

## NEW: THE ORIGINAL MEDITERRANEAN DIET

We bring to your door a Mediterranean cuisine that is freshly prepared with all-natural and organic ingredients so you can enjoy delicious meals without stressing about shopping, prepping... or cleaning!

Befana Natural Food Delivery is like having a personal chef in your kitchen preparing healthy, restaurant-quality meals at your convenience.

Since we know you might want to try us first, we offer a special one-day trial bundle, attractively priced.

**CALL US NOW TO TAKE ADVANTAGE  
OF A SPECIAL OFFER ON A TRIAL 1 DAY  
BUNDLE**

Call **888.623.3262** or visit us at  
**www.mybefana.com**

## ABOUT THE CHEF

Born in the U.S. and raised in Rome, Italy, Chef Daniele Baliani got his unique culinary start in Paris. Mr. Baliani built his career by canvassing Europe and apprenticing in some of the finest culinary temples in the world, including Alain Ducasse's Le Louis XV in Monaco and the Michelin star restaurant La Mora in Lucca. In New York, Mr. Baliani was a sous-chef at

San Domenico as well as sous-chef at Le Cirque under the guidance of Daniel Boulud. He was Chef de Cuisine for 5 years at Pignoli in Boston. During his tenure, the restaurant received critical acclaim from the Boston Globe as well as a cover story by Ruth Reichl in "The Living Section" of The New York Times.

CODE:0207-02

## COOKING CLASS

Let Daniele Baliani take you on a culinary tour of the Mediterranean as you explore the rich cuisines of Italy, France, & Spain.

In each class you will prepare 3 classic dishes (appetizer, entrée, and dessert) from the country "visited"... from risotto alla veneziana to a gorgeous Bouillabaisse. But here's the best part: when the work is done, you will sit down and enjoy the fruits of your labour along with some delicious wines from our Mediterranean host countries! Buen Provecho!!

Great for all occasions from birthday celebrations to corporate team building.

To sign up for a class call **212.473.3238**.

*We appreciate your business. If any part of your Befana experience did not meet your expectations, please let someone on staff know or Email: [info@mybefana.com](mailto:info@mybefana.com)*

### FREE SOUP

*With Any Entree*

Please present this coupon before ordering.  
Coupon cannot be combined with any other special offers.  
Limit one coupon per order. **Expires 03/31/2007**

### FREE DESSERT

*With Any Entree*

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Coupon cannot be combined with any other special offers.  
Limit one coupon per order. **Expires 03/31/2007**

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SPECIAL OFFER ON A TRIAL 1 DAY BUNDLE  
INCLUDES BREAKFAST, LUNCH, DINNER AND SNACK**

Call us to sign up today: **212.473.3238**  
Mention Offer Code: **020107**



## TAKE HOME THE ORIGINAL MEDITERRANEAN DIET

### HOURS OF OPERATION

Sunday - Thursday: 11:30a to 10p  
Friday - Saturday: 11:30a to 11p

Now Serving Brunch Saturday and Sunday!  
11:30a-3:00p

### CATERING

Corporate and private catering for all occasions available.

116 WEST HOUSTON STREET SOHO  
NEW YORK, NY 10012

**212.473.3238**

[www.mybefana.com](http://www.mybefana.com)

## APPETIZERS

Sicilian Eggplant Caponata* with toasted bread curl in a pool of gazpacho	\$9
Fava Bean Hummus* whipped with basil oil over Daniele's spicy pita chips	\$7
Polenta French Fries oven baked fries with hot fondue gorgonzola sauce	\$7
Rillettes De Salmon olive oil poached salmon on lemon-caper bruschetta with side of greens	\$9

## SOUPS

Cannellini Bean tuscan black kale with pancetta, tomatoes, and grana cheese	\$6
Curry Cauliflower * sauteed organic apples, pita points, and red curry oil	\$6

## SALADS

Chicken Waldorf pulled rotisserie chicken with walnut praline, gorgonzola dolce & red grapes	\$9
Le Fattouche lebanese chop-chop salad with cucumbers, sumac and pomegranate glaze	\$7
A Very Celery Caesar crisp celery heart salad with celery dijon dressing, grana cheese and boquerones	\$7
Organic Field Greens sherry wine vinegar and extra virgin olive oil	\$6
"Beware of Greeks Bearing Gifts" even if they offer bulgarian feta	\$8
Catch of the Day Nicoise yukon golds, olives, string beans and field mix	\$10

## SANDWICHES \$9

Served with a side of organic field greens.

Riviera Club pulled rotisserie chicken with black olive tapenade, crispy pancetta and greens	
Romeo & Giulietta prosciutto di parma and fresh mozzarella with sliced tomatoes in vinaigrette	
Mediterranean Tuna Melt harissa and olive oil, tuna salad on toasted whole wheat with melted swiss	
The De Gaulle grilled apples, organic clover honey and soft brie on multi grain bread	
Il Vegetariano grilled garden vegetables, organic mixed greens and pesto dressing on ciabatta	
Norman's Grilled Cheese melted swiss and cheddar on toasted pullman loaf	
Gobble, Gobble befana's oven roasted turkey breast with avocado spread, sliced tomatoes and bibb lettuce	
The Befana Burger 8 oz. ground sirloin on ciabatta roll with caramelized onions and cannellini artichoke salad	

## ENTREES

Pistachio Crusted Salmon with roasted beets lyonnaise and horse radish sour cream	\$14
Caramelized Onion Risotto sweet as caramelized onions on an open flame	\$13
All-Natural Rotisserie Chicken with rosemary sea-salt, aromatic cous-cous and citrus salad	\$13
Steak Pizzaiola marinated grilled flank steak in salsa verde with fork smashed potatoes	\$14
Pizza a la Plancha crackling thin crust with classic margherita toppings	\$10

Provencal-Style Lamb Stew with red wine jus, tomatoes and thyme	\$16
Tilapia a l'Orange seared filet with orange brulee sauce and frisee greens	\$15
The Befana Burger 8 oz. ground sirloin on ciabatta roll with cannellini artichoke salad	\$11
Roast Magret of Duck "Marco Polo" with chinese five spice, honey, orange, ginger and balsamic	\$15

## SIDES \$4

Moroccan Style Cous-Cous	
Spinach Catalan	
Oven Roasted Sweet Potatoes	
Olive Oil Fork Smashed Potatoes	
Garlicky Broccoli Rabe	

## SIGNATURE DESSERTS \$6

Daily selection fresh from the Befana kitchen.

## BEVERAGES

Coke/Diet Coke	\$2
San Pellegrino Limonata	\$3
San Pellegrino Sparkling Water	\$3
Voss Mineral Water (Still)	\$2
Coffee	\$2
Latte	\$3
Espresso	\$2
Cappuccino	\$3
We also carry an extensive selection of fine herbal and aromatic loose Teas.	\$5 by the pot

\* VEGETARIAN