

Lotsa Creative Pasta Meals



Your creative pasta meal includes a cup of soup or a small salad and Garlic Bread. Follow these 5 steps:

Step 1 Choose a Sauce

Bold Flavors

Chipotle Cream
Smoked chilis simmered with garlic, onions, fresh herbs, cream and white wine, then reduced
Lunch 9.99 Dinner 13.25

Vodka Sauce
Crushed red chili peppers are steeped in vodka, then simmered with roma tomatoes, cream and parmesan cheese
Lunch 10.99 Dinner 14.25

Thai Peanut Ginger
Carrots, celery, bean sprouts, scallions and garlic simmered in a spicy ginger peanut sauce
Lunch 9.99 Dinner 13.25

Garlicky Sun Dried Tomato
NEW
Sun dried tomatoes, fresh garlic, pine nuts, parmesan cheese and cream
Lunch 9.99 Dinner 13.25

Creamy White Clam
Tender, succulent clams simmered with leeks, herbs and spices in a cream and white wine sauce
Lunch 9.99 Dinner 13.25

Red Clam
Tender sea clams simmered in white wine, tomatoes, garlic, fresh herbs and a touch of red chili pepper
Lunch 9.99 Dinner 13.25

Puttanesca
(Poot-an-ness-kuh) A classic Italian favorite of roma tomatoes, anchovies, garlic, chili peppers, capers and olives
Lunch 8.99 Dinner 12.25

Roasted Tomato
NEW
The slightly smoky flavor of roasted tomatoes, vegetables and herbs add up to a deliciously different tomato sauce.
Lunch 8.99 Dinner 12.25

Traditional

Alfredo
The classic! Freshly grated imported parmesan cheese is reduced with cream and a dash of nutmeg
Lunch 10.99 Dinner 14.25

Basil Pesto
Fresh basil, garlic, pinenuts, parmesan and romano cheeses mixed with cream. Olive oil or vegetable broth can be substituted.
Lunch 10.99 Dinner 14.25

Fresco
Chunks of tomato, onions sautéed with garlic, basil, oregano, parsley, and white wine for a fresh, lively flavor
Lunch 8.99 Dinner 12.25

Bolognese
Lotsa Italian sausage and ground lean sirloin are simmered for hours in a tomato base to create this wonderful Italian gravy
Lunch 9.99 Dinner 13.25

Rustico
(Grown-up marinara) A country tomato sauce with mushrooms and garlic an excellent complement to any pasta flavor
Lunch 8.99 Dinner 12.25

Quattro Formaggi (Four Cheese)
A palate-pleasing blend of Greek feta, Swedish fontina, Italian parmesan and romano cheeses, and cream
Lunch 10.99 Dinner 14.25

Delicate Flavors

Mushroom Mushroom
Porcini and crimini mushrooms simmered in vegetable stock and white wine, and finished with parmesan cheese and cream.
Lunch 10.99 Dinner 14.25

Kid's Marinara
A favorite choice for kids, this sauce has no garlic and the slightly sweet flavor of carrots
Lunch 8.99 Dinner 12.25

Di Parma
Highlights the delectable taste of fresh pasta with sweet butter (or olive oil), chopped garlic, and grated parmesan
Lunch 8.99 Dinner 12.25

Gorgonzola Cream
NEW
The bold flavors of gorgonzola, garlic and onions are tempered with cream and vegetable stock.
Lunch 9.99 Dinner 13.25

Vegetarian Entrée: below 750 Calories, 25g Fat, Side: < 250 Calories, 8g fat

Step 2 Choose a Pasta Flavor

Italian Herb	Garlic, Scallion & Parsley
Lemon & Parsley	Spinach
Red Bell Pepper	Red Chili Pepper
Basil	Tomato Garlic
Semolina (Plain)	

Step 3 Choose a Pasta Cut or Shape

Angel Hair	Spaghettini
Linguini	Fettucine
Penne* 	Rotelli*
*Available in plain or whole wheat	*Only available in semolina flavor

Step 4 Choose a Salad or Soup

A small salad or cup of soup is included with any entree purchase

Minestrone
A vegetarian version with fresh vegetables, garlic, tomatoes, three types of beans, and our roasted vegetable broth

Roasted Garlic
Oven roasted garlic simmered in our roasted vegetable stock with orzo pasta and whole tender peas

New England Clam Chowder
Tender clams, fresh vegetables and red potatoes simmered in clam juice and cream

Caesar Salad
Crisp romaine lettuce, croutons and parmesan cheese tossed with our special spicy caesar dressing

House Salad
Romaine lettuce, fresh vegetables, parmesan and croutons tossed with your choice of ranch, blue cheese or balsamic vinaigrette dressing

Broccoli and Penne Salad
Fresh broccoli, penne, raisins and pinenuts marinated in a sweet creamy dressing and topped with bacon bits (optional)

Step 5 Choose a Tasty Extra (Optional)

Enhance the flavor of a terrific meal with these tasty extras and make it a

Homemade Meatballs 3.50	Grilled Chicken Breast 3.50
Steamed Primavera Vegetables 2.75	Three Jumbo Shrimp Sautéed in garlic butter 4.50
Sautéed Mushrooms 2.75	Spicy Italian Sausage 3.50

Vegetarian Entrée: below 750 Calories, 25g Fat, Side: < 250 Calories, 8g fat

Desserts and Specialty Drinks

Homemade Vanilla Ice Cream & Cookie 6.50	White & Dark Belgian Chocolate Mousse 6.99
Tiramisu 7.50	Spumoni 6.25
San Pellegrino 2.75	Italian Cream Soda Raspberry, Cherry, or Vanilla 3.25

White and Sparkling Wine

Freixenet Cordon Negro Brut Champagne Split <i>Dry, Light to Medium Intensity Whites</i>	Glass	Bottle
<i>Orvieto</i> —Campogrande, Orvieto Italy	6.00	18.50
<i>Pinot Grigio</i> —Mezzacorona, Alto-Adige Italy	7.25	21.00
<i>Pinot Grigio</i> —Benvolio, Friuli Italy	7.25	18.50
<i>Toscana Bianco</i> —Villa Antinori, Tuscany Italy		
<i>Dry, Medium to Full Intensity Whites</i>	Glass	Bottle
<i>Chardonnay</i> —Bramito del Cervio, Umbria Italy	8.75	21.00
<i>Chardonnay</i> —Carmel Road, Monterey County	7.25	21.00
<i>Chardonnay</i> —Kendall-Jackson, California		

Red Wine

<i>Dry, Light to Medium Intensity Reds</i>	Glass	Bottle
<i>Pinot Noir</i> —Robert Mondavi Coastal	6.75	19.50
<i>Pinot Noir</i> —La Crema, Sonoma Coast		35.00
<i>Pinot Noir</i> —Carmel Road, Monterey County		27.00
<i>Pinot Noir</i> —Kendall-Jackson, California	7.75	23.00
<i>Dry, Medium to Full Intensity Reds</i>	Glass	Bottle
<i>Chianti Classico</i> —Peppoli, Chianti Italy	6.25	19.50
<i>Sangiovese</i> —Santa Cristina, Tuscany Italy	6.75	20.00
<i>Chianti Classico</i> —Gabbiano, Chianti Italy		35.00
<i>Chianti Classico Riserva</i> —Tenuto di Arceno, Chianti Italy	7.00	20.00
<i>Zinfandel</i> —Cline, California		20.50
<i>Cabernet Sauvignon</i> —Toasted Head, California	6.75	19.00
<i>Merlot</i> —Robert Mondavi Coastal, California	6.25	18.50
<i>Rosso</i> —Francis Ford Coppola, California		28.00
<i>Prima Voce</i> —Tenuto di Arceno, Tuscany Italy	6.00	18.00
<i>Merlot</i> —Mezzacorona, Trentino Italy		20.00
<i>Toscana</i> —Banfi "Centine", Tuscany Italy		20.00
<i>Cabernet Sauvignon</i> —Silver Palm, California		24.00

House Wine

Chardonnay, White Zinfandel, Cabernet Sauvignon Glass: 5.00 Bottle: 15.00	Chianti Placido Glass: 6.00 Bottle: 19.00
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Beer

Budweiser, Bud Light, Coors Light 3.20	Corona, Moretti, Moretti La Rossa 3.55
Draft Beer Newcastle, Karl Strauss Amber Lager, Stone Pale Ale Pint: 4.50	
Chimay Grande Reserve 750ml Bottle: 14.00	



Gold Medallion Award Winner Best Italian Casual 2008!

This award is given to the best Italian Casual Restaurant in San Diego County as voted on by those in the restaurant industry. Lotsa Pasta has been nominated (top three) many times in the past, but winning is an honor for our entire staff.

Our History

Lotsa Pasta started cooking in 1989 as a gourmet carryout market where we dedicated ourselves to producing the finest fresh homemade pastas and sauces every day. These healthy and delicious products were sold for preparation at home, but soon our customers wanted us to cook the meal for them and Lotsa Pasta the restaurant was born!

Over 15 years later Lotsa Pasta is still using the finest ingredients to make the best pasta. In fact due to customer requests we have even shipped our pasta all over the country.

FRESH! FRESH! FRESH! or What makes our pasta the best!

Lotsa Pasta uses only the finest ingredients available and we use only durum wheat flour to make our pasta. Durum flour has a nutritional profile closest to whole wheat flour which makes it a complex carbohydrate. There are two grinds of durum wheat that we use. Semolina is a coarse grind that gives our pasta durability and flavor. Extra fancy durum flour gives our pasta it's unique tenderness and texture and has the highest protein content with the least starch of any flour. Because durum is more expensive other companies usually substitute all purpose flour, which is made from a different kind of wheat, and you can immediately taste the difference. These are just a few of the many steps we take to produce the best pasta in San Diego and did we mention it's fresh?

Pasta is fun when you're the Chef!

Everyone has a different palate when it comes to food and what you like. Lotsa Pasta gives you the option to be creative and put together the meal you want. However, we also have some signature items if you want to try what we think is the best. Whether you are experimental or conservative about your food choices there is something for everyone on our menu. Our servers are happy to help you with your selection.

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Fax: (858) 581-6783
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Appetizers

Caprese Skewers

Ciliegine (fresh mozzarella balls), cherry tomatoes, a chiffonade of fresh basil and a touch of extra virgin olive oil.
6.75

Hot Artichoke Dip

Artichoke hearts, mozzarella, parmesan cheese and seasonings accompanied by our crispy fresh herb dipping crackers.
7.50

Prosciutto wrapped Asparagus Spears

Grilled asparagus wrapped with prosciutto (Italian air cured ham) and drizzled with a balsamic reduction.
7.50

Salad or Soup

A small salad or cup of soup is included with any entree purchase

Minestrone

A vegetarian version with fresh vegetables, garlic, tomatoes, three types of beans, and our roasted vegetable broth
à la carte
Cup: 4.50 Bowl: 6.25

Roasted Garlic

Oven roasted garlic simmered in our roasted vegetable stock with orzo pasta and whole tender peas
à la carte
Cup: 4.50 Bowl: 6.25

New England Clam Chowder

Tender clams, fresh vegetables and red potatoes simmered in cream
à la carte
Cup: 4.99 Bowl: 7.25

Caesar Salad

Crisp romaine lettuce, croutons and parmesan cheese tossed with our special spicy caesar dressing
à la carte
Small: 4.50 Large: 7.25

House Salad

Romaine, parmesan and croutons with your choice of ranch, blue cheese or balsamic vinaigrette
à la carte
Small: 4.50 Large: 7.25

Broccoli and Penne

Fresh broccoli, penne, raisins and pinenuts with a sweet creamy dressing and topped with bacon bits (optional)
à la carte
Small: 4.99 Large: 7.75

Entree Salads

Small versions of these salads can be ordered with any entrée for an extra charge.

Chicken Caesar

Our large caesar salad topped with a sliced grilled chicken breast
9.99

Steak Salad

Baby mixed greens, diced tomatoes and crumbled gorgonzola cheese tossed with thin slices of fresh grilled steak
12.25

Shrimp Caesar

Our large caesar salad topped with four jumbo shrimp
10.99

Valentine's Salad

Baby mixed greens with a bacon shallot vinaigrette. Topped with toasted hazelnuts and crumbled gorgonzola cheese.
8.99

Salmon Caesar

Our large caesar salad topped with pieces of fresh grilled salmon
10.99

Tuscano

Crisp romaine, tomatoes, cucumbers, red onions and feta cheese are tossed in a light vinaigrette dressing
8.99

Healthy Dining

The nutritional data below is based on our recipes for a dinner portion.

Grilled Salmon -Vegetables & Sauce on Side-

Grilled Salmon with primavera vegetables. Served with a lemon Dijon cream sauce on the side. (Sauce not included in analysis: 85 calories, 9g fat per Tbsp.)

CALORIES: Excellent Choice (420),
CHOLESTEROL: Good Choice (118 mg),
FAT: Good Choice (22 g),
SODIUM: 168 mg, PROTEIN: 47 g,
CARBOHYDRATE: 7 g, FIBER 2 g
17.75

Fra Diavolo

Jumbo shrimp sautéed and served with a sauce of white wine, tomatoes, and a touch of red chili pepper over lemon linguini.

CALORIES: Good Choice (701),
CHOLESTEROL: High (318 mg),
FAT: Good Choice (17 g),
SODIUM: 1623 mg, PROTEIN: 46 g,
CARBOHYDRATE: 85 g, FIBER 5.5 g
18.75

Minestrone Bowl (12oz)

A vegetarian version with fresh vegetables, garlic, tomatoes, three types of beans, and our roasted vegetable broth

CALORIES: Excellent Choice (102),
CHOLESTEROL: Excellent Choice (0 mg),
FAT: Excellent Choice (2 g),
SODIUM: 577 mg, PROTEIN: 4 g,
CARBOHYDRATE: 15 g, FIBER 3.5 g
6.25

Rustico Sauce with Garlic Scallion Pasta

(Grown-up marinara) A country tomato sauce with mushrooms and garlic. Served with garlic, scallion & parsley fettucine.

CALORIES: Good Choice (529),
CHOLESTEROL: Good Choice (94 mg),
FAT: Excellent Choice (7 g),
SODIUM: 562 mg, PROTEIN: 22 g,
CARBOHYDRATE: 95 g, FIBER 10 g
Lunch 8.99 Dinner 12.25

Fresco Sauce with Italian Herb Linguini

Chunks of tomato, onions sautéed with garlic, basil, oregano, parsley, and white wine for a fresh, lively flavor. Served with our Italian herb linguini.

CALORIES: Good Choice (473),
CHOLESTEROL: Good Choice (90 mg),
FAT: Excellent Choice (4g),
SODIUM: 772 mg, PROTEIN: 19 g,
CARBOHYDRATE: 88 g, FIBER 7 g
Lunch 8.99 Dinner 12.25

Bolognese Sauce with Whole Wheat Penne

Italian sausage and lean ground sirloin are simmered for hours in a tomato base. Served with our Whole Wheat Pasta.

CALORIES: Good Choice (634),
CHOLESTEROL: Excellent Choice (42 mg),
FAT: Good Choice (19 g),
SODIUM: 621 mg, PROTEIN: 27 g,
CARBOHYDRATE: 91 g, FIBER 12 g
Lunch 9.99 Dinner 13.25

Pizza

We have 12" thin and crispy pizzas. You may add Chopped Onion, Green Bell Pepper, or Sliced Mushrooms to any pizza at no extra charge. Adding Pepperoni or Sausage will add \$1 per topping. Grilled chicken add \$2. A small salad or cup of soup may be added for \$2.

Cheese Pizza

Lotsa Mozzarella and Parmesan Cheese with Marinara Sauce on a thin crust with fresh herbs baked in make up this classic pizza.
9.99

Pepperoni Pizza

Mozzarella, Parmesan Cheese, Marinara Sauce and Pepperoni top this delicious classic thin crust pizza.
10.99

Chipotle Chicken Pizza

Mozzarella, Parmesan and sliced grilled chicken breast get this started and it just gets better with our Chipotle sauce giving this pizza it's fabulous flavor.
12.25

Chicken Alfredo Pizza

Mozzarella Cheese with Alfredo Sauce and sliced Grilled Chicken Breast on a thin crust with fresh herbs baked in make up this great pizza.
13.25

Beverages

Coffee Regular or Decaffeinated, **Hot Tea,**
Fresh Brewed "Shangri-La" Iced Tea Regular or PassionBerry
2.25

Free refill on fountain drinks, tea and coffee on same visit

Lotsa Signature Dishes

A small salad or cup of soup is included with your signature dish

Spaghetti and Meatballs

Our Bolognese (meat) sauce served over Italian herb spaghetti and two of our homemade meatballs.
Lunch 12.99 Dinner 15.99

Vodka Chicken Linguini

Lotsa Pasta's fabulous vodka sauce served over garlic, scallion and parsley linguini and topped with a sliced grilled chicken breast.
Lunch 13.99 Dinner 16.99

Marvelous Mushrooms

Mushroom Mushroom sauce served over semolina fettucine and then topped with sautéed mushrooms.
Lunch 13.99 Dinner 16.99

Kirk's Tortellini

Cheese tortellini with a spicy vodka meat sauce and two links of Italian sausage.
Lunch 13.99 Dinner 16.99

Chipotle Chicken

One of our staff favorites. Our chipotle sauce with garlic, scallion and parsley fettucine topped with grilled chicken breast.
Lunch 12.99 Dinner 15.99

Creamy Seafood Combo

Creamy white clam sauce served over lemon and parsley linguini topped with three jumbo shrimp.
Lunch 13.99 Dinner 16.99

Lotsa Timpano Grill Specialties

A small salad or cup of soup is included with your signature dish
All grill specialties are served with either chef's choice of pasta or a side of steamed primavera vegetables.

Grilled Flat Iron Steak

Flat iron steak lightly seasoned and grilled the way you like it.
17.75

Chipotle Steak

Flat iron steak with a spicy chipotle sauce served with sautéed mushrooms.
18.75

Grilled Chicken Breast

A grilled double breast of chicken drizzled with a lemon dijon sauce.
14.99

Garlic Chicken

A grilled double breast of chicken with a spicy garlic marinade and sautéed mushrooms
15.50

Shrimp Scampi

A classic recipe. Jumbo shrimp lightly sautéed in garlic butter.
18.75

Grilled Salmon

Fresh salmon marked on the grill, then roasted to finish with a light lemon Dijon cream sauce.
17.75

Ravioli

Your choice of sauce and a small salad or cup of soup is included with your ravioli

Feta Cheese

A wonderful blend of feta and ricotta cheese with fresh herbs creating a flavor that stands out in any sauce you choose
Lunch 10.99 Dinner 14.25

Spinach and Cheese

Our spinach pasta stuffed with fresh spinach, three kinds of cheese, herbs and spices
Lunch 10.99 Dinner 14.25

Gorgonzola NEW

Flavorful gorgonzola, parmesan and ricotta cheese with fresh herbs. Rich and delicious.
Lunch 10.99 Dinner 14.25

Asparagus NEW

Pasta pillows stuffed with fresh asparagus and ricotta cheese, need we say more?
Lunch 10.99 Dinner 14.25

Thai Chicken

Chicken tenderloins and thai peanut seasonings mixed with carrots and ricotta cheese. Best with the Thai Peanut Ginger Sauce
Lunch 10.99 Dinner 14.25

Lasagna

A small salad or cup of soup is included with your lasagna

Spinach and Cheese

Fresh spinach and five cheeses layered with our spinach noodles and marinara sauce
Lunch 10.99 Dinner 14.25

Five Cheese

A wonderful blend of two types of parmesan, ozzarella, ricotta and romano cheese
Lunch 10.99 Dinner 14.25

Sausage and Cheese

The best italian sausage on top of each layer of five cheeses and marinara sauce
Lunch 10.99 Dinner 14.25

Specials Old Favorites

All Specials include your choice of a small Salad or cup of Soup

All Old Favorites include your choice of a small Salad or cup of Soup and choice of pasta or mixed vegetables.

Pollo Dijon

Grilled breast of chicken with a creamy dijon sauce and primavera vegetables served over spinach fettucine
Lunch 12.25 Dinner 15.50

Eggplant Parmesan

Slices of Breaded Eggplant with Rustico sauce and melted Mozzarella Cheese on top
14.50

Cheese Tortellini

Small cheese dumplings that are delightful with any of our sauces
Lunch 10.99 Dinner 14.25

Chicken Parmesan

Breaded Chicken Breast with Rustico Sauce and topped with melted Mozzarella Cheese
15.50

From the movie **Big NIGHT** **Timpano** ★★★★★

A small salad or cup of soup is included.
Our house specialty! A large pot in the shape of a drum (timpano) is lined with pastry and filled with layers of penne, sauces, roasted vegetables, meatballs, sausage, cheese and fresh herbs. After baking for hours the timpano is sliced to reveal a masterpiece of colorful layers of mouth-watering ingredients. Served with creamy basil pesto, alfredo, and vodka sauces to represent the colors of the Italian flag.
Lunch 12.25 Dinner 15.50

A small salad or cup of soup is included. 18.75
Jumbo shrimp sautéed in garlic and butter and simmered with white wine, roma tomatoes, fresh herbs and a touch of red chili pepper are served over lemon and parsley linguini.