



724-705-2000

<http://www.instaetatspa.com>

# Spaghetti Benders

## Appetizers

Mussels	\$11.49
Garlic Bread	\$5.75
Garlic Bread with Cheese	\$8.05
Sampler	\$16.09
<i>Cheese Sticks, Tenders, Zucchini, Ravioli.</i>	
Tenders	\$9.19
Hot Stuffed Peppers	\$10.35
Pepperoni Rolls	\$6.89
Italian Wedding Soup	\$4.59
Soup of The Day	\$4.59
Fried Zucchini	\$10.35
Fried Ravioli	\$11.49
Cheese Sticks	\$9.19
Homemade Crab Cake	\$11.49
Bread Sticks	\$6.89
Fresh Cut Fries	\$4.59
Loaded Italian Beef Fries	\$11.49

## Big Burgers w Fries

1/2 lb Cheeseburger	\$11.49
<i>Lettuce, tomato, onion, pickle, ketchup &amp; mustard.</i>	
Bender's Burger	\$14.95
<i>Bacon, mozzarella, sauteed, mushrooms and onions, lettuce, tomato, and mayo.</i>	
Italian Burger	\$13.79
<i>Marinara sauce and mozzarella cheese.</i>	
Breakfast Burger	\$14.95
<i>Egg, bacon, and ketchup</i>	

## Salads w Breadstick

**G/F Served w/o breadsticks. Add Fries for an extra charge (not available GF)**

Grilled Chicken Salad	\$13.79
<i>Sub salmon or Shrimp for an extra charge.</i>	
Grilled Buffalo Salad	\$13.79
<i>Sub salmon or Shrimp for an extra charge.</i>	
Antipasto (1) Salad	\$14.95
<i>Capicola, salami, gorgonzola, pepperoni, meatball quarters, hard boiled egg, and tomato.</i>	
Antipasto Salad Double	\$19.55
Toppings	
<i>Capicola, salami, gorgonzola, pepperoni, meatball quarters, hard boiled egg, and tomato.</i>	
Steak Salad	\$16.09
<i>Thinly sliced prime rib atop crisp lettuce, tomatoes, mozzarella cheese, and french fries.</i>	
House Salad	\$8.05
Side Italian Salad	\$4.59

## Sandwich

**Served w/chips. Add fries for an extra charge (not available GF)**

## Hoagies

**Served w/chips. Add fries for an extra charge (not available GF)**

Chicken Parmesan Hoagie	\$13.79
Italian Hoagie	\$11.49
Hot Sausage Hoagie	\$12.65
Meatball Hoagie	\$11.49
Steak Hoagie	\$14.95

*Thinly sliced prime rib, sauteed onions topped with mozzarella cheese. Served lettuce, tomato, and mayo.*

## Pasta

**Served w/ fresh bread and choice of Italian Salad or Wedding Soup**

Lasagna	\$16.09
Baked Ziti	\$12.65
Manicotti	\$13.79
Tony's Trio	\$19.55
<i>Chicken Parmesan, lasagna, and fettuccini alfredo</i>	
Gnocchi	\$14.95
Eggplant Parm with Pasta	\$17.25
Marinara	

## Build Your Own Pasta Bowl

BYO Pasta	\$9.19
<i>Served w / fresh bread and choice of Italian salad or wedding soup</i>	

## Chicken

**Served w/ pasta, fresh bread and choice of Italian Salad or Wedding soup**

4oz Chicken Parm	\$17.25
8oz Chicken Parm	\$21.85
Chicken and Broccoli	\$13.79
<i>Olive oil and garlic topped with mozzarella cheese.</i>	
4oz Margherita Chicken	\$17.25
<i>Grilled chicken, fresh tomato and basil with cheese.</i>	
8oz Margherita Chicken	\$21.85
<i>Grilled chicken, fresh tomato and basil with cheese.</i>	
Buffalo Chicken Alfredo	\$17.25
Pasta Speziato	\$16.09
<i>Grilled chicken, banana peppers, olive oil, garlic, fresh basil, and light marinara</i>	
4oz Chicken Marsala	\$17.25
8oz Chicken Marsala	\$21.85

## Monday Daily Features

**Served w / fresh bread and Italian Salad**

Gnocchi	\$13.79
---------	---------

## Tuesday Daily Features

**Served w / fresh bread and Italian Salad**

Manicotti	\$11.49
-----------	---------

## Wednesday Daily Features

## Seafood

**Served w/pasta, fresh bread and choice of Italian salad or wedding soup.**

Seafood Mac c Cheese	\$22.99
<i>Scallops and shrimp in a lobster based cheese sauce tossed in penne pasta.</i>	
Salmon	\$20.69
<i>Pasta tossed with tomato and basil. Served with sauteed broccoli.</i>	
Shrimp Scampi	\$18.39
4oz Crab Cake Palermo	\$24.15
<i>Fettuccine tossed in lobster-based pink sauce, topped with the area's best homemade crab cakes.</i>	
8oz Crab Cake Palermo	\$31.05
<i>Fettuccine tossed in lobster-based pink sauce, topped with the area's best homemade crab cakes.</i>	
4oz Crab Cake	\$21.85
<i>Homemade crab cakes served with a side of shrimp scampi and the vegetable of the day.</i>	
8oz Crab Cake	\$28.75
<i>Homemade crab cakes served with a side of shrimp scampi and the vegetable of the day.</i>	

## Beef

**Served w/ fresh bread and choice of Italian salad or wedding soup.**

8-10oz Prime Rib	\$24.15
<i>Pasta tossed in butter and garlic. Served with sauteed broccoli</i>	
12-14oz Prime Rib	\$29.89
<i>Pasta tossed in butter and garlic. Served with sauteed broccoli</i>	
Veal Parm with Pasta Marinara	\$22.99
Traditional Meatloaf	\$13.79
<i>with fresh cut fires</i>	
Italian Meatloaf	\$13.79
<i>with fresh cut fires, Italian included marinara sauce and mozzarella cheese.</i>	

## Thin and Crispy Pizza

Margherita Pizza	\$11.49
<i>White pizza with fresh tomato, basil and garlic.</i>	
Neapolitan Pizza	\$11.49
<i>Homemade sauce with fresh mozzarella and basil.</i>	

## Dessert

Limoncello Tiramisu	\$8.05
Cheesecake	\$5.75
Tiramisu	\$8.05
Gelato	\$8.05
Peanut Butter Pie	\$6.89
Cannoli	\$4.59

Chicken Parmesan Sandwich	\$9.19
Italian Sandwich	\$8.05
Hot Sausage Sandwich	\$9.19
Jumbo Fish Sandwich	\$14.95
<i>Lettuce, tomato, and tartar (not available GF)</i>	
Meatball Sandwich	\$8.05

***Served w / fresh bread and Italian Salad***

Spaghetti w/butter, garlic, and fresh sauteed mushrooms	\$10.35
---	---------

**Thursday Daily Features**

***Served w / fresh bread and Italian Salad***

Lasagna	\$11.49
---------	---------

**Friday Daily Features**

***Served w / fresh bread and Italian Salad***

Bakes Ziti	\$11.49
------------	---------

**Saturday Daily Features**

***Served w / fresh bread and Italian Salad***

Carmine's Combo	\$16.09
-----------------	---------

*Lasagna, manicotti & spaghetti w/meatball)*