

SHELTIE TALES

May 2007

Newsletter of the Shetland Sheepdog Club of Southeast Florida, Inc.
www.sscsefl.com

2007 Officers and Board Members:

President: Hector Hector
Vice-President: Dione Houchins
Secretary: Meredith Hector
Treasurer: Beth Sirvinskas
Board of Directors: Lorna Staab
Karen Salvage
Maryann Lannon

Committees:

Breeder Referral: Maryann Lannon
Newsletter Editor: Holly Potts
Show Chairman: Lorna Staab
Website: Jana Thomas
Holly Potts
Membership: Karen Salvage
Lorna Staab
Maryann Lannon

Upcoming Club Events -----

Next General Membership Meeting:

Tuesday, June 12, 2007, 7:30 p.m.
(See "Club Information" for specifics.)

Location:

Home of: Dione Houchins
17941 SW 50th Court
Southwest Ranches, FL 33331

Directions:

From I-75 take the Griffin Road West exit. Proceed west 1 1/2 miles to the entrance of Rolling Oaks, Southwest 178th Avenue (this is where the road narrows from two lanes to one). Turn left onto Southwest 178th Avenue. Turn right onto Southwest 50th Court (second street on the right) at the sign for *Orchids by Allison*. The Houchin house (counting the modern house on the corner) is the third house on the right, 17941 Southwest 50th Court.

Awards Banquet:

Saturday, June 16, 2007, 6:30 p.m.

Location:

Olive Garden
5550 North Federal Highway
Pompano Beach, Florida 33308

Cost:

\$20.00

Handling Seminar:

Friday-Sunday, August 10-12, 2007

Location:

Elk's Lodge
700 Northeast Tenth Street
Pompano Beach, Florida 33060-5772

Cost:

Not yet finalized.

Club Information-----

General Membership Meeting: In conjunction with our next general membership meeting, our club Vice President, Dione Houchins, has arranged a nice little social before and an informative presentation after the general membership meeting. The itinerary for the evening of **Tuesday, June 12, 2007**, is as follows:

- 7:00 to 7:30 p.m. Social time.
- 7:30 to 8:15 p.m. General membership meeting.
- 8:15 to 9:00 p.m. Program by Jeanette Jordan, President of the South Florida Society for the Prevention of Cruelty to Animals. She will discuss their outreach groups, programs for kids, ideas for the welfare of animals and legislative issues, including PAWS.

2006 Awards: Submission deadline date is Saturday, June 2, 2007, for those members' dogs who earned an AKC title in 2006. The awards banquet will be held on Saturday, June 16, 2007, at 6:30 p.m., at the Olive Garden, 5550 North Federal Highway, Pompano Beach, Florida 33308. Please note that Wednesday, June 13, 2007, is the deadline date to let Lorna know if you will be attending the awards banquet. Dinner will be \$20.00 per person and the menu is listed below.

Handling Seminar: The Rose Chandless "Winslow Way" Handling Seminar will be held August 10-12, 2007, at the Elk's Lodge, 700 Northeast Tenth Street, Pompano Beach, Florida 33060-5772. In next month's newsletter, look for the seminar flyer and registration form. This should prove to be an exceptional seminar as the handlers are the ones that are judged and not the dogs!

Members with New Litters on the Ground -----

The membership is invited to let the Newsletter Editor know if you have a new litter of puppies. This month one new litter of puppies was reported to the newsletter editor:

Colleen Kessler of Simcos Shelties announces that on May 7, 2007, a whole litter of bi-black puppies arrived. There are three girls and two boys. The sire and dam are: Simcos Queen of the Night ex BPISS/BISS AKC/UKC CH Cameo Dreamchaser. The sire is owned by club member Lorna Staab of Sta-A-Bit Shelties.

Meet a Club Member -----

The moral fiber of any club or organization can generally be determined by its active membership, with its backbone being its officers and directors. I thought that over the next several months that you might be interested in a little profile on each of the club's current officers and directors. So, let's start off this series at the top:

Hector Hector, Club President

Hector was born in Havana, Cuba, in 1963, and fled the island in 1968. He is an only child and grew up in the Miami area. He graduated from Florida Atlantic University in 1987 with a B.A. in marketing. Professionally, he has worked in sales, both international and domestic, since graduating. Currently, he is a pharmaceutical sales representative and has been such since 2000.

He met his current wife Meredith at a dog show in Central Florida when picking up a dog from Meredith's mother, Julie Desy. After a lengthy, long-distance relationship, they married on November 20, 2004. They continue to build their lives together and to balance each other's strengths and weaknesses. They enjoy sharing the vision of that perfect sheltie.

Hector has always had a great love for animals, especially birds and dogs. He has owned collies, Labradors, and now shelties. At age 14, he acquired his first dog which was a collie. Eventually, he was attracted to a sheltie because it was more energetic than a collie, smaller in size, and he needed a smaller breed due to restricted space at home. So, in 1990, Hector acquired his first sheltie, Jade Mist Enclave Amber.



The first AKC title he earned on a sheltie was the conformation championship on CH Jade Mist What A Life. However, when asked what title or titles he was the most proud to have achieved, his ready response was his AKC conformation championship on CH Jade Mist Enclave Electra, his beloved "Carmen," who is his all-time favorite dog up to now. (See photo.)

Hector currently owns and/or co-owns six shelties. The call names and registered names of his current shelties are:

"Carmen"	CH Jade Mist Enclave Electra (9 years old);
"Rebo"	Enclave Ridgeway Rebellion; co-owned with Alina Padron;
"Melanie"	CH Ridgeway Morning Melody; co-owned with Rebecca Homan;
"Josie"	Mejimo Enclave Black Venus, co-owned with Robyn Fatula-Confer;
"Noah" and "Lola"	Two puppies currently being grown out.

Hector's mentor is Carol G. Howell of Jade Mist Shelties. When asked what words of wisdom he received from his mentor that have stuck with him the most, his response was: "To be patient through the 'uglies' and what they were at eight to ten weeks will come again." Hector rightly feels that you can never stop learning enough about the breed(s).

Hector's current goals regarding shelties are:

- (1) To breed selectively to produce quality dogs in small numbers; and
- (2) To become a licensed AKC judge for shelties and collies. Hector is currently open to accepting sweep assignments throughout the country.

Hector has been a member of the American Shetland Sheepdog Association since 2000. In 1988, Hector became a club member of the Shetland Sheepdog Club of Southeast Florida, Inc. and became the club's president in 2006. What does Hector feel about last year's presidency? He feels that hurdles were overcome and that his personal goals for the club were met. So, what would Hector like to see the club accomplish this year? He would like to build upon the success of the past and he envisions greater accomplishments being achieved by the club in the future. He is always eager to mention what a great group of people we have in this club and how they willingly work together! He looks forward to an even better year this year and wants to thank all members of this club for voting for him for a second term.

Interesting Article -----

THE FIVE SUPPLEMENTS EVERY DOG NEEDS

Part One

By Douglas Knueven, D.V.M.

We've all heard the old adage, "You are what you eat." It certainly is true that the body can only build tissues (muscle, bone, brain, etc.) with the raw materials we provide. This same concept is valid for our canine companions as well. Sometimes even the slightest deficiency in a key nutrient can have devastating results. It behooves us to be certain to provide our pets with the best possible nutrition. In order to understand the need for nutritional supplementation we must first find out the basics of canine nutrition.

So who should you turn to for dietary advice, your veterinarian? Not so fast. According to a recent survey published in the Journal of the American Veterinary Medical Association, nutrition training in veterinary schools is inadequate and the quality of continuing education on nutrition is inferior. While in veterinary school, I remember having only a single, one-hour lecture on pet foods and it was sponsored by a major food company. In school, we were basically told that the food companies know what they are doing, "Just recommend a quality pet

food." After a time in practice I began to ask the question, "Do the pet food companies really have it all figured out?" I decided to research the issue, and this is what I discovered.

The contents and labeling of commercial pet foods is governed by the Association of American Feed Control Officials (AAFCO). This group is made up of people from the pet food industry – talk about the fox guarding the henhouse. It is up to AAFCO to determine that a given pet food is "100% complete and balanced." There are two methods AAFCO uses to accomplish this.

The first, a feeding trial, involves feeding the food to as few as eight animals for 26 weeks. The dogs are weighed and given a physical exam before and at the end of the study. Also, at the end, their blood is tested for hemoglobin content, red blood cell count, a liver test and the albumin level. Based on this meager data, a food can be deemed appropriate as the only food source for the life of a dog.

The second way AAFCO determines the fitness of a pet food is called a food analysis. For this, a sample of the food is tested for the nutrients in the AAFCO nutrient profile. The profile list includes protein, fat, fiber, ash, vitamins, and minerals – thirty-six ingredients in all. This looks

pretty good until you realize that there are over forty known nutrients and hundreds more are currently being investigated. And what about nutrients yet to be discovered?

According to Dr. David A. Dzanic, the veterinarian in the FDA's Center for Veterinary Medicine, "The formulation method does not account for... the availability of nutrients. Yet the feeding trial can miss some chronic deficiencies or toxicities." Dr. Quinton Rogers, professor of physiological chemistry at the University of Cal., Davis adds, "Although the AAFCO profiles are better than nothing, they provide a false sense of security." Finally, Dr. Tony Buffington, the nutritionist at the Ohio State Veterinary College had this to say, "The recommendation to feed one food for the life of an animal gives nutritionists more credit than we deserve."

These comments are not very reassuring for the pet-owning public. In fact, you do not have to look far for evidence that "100% complete and balanced" diets have had deficiencies. Many cats died of heart failure until it was discovered in the late 1980's that the deadly disease, cardiomyopathy, was caused by a diet deficient in the amino acid taurine. Current research is even more intriguing.

In 2004, the Iams Company released a study that explored the effect of dietary fish oil on canine intelligence. The theory was that since 5% of the brain is composed of DHA (one of the essential fatty acids found in fish oil), this could be an important nutrient. This study focused on the developing brain.

For this research, pregnant dogs and (after whelping) their puppies were divided into two groups. The study group was fed Iams diet plus fish oil, while the control group was fed just Iams diet. At nine weeks of age, the

offspring were started on a one-month training/testing period designed to gauge the individual's intelligence. Incredibly, the training performance index for the fish oil group was double that of the control group. This led the researchers to conclude, "When you consider that the number one killer of dogs is euthanasia due to behavior problems, we should be recommending high-DHA diets."

I agree with this conclusion; however, the researchers did not acknowledge an important point. Since the control group (the less intelligent dogs) was fed Iams diet – which according to the label is 100% complete and balanced – then it follows that dogs are inherently stupid but, with this "new" nutrient, we can make them smart enough to keep alive. On the other hand, perhaps this study points to the fact that commercial foods are not complete and balanced, and it is our arrogance about nutrition that has led to the deaths of dogs whose behavior problems stemmed from malnutrition.

It is likely that many other canine health conditions are actually due to dietary deficiencies. Let's face it; even the experts don't know everything. Obviously, pets need supplements. But, before I go into my top five, we need to look at the pitfalls of purchasing supplements. The major issue is reliability. Because there is little federal oversight of nutritional supplements, you cannot be sure that you are getting what the label says.

For example, a study published in June 2000 showed that only 6 out of 24 store-bought glucosamine supplements met label claims – some contained as little as 25% of what the label said. The same study showed that 26 out of 32 health food store Chondroitin supplements had less than 90% of label claims and that 14 of them had less than 10%. Standards for supplements

do not match those for medications and you cannot trust the labels. If you buy the bargain brand, you are probably wasting your money. So who or what can you trust? Experience!

This is where your holistically-minded veterinarian comes in handy. There are certain brands of supplements and particular products that I have discovered through trial and error over the years that I know I can trust. I am not saying that all other supplements are inferior, just that I know these work. Your local veterinarian will have his or her own favorites. So, here are my top five supplements that all dogs need, in order of importance.

SUPPLEMENT NUMBER ONE – A Balanced Multivitamin/Mineral

Vitamins and minerals are nutrients the body needs to function properly and cannot manufacture on its own. As we have seen, nutritional deficiencies have been found in commercial diets. Although the deficits are corrected as they are discovered, more are possibly lurking in the next bag. Besides, the vitamin and mineral content of pet diets is based on “average” animals. Stresses such as surgery or illness and athletic performance such as agility cause a need for extra nutrition.

Additionally, the nutrition in pet foods is linked to calories. For example, if the food bag says that, based on his weight, a particular dog needs 3 cups of food, then that is what he needs to get the required vitamins and minerals. If the dog gains too much weight on this quantity of food (a very common situation) and the owner cuts the amount fed, then the animal’s diet will likely be more deficient. For these reasons, I recommend that all pets get a good multi-vitamin/mineral supplement.

To understand my specific choice of vitamins, you need look more closely at the vitamin industry and research.

Most vitamin supplements consist of synthetically made chemicals. However, if you listen closely to the reports on nutrition you often hear statements like, “Researchers have found that people eating foods high in such and such nutrient have such and such health benefit.” Many times when studies are done using the same nutrient from a synthetic source, there are no health benefits. It is difficult to improve on Mother Nature so supplements made from whole foods are best.

My personal favorite multivitamin/mineral supplement is the *Standard Process* product, *Canine Whole Body Support*. *Standard Process* is the oldest human supplement company in the US and for several years now has offered animal products. Their claim to fame is that instead of making synthetic vitamins, their products are made by concentrating the nutrition in whole foods, most of which are grown on their own organic farms. I've seen great responses to their products.

SUPPLEMENT NUMBER TWO – Fish Oil

Due to the Iams study quoted earlier plus much more research, all dogs need fish oil. Part two of this article will focus exclusively on this amazing supplement, and why it is the best source for omega-three fatty acids for dogs.

SUPPLEMENT NUMBER THREE – Digestive Enzymes

Digestive enzymes are chemicals made by the pancreas and excreted into the intestine to further break down food particles so they can be absorbed into the bloodstream. Ample enzymes are essential for the body to absorb all the nutrients from food. Even healthy animals need extra digestive enzymes.

A closer look at enzymes reveals that every living cell contains enzymes

that help it function. When an organism dies, the cell enzymes are released and begin a self-digestion action called autolysis. So food, whether plant or animal, begins the digestion process on its own. Unfortunately, heat destroys the cellular enzymes so cooked and processed foods require extra digestive enzymes on the part of the consumer.

Also, it has been shown that animals are able to produce fewer and fewer digestive enzymes as they age. This can be a major cause of the wasting seen in elderly pets. Besides, extra enzymes increase the absorption of many nutrients. In fact, essential fatty acids, like the ones in fish oil, have a 71% increase in assimilation when digestive enzymes are taken concurrently.

Animals simply thrive when their diet is supplemented with digestive enzymes and my product choice is *Prozyme*.

SUPPLEMENT NUMBER FOUR – Glucosamine/Chondroitin

Glucosamine and chondroitin are components of healthy joints. They help the joint cartilage maintain its 65% to 80% water content. This gives the joint its shock absorbing quality like a wet sponge. Joint cartilage lacking these substances becomes like a dry sponge and develops arthritis.

Throughout an animal's life, there are two competing processes going on in joint cartilage. On the one hand, there are cells that continuously break down joint tissue. At the same time, there are cells that rebuild the tissue. This is how the body refurbishes itself. If the raw ingredients for rebuilding, such as glucosamine and chondroitin, are lacking, then the rebuilding process cannot keep up with the destructive process and the joint degenerates.

Glucosamine and chondroitin support joint health and they not only

aid with arthritis, studies show they help prevent arthritis from developing in the first place. That's why all dogs can benefit from these nutrients – especially performance dogs whose joints take a lot of wear and tear. By the way, non-steroidal anti-inflammatory drugs decrease inflammation and pain but also inhibit the cartilage reconstruction process and thereby worsen the condition they are used to treat.

My choice for glucosamine/chondroitin supplementation is *Glycoflex* from *Vetri-Science*.

SUPPLEMENT NUMBER FIVE – Probiotics

The canine intestine is teeming with bacteria. In fact there are many more bacteria in the intestine than there are cells in the body! Some of the intestinal microbes can cause disease. Others, called probiotic bacteria are actually beneficial because they keep disease-causing germs under control and help to release more nutrients from what's left of the food. An imbalance in the intestinal flora can lead to diarrhea and nutritional deficiencies.

The good bacteria in the intestine can be thrown off by medications (especially antibiotics), dietary irregularities, and stress. If your pet gets diarrhea while on antibiotics, it is usually because of this effect. In the wild, wolves commonly eat their own stool to rebalance their gut bacteria and this is sometimes the reason our pets resort to coprophagia.

Probiotics are supplements that help to replenish the good bacteria in the intestine. Most pets do not need to be kept on probiotic supplements continuously but all dogs need a balancing dose three or four times a year. It is a good practice to give probiotics at the change of seasons and during and after treating the pet with any medication. [Editor's note: Per Dr.

Knueven, a “balancing dose” is for a one-to two-week period. The dosage is according to label instructions.]

My choice of probiotic supplement is another *Vetri-Science* product called *Acetylator*. It not only contains beneficial bacteria, it also supplies enzymes and other nutrients for intestinal health.

So there you have the listing of supplements that your dog needs. Again, your veterinarian may have his favorite products that will work just as well, but beware of health food store or on-line bargain brands. And remember,

all the supplements in the world will not make up for a poor diet.

Next month, in part two of this article, I will provide a wealth of information on essential fatty acids and the benefits of fish oil for the health of your dog.

[Editor’s Note: This article was reprinted with the permission of: Dr. Douglas Knueven. His website and E-mail address are: www.BeaverAnimalClinic.com and dougknueven@comcast.net.]

General Membership Meeting Minutes -----

MINUTES OF THE MONTHLY MEETING Home of Lorna Staab Pompano Beach, Florida May 8, 2007

President Hector Hector called the meeting to order at 7:45 p.m. at the home of Lorna Staab in Pompano Beach, Fl., on Tuesday, May 8, 2007. Quorum was present. In addition to the President, members present included Bonny Thatcher, Dione Houchins, Holly Potts, Frank Lannon, Maryann Lannon, Meta Hollingsworth, Martha Hollingsworth, Karen Salvage, Lorna Staab and Meredith Hector. Guest Debbie Candarelli also attended.

Hector requested approval of the April 2007 meeting minutes as published. Karen made a motion to accept the minutes as published. Maryann seconded the motion. The motion passed unanimously.

Officer Reports

President – No report

Vice President – Dione provided an update on the “Winslow Way” handling seminar with Rose Chandless. It will take place August 10th-12th at the Elks Lodge in Pompano Beach. The Elks will provide us the use of their facilities free of charge in exchange for the right to cater meals. At present, the three day plan is as follows:

Day 1: Kick-off - A session with handlers but no dogs followed by a social/happy hour complete with hors d’ouvres and cocktails. (approximately 3:00-6:00 p.m.)

Day 2: Intensive hand-on – An all day session with dogs. Breakfast and lunch will be provided. (approximately 9:00 a.m. -5:00 p.m.)

Day 3: Match – Put your lessons to practice and vie with your fellow classmates for bragging rights in a variety of fun handling competition categories. Breakfast and lunch will be provided. (approximately 9:00 a.m. - 12:00 p.m.)

Dione suggested a rate of \$75 for club members with a higher fee for non-members and a reduced fee for those auditing the seminar. She also encouraged our club members to extend invitations to members of other sheltie clubs, to stay with us during the seminar so they could defer their costs and thereby be more inclined to attend.

Meredith will get a save the date notice out to the major publications (Gazette, Pacesetter, International, Southern Sheltie Directory, Shelties Online and MB-F).

Dione also brought up programming possibilities for our next few meetings. She recommended Davie veterinarian Joyce Loeser and will contact her about her availability.

Secretary – Meredith read a letter from the ASSA that was sent to all member clubs. ASSA no longer requires clubs to submit show applications and receive approval for shows. It has given blanket approval to all member clubs, so the only approval authority now resides with the AKC.

Treasurer – Beth was ill – no report was available.

Committee Reports

Breeder referral - Maryann reported 11 emails and 4 calls.

Sunshine – None.

Newsletter – No report.

Web site - None

Old Business

Election of judges for 2008 specialty – the election was conducted for regular class and sweepstakes judges. Meredith will send those selected letters of invitation to judge as soon as our participation is confirmed by the Palm Beach County Dog fancier's Association.

Specialty entry fees – After discussion, a motion was made by Meredith and seconded by Karen to charge the following fees for our back-to-back specialty shows: \$25 regular classes - excluding puppies (6-9 & 9-12), bred by and veterans. Puppies, bred by and veterans will be charged \$15. \$15 will also be the entry fee for all sweepstakes entrants. The motion passed unanimously.

AKC show hosting requirements – Hector reported that he spoke with ASSA's AKC delegate Marjorie Tuff regarding clarification on show hosting requirements. Marjorie indicated that implementation of the regulations was not likely to begin until 2008 and that the activities we are currently conducting should more than meet any compliance requirements.

Awards banquet – Lorna reported that the banquet is on track and asked everyone who plans to attend to RSVP as soon as possible to ensure we're meeting our minimum attendee requirements.

Educational activity utilizing ASSA interactive CD – Frank and Maryann will be traveling for much of June and July so this activity will most likely take place at our August meeting.

New Business

Update on 2008 show dates – Frank informed the group that another club was joining the West Palm Beach cluster and as a result, the specialties would be held on Wednesday, not Thursday or Friday as previously communicated. After brief discussion, Meredith made a motion, seconded by Karen that our club proceeds with its participation at the Palm Beach cluster with two specialty shows as originally planned, simply moving the day to Wednesday. The motion passed unanimously.

June meeting – will be held on Tuesday, June 12. The time and location are dependent on the guest speaker.

At 9:15 p.m., with no further business, Karen moved that the meeting be adjourned. Frank seconded the motion which passed unanimously.

Respectfully submitted,
Meredith Hector
secretary

BRAGS

Martha brags that Prymark Wish Upon a Star (Britney) received her 4th MJP leg on January 26th and her 5th leg on March 30th. She also bragged that Stellar's You're An All-Star (Brock) was Reserve Winners Dog at the West Palm Beach show under Eric Ringle.

Karen Salvage brags that Sunspun Private Stock (Kody bear) was Winners Dogs and Best of Winners at the South Dade Kennel Club on May 7th under William Bailey for one point.

Lorna brags that Ch. Cameo Dream Chaser (Chase) is now the proud father of 5 pointed get and that Colleen just had a litter of 7 healthy puppies sired by Chase.



SHETLAND SHEEPDOG CLUB OF SOUTHEAST FLORIDA, INC.

ANNUAL AWARDS BANQUET

June 16, 2007



6:30 p.m.

Olive Garden

5550 N. Federal Hwy, Ft Lauderdale, Fl. 33308

\$20.00 per person (cash only) – set menu

menu and awards applications enclosed – they are also available on the web site





2006 Awards Application Form Specialty Show Appreciation Dinner

Each year the Club recognizes its members' dogs that have earned AKC titles during the preceding year. The Club awards a plaque for official AKC titles.

Please submit the following information to Lorna Staab in writing as soon as possible. The deadline date for submission is **June 2, 2007**. Out of town members **MUST** include return packaging **AND** postage for return of their plaque(s) if they will not be attending the awards banquet.

Owner's name: _____

Owner's phone number: _____

Owner's E-mail: _____

Full Name of Dog: _____

New AKC Title(s) in 2006: _____ Date: _____

_____ Date: _____

_____ Date: _____

_____ Date: _____

Check one: New plaque: Old plaque with new title bar:

Please complete and return to: Lorna Staab, 410 Southeast Second Avenue, Pompano Beach, Florida 33060-8074. Telephone number: (954) 783-6812. The awards banquet will be held at: **Olive Garden** 5550 N. Federal Hwy, Ft Lauderdale, Fl. 33308 on June 16, 2007 at 6:30 p.m.



SSCSEF BREEDER OF THE YEAR AWARD

Name of Breeder _____

Address _____

Phone _____

Number of Champions Finishing in 2006 Award Year

Reg. Name & AKC Number of Finished Champion

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

KEEP COPY OF COMPLETED FORM FOR YOUR RECORDS

Applications are due *June 2, 2007*

Return this form to:

Lorna Staab
410 Southeast Second Avenue
Pompano Beach, FL 33060-8074
(954) 783-6812

This award is presented to the SSCSEF MEMBER who bred the greatest number of dogs that finished their championship within the past year (January 1 - December 31, 2006). Championships may be any combination of conformation (CH.), obedience (OTCH), agility (MACH) and/or herding (HC).



Dinner Supremo Menu

All entrees include:
Freshly baked breadsticks, garden-fresh salad
Soft drink, milk, coffee, tea or juice (complimentary refills)

Please choose one of the following entrees:

Tour of Italy

Homemade lasagna, lightly breaded chicken parmigiana, and
creamy fettuccine alfredo

Chicken Parmigiana

Parmesan-breaded chicken breasts, fried and topped with marinara sauce and
mozzarella cheese.

Chicken Alfredo

Grilled chicken tossed with creamy fettuccine alfredo.

Seafood Alfredo

Sautéed shrimp and sea scallops tossed with creamy fettuccine alfredo.

*Additional items, such as wine, beer and appetizers, may be ordered at an additional cost.
An 18% gratuity will be added.*
