



- 1 SELECT YOUR GREENS
- 2 SELECT UP TO 4 FREE TOPPINGS
- 3 ADD MEATS, CHEESES & PREMIUM TOPPINGS
- 4 SELECT YOUR DRESSING
- 5 WE'LL CHOP IT FOR YOU

1 GREENS

Romaine or Iceberg 6.99
Spinach, Mesclun or Arugula 7.99

2 TOPPINGS

4 FREE Toppings
Add .50 for each additional topping listed below

Alfalfa	Broccoli	Chinese	Green
Sprouts	Carrots	Noodles	Peppers
Banana	Celery	Corn	Onions
Peppers	Cherry	Cucumber	Pepperoncini
Beets	Tomatoes	Fresh	Roasted
Black Beans	Chickpeas	Mushrooms	Peppers
Black Olives		Green Peas	

3

MEATS & PREMIUM TOPPINGS

Artichoke Hearts	1.25	Hard Boiled Egg	.85
Avocado	1.99	Kalamata Olives	.75
Bacon	1.75	Roasted Turkey	1.99
Baked Ham	1.99	Steak	1.99
Cajun Chicken	2.99	Tuna	
Grilled Chicken	2.99	(with or without mayo)	2.00
Cajun Shrimp	3.99	NEW! Salmon	
Grilled Shrimp	3.99	Wild Caught	3.99
Edamame Beans	.50	NEW! Sundried	
		Tomato	1.00

CHEESE

Crumbled Blue	1.75	Goat Cheese	1.75
Cheddar	1.00	Low-Fat	
Feta	1.50	Swiss Cheese	1.00
Fresh Mozzarella	1.75		

FRUITS & NUTS 1.00 ea

Apples (Sliced)	Almonds (Sliced)
Craisins	Pecans
Mandarin Oranges	Sunflower Seeds
Red Grapes	Walnuts

4 DRESSINGS

Balsamic Vinaigrette	Honey Mustard	Fat-Free Raspberry Vinaigrette	Homemade Caesar Dressing add .50
Blue Cheese	Olive Oil & Vinegar	Sesame Ginger	
Creamy Italian	Pepper Parmesan	Thousand Island	
Fat-Free Italian	Ranch		

SANDWICH CREATIONS



- 1 SELECT YOUR BREAD
 - 6" Sub Roll 5.50
 - 12" Sub Roll 7.99
 - 6" Whole Wheat 5.50
 - 12" Whole Wheat 7.99
 - Sliced Multi Grain 6.99
 - Garlic Wrap 6.99
 - Spinach Wrap 6.99
 - 12" Gluten-Free Roll 7.99
- 2 SELECT YOUR MEAT
 - Italian *Salami, capicola & prosciutto* Add 1.00
 - Breaded Chicken Breast
 - Grilled Chicken
 - Ham
 - Salami
 - Roast Beef
 - Tuna
 - Turkey
- 3 SELECT YOUR CHEESE
 - American • Cheddar 1.25
 - Mozzarella • Provolone • Swiss 1.50
 - Feta 1.50
 - Fresh Mozzarella 2.25
- 4 SELECT YOUR EXTRAS
 - Lettuce • Tomatoes • Red Onions
 - Banana Peppers (+.50) • Black Olives (+.50)
 - Cucumbers (+.50) • Jalapeños (+.50)
 - Roasted Red Peppers (+.50) • Pickles (+.50)
 - Sweet Peppers (+.50)
 - Avocado (+1.99)
 - Bacon (+1.75)
- 5 SELECT YOUR DRESSINGS
 - Caesar
 - Honey Mustard
 - Horseradish
 - Pub Sauce
 - House Vinaigrette
 - Mayo
 - Mustard
 - Oil & Vinegar
 - Ranch



HOT SUBS

	Half	Whole		Half	Whole
NEW! Shrimp Parmigiana	6.99	9.99	Sausage, Peppers & Onions	6.99	9.99
Chicken Parmigiana	6.99	9.99	Chicken Ranch		
Veal Parmigiana (whole only)	--	10.99	<i>With bacon, cheese & ranch dressing</i>	6.99	9.99
Eggplant Parmigiana	6.99	9.99	Hot Roast Beef		
Meatball Parmigiana	6.99	9.99	<i>With roasted red peppers, horseradish pub sauce & provolone</i>	6.99	9.99
Sausage Parmigiana	6.99	9.99	Buffalo Chicken		
Sausage & Egg	5.99	8.99	<i>Boneless buffalo wings with American cheese served with our wing sauce & ranch</i>	6.99	9.99
Peppers & Eggs	5.99	8.99			
Tuna Melt	6.99	9.99			
Vegetarian Melt					
<i>8 marinated vegetables with garlic, olive oil & basil</i>	6.99	9.99			

PHILLY CHEESE STEAKS

1/4 or 1/2 lb of sliced rib eye steak smothered with cheese & placed inside an Amoroso roll. With or without fried onions. Spinach or garlic wraps available.

Add Lettuce & Tomato .25 ea • Extra Meat 1.25 • Extra Cheese .99 • Other Extras .50 ea

	Half	Whole		Half	Whole
Steak	5.99	8.99	Garlic Bread Cheese Steak	7.50	10.50
Cheese Steak	6.99	9.99	Chic-o-Philly		
Pizza Steak With Mozzarella	7.50	10.50	<i>Sliced chicken breast</i>	6.99	9.99

GLUTEN-FREE

Ask about Gluten-Free items throughout our menu

Cheese Ravioli	Sub Rolls	Select Gelato Flavors
Penne Pasta	Pizza Crust	Chocolate Chip Cookies
Brownies	Snickerdoodles	

HOMEMADE DESSERTS

That's Italian...

Homemade Gelato Italian Ice Cream	Spumoni Bomba	5.99
<i>12 delicious flavors. Choose from Small, Large, Pint or Quart</i>	<i>Strawberry, pistachio & chocolate gelato, a rich chocolate coating, drizzled with white chocolate</i>	
Tiramisu 6.99	Italian Cookies (per 1/4lb)	2.50
Cannoli 3.50	Affogatto	5.99
Chocolate Cannoli 3.75	<i>A scoop of gelato & a shot of espresso topped with whipped cream YUM!</i>	
Napolean 7.50		
Tuxedo Bomb 6.99		
<i>Chocolate genoise, milk & white chocolate mousse, covered in chocolate ganache</i>		
Éclairs 5.50	Brownies	2.99
Red Velvet Cake 7.50	Black & White Cookie	2.99
Cheesecake 5.99	Blondies	2.99
Carrot Cake 7.50	<i>Contains nuts</i>	
Chocolate Cake 7.50	Gluten-free Brownies	2.99
Volcano Cake 6.99	Gluten-free Cookies	
Coconut Cream Cake 7.50	<i>Snicker Doodles & Chocolate Chip</i>	1.50
Cupcake (ea) .99		

BEVERAGES

Pepsi® Products	Coffee or Hot Tea	1.99
20 oz 1.99	Hot Chocolate	1.99
2 Liter Bottle 2.50	Espresso	1.75
Fountain Soda 1.99	Decaf Espresso	1.75
Fresh-Brewed	Cappuccino	2.75
Iced Tea 1.99	Bottled Water	1.50

FULL-SERVICE CATERING AVAILABLE

CALL 757.496.9111 & talk to our Catering Coordinator
Ask Your Server About Our Daily Specials
WWW.YNOTITALIAN.COM

DELIVERY HOURS

Sunday to Thursday: 11 am -11 pm • Friday & Saturday: 11 am -12 am

GREAT NECK 757.496.9111 2102 Great Neck Square Shopping Center, Virginia Beach, Virginia 23454 <i>(Corner of Great Neck Rd. & First Colonial Rd.)</i>	KEMPSVILLE 757.474.6000 5257 Providence Rd., Virginia Beach, Virginia 23464 <i>(Near Corner of Providence Rd. & Kempsville Rd.)</i>	GHENT 757.624.9111 1517 Colley Ave., Norfolk, Virginia 23517 <i>(Next to The Narrows on Colley Ave.)</i>	GREENBRIER 757.382.9111 1036 Volvo Prkwy., Suite 7, Chesapeake, Virginia 23320 <i>(Between Greenbrier Parkway & Eden Way)</i>
Visit our newest location			
ATLANTIC AVENUE			
757-213-0600			
3316 Atlantic Ave. Virginia Beach, Virginia 23451			
Delivery available after October 2016 <i>(Located between 33rd & 34th St.)</i>			



Dishes may be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Prices & menu items subject to change without notice. We reserve the right to correct any errors.
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Y Not Italian

WE DELIVER



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Coming Soon Fall of 2016...Ynot Landstown



Caprese Salad

APPETIZERS

Garlic Bread	2.99
<i>With Cheese</i>	3.99
Garlic Rolls (6) <i>With marinara</i>	2.99
Pepperoni Rolls (6) <i>With marinara</i>	3.99
Mozzarella Sticks (6) <i>With marinara</i>	6.99
Fried Calamari <i>With marinara</i>	10.99
Mussels Marinara (12)	
<i>Mild or Spicy, White or Red</i>	9.99
French Fries	3.25
<i>Add Cheddar or Mozzarella</i>	2.00
<i>Add Bacon</i>	2.50
Onion Rings	4.99
Fresh Tomato Bruschetta (4)	5.50
NEW! Roasted Red Pepper Bruschetta	6.00
<i>With kalamata olives, capers & fresh basil</i>	
Chicken Fingers <i>Fried or Grilled</i>	6.99

Caprese Salad
Fresh mozzarella, tomato, pesto & basil 7.50

Jumbo Buffalo Wings
(6) 6.99 (12) 12.99

Boneless Buffalo Wings
(6) 5.99 (12) 10.99

YNOT SIGNATURE CHOPPED SALADS

Italian	9.99	South West	9.99
<i>Romaine lettuce, pepperoni, salami, capicola, roasted peppers, tomatoes, green peppers, onions, fresh mozzarella</i>		<i>Romaine lettuce, grilled chicken, black beans, corn, green peppers, roasted peppers, Cheddar</i>	
<i>Suggested dressing – Oil & Vinegar</i>		<i>Suggested dressing – Ranch</i>	
Asian	10.99	Vegetarian	9.99
<i>Mesclun greens, grilled chicken, Chinese noodles, mandarin oranges, broccoli, tomatoes, carrots</i>		<i>Romaine & spinach greens, apples, grapes, broccoli, carrots, cucumbers, green peppers, onions, raisins, walnuts, sunflower seeds</i>	
<i>Suggested dressing – Sesame Ginger</i>		<i>Suggested dressing – Oil & Vinegar</i>	
Cobb	9.99	NEW! Grilled Wild Caught Salmon	12.99
<i>Iceberg lettuce, grilled chicken, bacon, hard boiled eggs, black olives, tomatoes, cucumbers</i>		<i>Fresh arugula & mesclun greens, cherry tomatoes, cucumbers, onions, red grapes, raisins & pecans</i>	
<i>Suggested dressing – Blue Cheese</i>		<i>Suggested dressing – Balsamic Vinaigrette</i>	
Spinach & Goat Cheese	10.99		
<i>Spinach greens, bacon, hard boiled eggs, red onions, tomatoes, raisins, goat cheese</i>			
<i>Suggested dressing – Balsamic Vinaigrette</i>			

OUR FAMOUS HOMEMADE

SOUPS

Chicken Tortellini Soup	
<i>Cup 3.25 • Bowl 4.25</i>	
Soup of the Day	Market Price

SALADS

Garden Salad		Tuna Salad		Add to any Salad Cheese 1.50 Chicken 3.00 Shrimp (4) 3.99 Feta 2.00	
<i>Sm 4.25 • Lg 6.99</i>		<i>(with or without mayo)</i>	9.25		
Spinach Salad	10.99	Cyndi's Salad	9.75		
Antipasto Salad	9.99	Philly Steak Salad	11.99		
Chef Salad	11.99	<i>(8 oz sliced rib eye)</i>			
Caesar Salad					
<i>Sm 4.25 • Lg 7.50</i>					
KIDZ CORNER					
For ages 12 & under					
Ravioli (No salad)	4.99	14" PB & J Pizza	9.99	Gorilla Cheese	2.99
Spaghetti or Penne	4.50	PB & J By the Slice	1.99	<i>Grilled cheese on pizza dough</i>	
<i>Add Meatball (5 oz)</i>	3.50	Hot Dog Stromboli	3.99	NEW! Ynot Mac	3.50
Stuffed Shells	4.99	<i>Served with chips or fries</i>		& Cheese	
<i>(No salad)</i>		Chicken Tenders	3.99	Mixed Fruit	1.50
		<i>Grilled or fried, served with chips or fries</i>			

PIZZA



CREATE YOUR OWN NEW YORK PIZZA

1 SELECT YOUR CRUST

Traditional	14" 12.99	18" 14.99	Focaccia	16" 16.99
<i>Our traditional New York style thin crust</i>			<i>Thick crust with peeled plum tomatoes & mozzarella</i>	
Gluten Free	10" 11.50		Stuffed	18" 15.99
Sicilian (12 slices)	16" x 16" 15.99		<i>Your favorite toppings placed between a bottom & top layer of crust</i>	

2 SELECT YOUR TOPPING

TRADITIONAL

Traditional 14" or Gluten Free 1.50 ea		Traditional 18", Sicilian, Focaccia or Stuffed 1.99 ea	
Ground Beef	Banana Peppers	Fresh Basil .50	Extra Cheese
Pepperoni	Bell Peppers	Mushrooms	
Sausage	Black Olives	Onions	

SPECIAL

Traditional 14" or Gluten Free 1.99 ea		Traditional 18", Sicilian, Focaccia or Stuffed 2.99 ea		
Anchovies	Steak	Red Onions	Sundried	Blue Cheese
Bacon	Artichoke	Roasted Red	Tomatoes	Non-Dairy
Chicken	Hearts	Peppers	Tomatoes	Cheese
Ham	Broccoli	Sautéed Onions	Pineapple	Feta
Meatballs	Eggplant	Spinach		
Shrimp 14" 3.99	18" 5.99			



PIZZA BY THE SLICE

Cheese	Sicilian	Slice of the Day
2.75	3.00	3.75

Traditional Toppings .50 ea

Special Toppings .65 ea

MENU PLANNER

No. of People	16	20	36	50
No of 18" Pies	4	5	9	13

OUR FAMILY'S SPECIALTY PIZZAS

Deluxe	14" 16.99	18" 19.99	NEW! Seafood	14" 15.99	18" 19.99
<i>Pepperoni, sausage, mushrooms, bell peppers, onions, black olives & extra cheese</i>			<i>Shrimp, clams, garlic, olive oil & oregano on your choice of a red or white sauce</i>		
No substitutions					
Chicken Rustica	15.99	19.99	BBQ Chicken	14.50	17.99
<i>Shredded chicken, roasted red peppers, red onions with basil, garlic & olive oil</i>			<i>BBQ chicken, 3 cheeses</i>		
			<i>Try it with red onions</i>		
Margherita	15.50	17.50	Bacon Delight	15.50	18.99
<i>Seasoned plum tomatoes, fresh basil & fresh mozzarella</i>			<i>Bacon, tomatoes, red onions, fresh garlic sauce & olive oil</i>		
Queen Margherita of Savoy					
Buffalo Chicken Pizza	14.50	17.99	Breakfast Pizza	12.99	15.99
<i>Shredded chicken in a spicy wing sauce</i>			<i>Trust us, Eggs & a blend of 5 cheeses</i>		
<i>Try adding blue cheese & celery</i>			Chef's suggestion, try adding bacon or ham		
Philly Cheese Steak	15.99	19.99	Vegetarian	13.99	16.99
<i>Sliced steak smothered with cheese</i>			<i>8 marinated vegetables with garlic, olive oil & basil. No substitutions</i>		
Chef's suggestion, try adding mushrooms, banana peppers & fried onions					
Chicken Parmigiana	15.99	19.99	Italian	16.99	19.99
<i>Chicken, ricotta, mozzarella, romano & red sauce</i>			<i>Pepperoni, salami, capicola & roasted red peppers</i>		
NEW! Focaccia & Bacon	--	19.99			
<i>Mozzarella melted on a focaccia crust then topped with crispy bacon</i>					
Eggplant Parmigiana	15.99	19.99			
<i>Eggplant, ricotta, mozzarella, romano & red sauce</i>					

WHITE PIZZA

Ricotta, mozzarella & fresh garlic

White Florentine	14" 16.99	18" 19.99	Bianca	14" 13.99	18" 15.99
<i>Spinach, mushrooms & ricotta.</i>			<i>Ricotta, mozzarella & fresh garlic</i>		
Chef's suggestion, try adding chicken			Spinach & Tomato	15.50	18.99
Five Cheese	14.99	17.99			

CREATE YOUR OWN STROMBOLI & CALZONI

Served with marinara. Family size serves 4 to 5 people

Cheese Stromboli	Single 6.99	Family 16.99	Cheese Calzone	Single 7.50	Family 18.99
			<i>Ricotta & mozzarella</i>		

CHOOSE FROM PIZZA TOPPING: **Traditional** ea .75 1.99 **Special** ea 1.00 2.50

SPECIALTY STROMBOLIS

Stuffed with mozzarella
Reg. 7.99 • Family 19.99

Buffalo Chicken *In spicy wing sauce*

BBQ Chicken *with 3 cheeses*

Vegetarian *8 marinated vegetables with garlic (no substitutions)*

Chicken Rustica *Shredded chicken, roasted peppers & red onions*

Cheese Steak **Chef's suggestion,** try adding fried onions or mushrooms

Gondolini *Italian sausage, roasted red peppers & red onions*

Italian *Pepperoni, salami, capicola & roasted red peppers*

Deluxe *Pepperoni, sausage, mushrooms, bell peppers, onions & black olives*

SPECIALTY CALZONI

Stuffed with ricotta & mozzarella
Reg. 8.50 • Family 21.99

Vegetarian *8 marinated vegetables with garlic (no substitutions)*

Florentine Spinach & Mushrooms

Deluxe *Pepperoni, sausage, mushrooms, bell peppers, onions & black olives*

Chicken Rustica *Shredded chicken, roasted peppers & red onions*

Italian *Pepperoni, salami, capicola & roasted red peppers*

ENTRÉES

Served with a Garden Salad & Italian Bread

CHICKEN & VEAL

Parmigiana
Breaded chicken or veal & marinara, topped with mozzarella, served with a side of pasta
Chicken 11.99 Veal 15.99

Marsala
Lightly coated chicken or veal, sautéed with shallot & mushrooms in a Marsala wine sauce, served with a side of vegetables & roasted potatoes
Chicken 15.99 Veal 19.99

Piccata
Chicken or veal dredged in flour, pan seared & served in a lemon white wine sauce with capers, includes a side of vegetables & roasted potatoes
Chicken 15.99 Veal 19.99

NEW! Francese
Chicken or veal dipped in egg wash & lightly floured, sautéed with white wine & lemon juice, served with a side of vegetables & roasted potatoes
Chicken 15.99 Veal 19.99

Chicken Cacciatore
Lightly battered chicken with peppers & red onions in marinara, served over pasta 11.99

EGGPLANT

Eggplant Parmigiana
Thin slices of lightly breaded eggplant, marinara & mozzarella, served with a side of pasta 11.99

Eggplant Rollatini
Breaded eggplant cutlet stuffed with ricotta, topped with marinara, mozzarella & baked to perfection, served with a side of pasta 11.99



PASTA

Gluten-Free Pasta available upon request

Cheese Ravioli
With homemade marinara 10.99

Lasagna **Our Mom's own recipe** 11.99

Baked Ziti Parmigiana

For the hungry Italian 10.99

Stuffed Shells
With ricotta & topped with mozzarella 10.99

Chicken Cannelloni
Stuffed with roasted chicken, spinach, ricotta, mozzarella & homemade marinara 11.99

NEW! Stuffed Rigatoni with Spicy Sausage

Rigatoni stuffed with ricotta, served with spicy Italian sausage, marinara & smothered with mozzarella 15.99

SEAFOOD

Mussels Marinara (10)

Served over pasta with hot or mild sauce 12.99

Clams & Spaghetti
Chopped clams in a red or white sauce 11.99

Shrimp Fra Diavolo
Sautéed in spicy marinara, tossed with pasta 13.99

Shrimp Parmigiana
Breaded shrimp with melted mozzarella, served with a side of pasta 11.99

NEW! Grilled Wild Caught Salmon
Served with arugula, red onions, cherry tomatoes, capers, kalamata olives, lemon juice, side of roasted potatoes & vegetables 16.99

PASTA CREATION

Let our Chef create your master piece!

1 SELECT YOUR PASTA

2 SELECT YOUR SAUCE

3 SELECT YOUR INGREDIENTS

1 PASTA

Fettuccini	7.75	Penne	7.75
Gluten Free	8.50	Spaghetti (thin)	7.75
Gnocchi	8.50	Stuffed Rigatoni	9.00
Multi Grain	8.50	Tortellini	8.50

2 SAUCE

Marinara	--	Pesto	2.00
Fra Diavolo	--	Roasted Red Pepper	
Ala Vodka Sauce	3.00	Cream Sauce	2.50
Alfredo	2.50	Tomato Basil Cream Sauce	2.50
Arrabiata	1.00		
Meat Sauce	2.50		
Olio	1.00		

3

MEAT & PREMIUM TOPPING

Bacon	2.00	Meatball (One 5 oz)	3.50
Grilled or Fried Chicken	3.00	Prosciutto	3.00
Ground Beef	2.00	Sausage	3.75

SEAFOOD TOPPING

Clams (chopped)	4.99	Scallops (6)	6.99
Mussels (6)	4.00	Shrimp (6)	4.99
Salmon (4 oz)	3.99		

VEGGIE

Artichoke	2.00	Peas	1.00
Banana Peppers	1.00	Peppers	1.00
Black Beans	1.00	Roasted Peppers	2.00
Broccoli	2.00	Spinach	2.00
Kalamata		Sundried	
Olives	1.50	Tomatoes	1.00
Mushrooms	1.00	Tomatoes	1.50
Onions	1.00		

CHEESE

Feta	2.00	Mozzarella	2.00
4 Cheeses	2.00	Ricotta	2.00
Fresh Mozzarella	3.00		

Add a small Garden Salad or a cup of Tortellini Soup for 2.00

SIDE ORDERS

Meatball Colossal (One 5 oz)	3.50
Sausage (One link 8 oz)	3.75
Sautéed Spinach	3.99
Steamed Broccoli	3.00
Roasted Potatoes	3.00
Pasta Salad	3.00
Vegetable of the Day	3.00

