



Food for Thought

viga June 09 Specials

www.vigaeatery.com



There are over 20 named species of strawberry plants. The Garden strawberry is the most common type of strawberry grown commercially. The US strawberry industry is over \$1.2 billion dollars annually, and strawberry festivals are very popular. The United States is the top strawberry producing country in the world, followed by Spain. Strawberries are "accessory" fruits. The typical modern strawberry is a hybrid from both North and South America. The strawberry was considered poisonous in Argentina until the mid-1800's. Many Lepidopterans (butterflies, moths, and skinkers) are known to feed on strawberry plants. The word strawberry is derived from the Old English word "strewberige".

Frutta Pizza

Strawberry, banana, grape, ricotta & mozzarella.

Slice \$2.85 sm 12" \$8.99 lg 18" \$14.99

Fragole y Arugula Pizza

Strawberry, arugula, mozzarella cheese & goat cheese.

Slice \$2.85 sm 12" \$8.99 lg 18" \$14.99



Strawberry, Pineapple & Chicken Kabobs

served with rice and mixed salad.

S (5-8) 39.99 M (8-12) 62.99 L (15-20) 91.99



Strawberry Muffins

will be include on our breakfast platters.



Strawberry, Spinach & Walnut Salad

served with a poppy seed dressing.

S (5-8) 28.99 M (8-12) 34.99 L (15-20) 57.99

Carry out ~ S 3.59 L 5.39



Strawberry Shortcake

Viga's version served with lady fingers, strawberries and whip cream, individually prepared.

Fragola Cold Wrap

Grilled chicken breast, red grapes, strawberries, sliced almonds, romaine and balsamic dressing.



Serving Size:
1 cup sliced fresh strawberries
(166 grams)

Calories 50
Protein 1 gram
Carbohydrates 11.65 grams
Dietary Fiber 3.81 grams
Calcium 23.24 mg
Iron 0.63 mg
Magnesium 16.60 mg
Phosphorus 31.54 mg
Potassium 44.82 mg
Selenium 1.16 mg
Vitamin C 94.12 mg
Folate 29.38 mcg
Vitamin A 44.82 IU

Source: University of Illinois, Strawberries & More



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