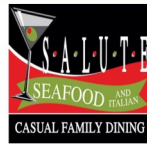
228-864-2500 www.saluteitalian.com





\$9.99 LUNCH MENU

AVAILABLE MON-SAT 11-3
ADD SOUP OR SALAD \$3



- 1/2 SHRIMP PO-BOY & SOUP COMBO**
SOUTHERN FRIED SHRIMP 1/2 PO-BOY WITH CHOICE OF TOMATO BASIL CREAM OR MINSTRONE SOUP
- 1/2 CRABCAKE PO-BOY & SOUP COMBO**
FRIED CRABCAKE 1/2 PO-BOY WITH CHOICE OF TOMATO BASIL CREAM OR MINSTRONE SOUP
- 1/2 MEATBALL PO-BOY & SOUP COMBO**
HOMEMADE SLICED MEATBALL & MOZZARELLA WITH CHOICE OF SOUP
- SEAFOOD MANICOTTI**
HOMEMADE RICOTTA STUFFED PASTA TOPPED WITH OUR SHRIMP & CRAWFISH ALFREDO
- FIRECRACKER SHRIMP TACOS**
2 SOFT TACOS, PANKO-FRIED SHRIMP TOSSED WITH SRIRACHA SAUCE SERVED WITH CHIPS & SALSA
- CHEDDAR CHEESE BURGER**
GRILLED GROUND BEEF PATTY, CHEDDAR, LETTUCE, TOMATO & ONION & FRIES
ADD GOUDA & BACON: \$3
- FRIED CATFISH WITH FRIES**
SOUTHERN FRIED CATFISH STRIPS SERVED WITH COLE SLAW, TARTAR SAUCE & FRIES
- SHRIMP PLATE WITH FRIES**
SOUTHERN FRIED SHRIMP SERVED WITH COLE SLAW, COCKTAIL SAUCE & FRIES
- HAMBURGER STEAK WITH BROWN GRAVY & RICE**
HAMBURGER STEAK GRILLED WITH SAUTÉED ONIONS SERVED WITH BROWN GRAVY & RICE
- CRABCAKE ALFREDO**
GRILLED OR FRIED CRABCAKE WITH OUR CREAMY ALFREDO FETTUCCINE
- CLASSIC RAVIOLI MARINARA**
4 LARGE RICOTTA CHEESE STUFFED RAVIOLI WITH OUR HOMEMADE MARINARA
- CLASSIC SPAGHETTI BOLOGNESE (MEAT SAUCE) OR SPAGHETTI MEATBALL**
SPAGHETTI PASTA TOPPED WITH OUR DELICIOUS HOMEMADE MEAT SAUCE OR MEATBALL
- CHICKEN & BROCCOLI ALFREDO**
SAUTÉED CHICKEN AND BROCCOLI TOSSED IN ALFREDO SERVED OVER FETTUCCINE
- FRIED PORK LOIN & BROWN GRAVY**
FRIED PORK LOIN, SERVED OVER RICE WITH BROWN GRAVY
- EGGPLANT PARMESAN OR CHICKEN PARMESAN**
ITALIAN FRIED TOPPED WITH OUR HOMEMADE MARINARA & FRESH MELTED MOZZARELLA W/ SIDE OF PASTA
- PANEED SHRIMP ALFREDO**
ITALIAN FRIED SHRIMP SERVED ON A BED OF DELICIOUS FETTUCCINE ALFREDO
- FRIED LASAGNA OR CLASSIC BAKED**
ITALIAN FRIED OR BAKED: PASTA, BOLOGNESE, RICOTTA, BASIL & SPINACH OVER MARINARA & MOZZARELLA
- GRILLED OR FRIED: CHICKEN OR PORK FLORENTINE**
CHICKEN BREAST OR PORK LOIN, SERVED OVER RICE WITH SPINACH ARTICHOKE CREAM
- CHICKEN BACON RANCH WRAP (OR SANDWICH ON A BUN)**
GRILLED CHICKEN, BACON, ROMAINE, SMOKED RANCH DRESSING W/ FRIES
- FIRE CRACKER SHRIMP WRAP**
PANKO FRIED SHRIMP, ROMAINE AND SRIRACHA AIOLI W/ FRIES
- SIDES**
- SIDE OF ANGEL HAIR PASTA: MARINARA OR ALFREDO OR GARLIC & OIL**
- SAUTÉED FRESH MIXED VEGETABLES** **BROWN OR WHITE RICE**
- SIDE OF BROCCOLI** **ALL SIDES \$4** **FRENCH FRIES**
- PARTIES OF 6 OR MORE ARE SUBJECT TO AN 18% GRATUITY**

STARTERS & LITE BITES

- GRILLED GARLIC BREAD 4**
(ADD MOZZARELLA CHEESE \$2)
- GRILLED OR FRIED CRAB CAKES 13**
PANKO FRIED OR GRILLED CRAB & SHRIMP CAKES WITH WASABI AIOLI SERVED WITH SEASONAL VEGETABLES
CRAWFISH BREAD 14
TOASTED CIABATTA BREAD TOPPED WITH SAUTÉED CRAWFISH AND ANDOUILLE CREAM
FRIED MOZZARELLA 8
FRESH SLICED MOZZARELLA BATTERED IN ITALIAN BREAD CRUMBS FRIED GOLDEN BROWN AND PLACED UPON A BED OF HOMEMADE MARINARA *THE ORIGINAL FRIED MOZZARELLA FROM ITALY!*
PANEED CHEESE RAVIOLI 8
JALAPENO AND RICOTTA CHEESE STUFFED RAVIOLI FRIED GOLDEN BROWN, PLACED ON A BED OF DELICIOUS ALFREDO WITH JUST A TOUCH OF HOMEMADE MARINARA WITH PARMESAN CHEESE
HOUSE FAVORITE EGGPLANT FRIES 8
THINLY SLICED ITALIAN FRIED EGGPLANT SERVED WITH WASABI AIOLI
SPINACH DIP 10
A DELICIOUS BLEND OF SPINACH & ARTICHOKE HEARTS IN A RICH GARLIC CREAM, SERVED WITH PITA CHIPS
FRIED GREEN TOMATOES 13
TOPPED WITH SUPREME SAUCE (SPICY SHRIMP, CRAWFISH, ANDOUILLE SAUSAGE & MUSHROOM CREAM)
EGGPLANT CAPRESE NAPOLEON 9
ITALIAN BREADED EGGPLANT TRIPLE LAYERED WITH FRESH SLICED TOMATO AND FRESH MOZZARELLA GARNISHED WITH TOMATO AIOLI AND OUR BALSAMIC VINAIGRETTE TOPPED WITH SLICED BASIL
CALAMARI FRITTI 1/2 ORDER 7 FULL ORDER 13
"LEGS & RINGS" GOLDEN FRIED EVER SO LIGHTLY SERVED WITH A SPICY HOMEMADE MARINARA-GREAT!
FIRECRACKER SHRIMP PLATE 11
CRISPY PANKO FRIED SHRIMP WITH A SPICY SRIRACHA DIPPING SAUCE
SHAVED TENDERLOIN TIPS & MOZZARELLA 14
SHAVED TENDERLOIN IN A RED WINE MARSALA REDUCTION OVER MOZZARELLA BREAD

OCHSNER CERTIFIED "EAT FIT" MENU ITEMS:

- GRILLED SHRIMP SKEWER GF 11**
SEASONED SHRIMP SKEWER GRILLED AND SERVED WITH SEASONAL VEGGIES
- BLACKENED SCALLOPS GF 14**
LIGHTLY BLACKENED SCALLOPS BASTED WITH A LEMON GARLIC OIL SERVED WITH SEASONAL VEGGIES
- GRILLED SMOKED SALMON GF 12**
PERFECTLY SMOKED SALMON DRIZZLED WITH A TOMATO AIOLI SERVED WITH VEGGIES
- BLACKENED SEARED TUNA GF 12**
SEARED AHI GRADE TUNA, DRIZZLED WITH A TERIYAKI GLAZE & WASABI AIOLI WITH VEGGIES

SOUP

- MINSTRONE SOUP GF 5 CUP 7 BOWL**
- TOMATO BASIL CREAM GF 5 CUP 7 BOWL**
- SEAFOOD GUMBO GF 6 CUP 9 BOWL**

SALADS

- LARGE CAESAR SALAD 9**
FRESH ROMAINE & TRUE HOMEMADE CAESAR DRESSING WITH GARLIC BREAD TOAST POINTS
- OCHSNER CERTIFIED "EAT FIT" MENU ITEMS:**
- LARGE HOUSE SALAD 9**
MIXED GREENS, CHERRY TOMATOES, PURPLE ONION, GOUDA CHEESE (CROUTONS IF DESIRED)
- CAPRESE SALAD GF 9**
MIXED GREENS, FRESH MOZZARELLA, TOMATO, ONION, BASIL WITH BALSAMIC VINAIGRETTE
- SMOKED SALMON SALAD 16**
GRILLED SMOKED SALMON, AIOLI, MIXED GREENS, TOMATOES, ONION, GOUDA CHEESE
- SEARED TUNA SALAD 16**
PEPPER CRUSTED TUNA SEARED, WITH WASABI AIOLI & TERIYAKI GLAZE ON LARGE HOUSE SALAD
- HARVEST CHICKEN SALAD 16**
CHICKEN, GRAISINS, ARTICHOKE HEARTS, SUN-DRIED TOMATOES, ALMONDS, BLUE CHEESE CRUMBLES
- SHRIMP MEDITERRANEAN SALAD 16 HOUSE FAVORITE!**
SHRIMP, ARTICHOKE HEARTS, SUN-DRIED TOMATOES, CAPERS, OLIVES, MUSHROOMS, GARLIC SERVED WARM OVER SALAD GREENS WITH BALSAMIC DRESSING ON THE SIDE

Eat Fit is a nonprofit initiative of Ochsner Health System designed to help the community live their healthiest, strongest lives possible. The team of Eat Fit dietitians works closely with restaurants, like Salute to identify and develop dishes that meet the Eat Fit nutritional criteria. These items are identified directly on the menu with the Eat Fit seal of approval,

SEAFOOD

ADD A CUP OF SOUP OR SALAD TO ANY ENTRÉE FOR \$3 (GUMBO \$4)

- *** BLACKENED STUFFED GROUPER AIOLI *** 22**
BLACKENED GRILLED GROUPER FILLET TOPPED WITH GRILLED CRABCAKE & AIOLI SAUCE
- *** SOUTHERN FRIED ITALIAN SEAFOOD PLATTER*** 22**
SOUTHERN FRIED SHRIMP, CATFISH STRIPS, CRAB CAKE, HUSH PUPPIES & FRIES
- SHRIMP SCAMPI BASILICO 14 (ADD SCALLOPS 9)**
SAUTÉED SHRIMP IN A GARLIC, BASIL, TOMATO WHITE WINE SAUCE OVER ANGEL HAIR PASTA
- SPICY SHRIMP FRA DIAVOLO 14 (ADD SCALLOPS 9)**
SAUTÉED SHRIMP IN A GARLIC, CRUSH RED PEPPER, BASIL MARINARA OVER ANGEL HAIR PASTA
- CRABMEAT FETTUCCINE 19**
SAUTÉED CRAB MEAT ALFREDO SAUCE OVER A PANKO CRAB CAKE SERVED OVER FETTUCCINE
- SALUTE SUPREME PASTA 19**
SHRIMP, CRAWFISH, ANDOUILLE & MUSHROOMS IN A SPICY ROASTED GARLIC ALFREDO OVER FETTUCCINE
- SIGNATURE SHRIMP & CRAWFISH ALFREDO 17**
SALUTE SHRIMP AND CRAWFISH SAUTÉED IN A ROASTED GARLIC ALFREDO SERVED OVER PENNE PASTA
- SALUTE SHRIMP & GRITS 16**
SHRIMP, GARLIC, ANDOUILLE, & MUSHROOMS, IN GARLIC HERB CREAM WITH TWO FRIED GRIT CAKES
- GRILLED FLOUNDER WITH SHRIMP MEDITERRANEAN SAUCE GF 19**
FLOUNDER TOPPED WITH ARTICHOKE, MUSHROOM, SUN-DRIED TOMATOES, CAPERS, OLIVES & GARLIC
- GRILLED SEAFOOD PLATE 24**
GRILLED SHRIMP, BLACKENED SCALLOPS AND CRAB CAKE SERVED WITH SAUTÉED VEGETABLES
- SMOKED SALMON AIOLI GF 19**
HICKORY SMOKED SALMON WITH A SIDE OF TOMATO AIOLI SERVED WITH SAUTÉED VEGETABLES
- SEARED TUNA GF 19**
SEARED AHI TUNA WITH TERIYAKI GLAZE AND WASABI AIOLI ON SIDE WITH VEGGIES
- SOUTHERN FRIED GROUPER & BLACKENED CRAWFISH CREAM 24**
GOLDEN FRIED GROUPER FILLET, WITH A BLACKENED CRAWFISH CREAM & YOUR CHOICE OF PASTA
- GRILLED GROUPER WITH SHRIMP SCAMPI BASILICO SAUCE GF 23**
GRILLED GROUPER FILLET, SAUTÉED SHRIMP, CHERRY TOMATOES & BASIL IN A LITE GARLIC WINE SAUCE
- GRILLED SALMON & SHRIMP 18**
FRESH HICKORY LIGHTLY SMOKED SALMON W/ GRILLED SHRIMP SKEWER WITH VEGGIES
- SEAFOOD RAVIOLI 18**
RICOTTA CHEESE STUFFED RAVIOLI, TOPPED WITH SHRIMP & CRAWFISH ALFREDO SAUCE
- EGGPLANT GONDOLA 18**
ITALIAN FRIED EGGPLANT TOPPED WITH SIGNATURE SHRIMP AND CRAWFISH CREAM
- CATFISH SUPREME 21**
FRIED CATFISH STRIPS, IN A SPICY SHRIMP, CRAWFISH, ANDOUILLE, MUSHROOMS, GARLIC CREAM OVER RICE
- BLACKENED STUFFED CATFISH 17**
BLACKENED CATFISH & GRILLED CRAB CAKE DRIZZLED WITH TOMATO AIOLI SERVED WITH VEGETABLES

VEGAN

- THE BEYOND IMPOSSIBLE BURGER! 15**
5 OZ PURE VEGETARIAN BURGER, LETTUCE, TOMATO, ONION SERVED ON WHOLE WHEAT BUN
- GRILLED EGGPLANT WITH VEGETABLE PRIMAVERA 12**
PAN-SEARED EGGPLANT SLICES: ZUCCHINI, SQUASH, CARROTS, BASIL & ALMONDS W/ LITE MARINARA
- VEGETARIAN BOLOGNESE 15**
VEGETARIAN BEEF, GARLIC, TOMATO & ONION SAUCE SERVED OVER VEGGIE BROWN RICE
- VEGAN HAMBURGER STEAK PLATE 15**
GRILLED VEGETARIAN BEEF PATTY, SERVED OVER BROWN RICE & GRILLED TOMATO & BROCCOLI