



Like Mamma says,
"Mangia!"

Appetizers

Steamed Clams (12) ...\$13

Steamed Mussels (20) (Spicy) ...\$13

● Fried Calamari

Fresh, lightly tossed in flour and fried, served with tomato sauce and lemon ...\$13

Shrimp in a Basket

Served with French fries ...\$13

● Crab Stuffed Portabella Mushroom Cap

Handmade with our own 100% crab mix ...\$15

Chicken Fingers

Served with tomato sauce or honey mustard ...\$10

Buffalo Chicken Strips

Spicy hot ...\$11

With blue cheese dressing and celery sticks \$1 extra.

Mozzarella Cheese Sticks

Served with tomato sauce ...\$9.50

Batter Dipped Onion Rings ...\$8.50

Fried Pickle Spears

Breaded Italian style ...\$9

Fried Mushrooms

Breaded Italian style ...\$9

● "The Basket" (4 each)

Mozzarella sticks, chicken fingers and batter-dipped onion rings ...\$14

Italian Long Hot Peppers

In olive oil served with bread...\$8

Garlic Bread ...\$5

With melted mozzarella \$6

French Fries ...\$4.50

Cheese Fries

Cheddar or mozzarella ...\$5.50

Baltimore Fries

French fries topped with old bay seasoning, served with cheese sauce ...\$7

Loaded Cheese Fries

Topped with bacon, cheddar cheese, jalapeños and sour cream ...\$10

Bruschetta

Toasted bread topped with fresh tomato, onion, oregano and olive oil ...\$10

● Bruschetta Caprese

Our Bruschetta mix topped with fresh mozzarella cheese and drizzled with Balsamic glaze ...\$12

Mrs. T's Pierogies (4)

Deep fried, filled with cheese and potatoes, served with sour cream. Choose from plain, old bay seasoning or buffalo style ...\$7

Mangia's Loaded Pierogies (4)

Topped with caramelized onion, bacon, parmesan cheese and drizzled with balsamic glaze, served with sour cream ...\$11

<i>Wings</i>	5	10	20
Boneless	\$7	\$12	\$22
Bone-In	\$8	\$14	\$25
Mild, hot, fuoco (fire), BBQ, honey mustard, garlic, ranch, BBQ ranch, spicy ranch, southwestern, old bay, parmesan peppercorn, lemon-pepper, spicy garlic. With blue cheese dressing and celery sticks \$1 extra.			

Soups

Soup of the Day
priced daily

Italian Wedding Soup
\$7

Salads

Creamy Italian • French • Oil and Vinegar • Russian • Blue Cheese • Honey Mustard • Parmesan Peppercorn
Balsamic Vinaigrette • Ranch • Creamy Caesar • Fat Free Golden Italian
Add Mozzarella Cheese \$1 extra

Caesar Salad

Fresh crisp romaine tossed with our classic creamy Caesar dressing, croutons and Parmesan cheese, served with garlic bread ...\$10 Add chicken \$5 extra Add shrimp \$7 extra

Side Caesar Salad ...\$6

● Italian Wedge (Iceberg Wedge)

A crisp wedge of iceberg lettuce with chunky blue cheese, chopped bacon, diced tomatoes and mozzarella cheese, served with garlic bread ...\$12

● Caprese Salad

Fresh mozzarella and tomatoes sprinkled with olive oil, salt, fresh basil, served with garlic bread ...\$12

Tuna Salad

Crisp mixed lettuce with tomato, cucumber, egg, olives and tuna, served with garlic bread ...\$14

Grilled Shrimp Garden Salad

Crisp mixed lettuce with tomato, olives, cucumber with grilled shrimp. Served with your choice of dressing and garlic bread ...\$15

Antipasto

Crisp mixed lettuce with provolone, ham, salami, capicola, tomatoes, cucumber, olives, oil and vinegar, served with garlic bread ...\$14

Chef's Salad

Crisp mixed lettuce with turkey, ham, cheese, egg, tomato, cucumber, olives, croutons, oil and vinegar, served with garlic bread ...\$14

Grilled Chicken Garden Salad

Crisp mixed lettuce with pieces of white meat chicken breast, olives, tomatoes, cucumber and croutons, served with garlic bread ...\$14

Tossed Garden Salad

Crisp mixed lettuce with tomato, cucumber, croutons. Served with your choice of dressing and garlic bread ...\$5

Cheesesteak Salad

Crisp mixed lettuce with chopped steak, grilled onions, melted American cheese, tomatoes, cucumber, olives and croutons. Served with your choice of dressing and garlic bread ...\$15

Chicken Cheesesteak Salad

Crisp mixed lettuce with chopped chicken, grilled onions, melted American cheese, tomatoes, cucumber, olives and croutons. Served with your choice of dressing and garlic bread ...\$15

Vitello (Veal)

Entrees Include House Salad & Garlic Bread (Substitute House Salad with Caesar Salad for Additional \$1)
Served with Your Choice of: Spaghetti • Rigatoni • Fettuccine • Linguini • Penne (Ziti) • Angel Hair • Gluten Free Pasta \$2 Extra

Veal Parmigiana

Seasoned and breaded, topped with our homemade sauce and mozzarella cheese ...\$23

● Veal Marsala

Fresh veal sautéed with butter, garlic and a splash of marsala wine ...\$23
With sautéed mushrooms \$2 extra

Veal Piccata

Fresh veal sautéed in a light butter, white wine and lemon ...\$23
With sautéed mushrooms \$2 extra

Veal Cacciatore

Fresh veal sautéed with green peppers, onions, mushrooms, tomato sauce and served over linguini ...\$23

Pollo (Chicken)

Entrees Include House Salad & Garlic Bread (Substitute House Salad with Caesar Salad for Additional \$1)
Served with Your Choice of: Spaghetti • Rigatoni • Fettuccine • Linguini • Penne (Ziti) • Angel Hair • Gluten Free Pasta \$2 Extra

Chicken Parmigiana

Boneless chicken breast, seasoned and breaded, topped with our homemade sauce and mozzarella cheese ...\$21

Chicken Marsala

Boneless chicken breast sautéed with butter, garlic and a splash of marsala wine ...\$21
With sautéed mushrooms \$2 extra

Chicken Cacciatore

Boneless chicken breast sautéed with green peppers, onions, mushrooms, tomato sauce and served over linguini ...\$21

● Chicken Piccata

Boneless chicken breast sautéed in a light butter, white wine and lemon ...\$21
With sautéed mushrooms \$2 extra

● Chicken Bruschetta

Broiled chicken breast topped with our homemade bruschetta mix ...\$21

Children's Menu – Small Plates

Kid's Drinks Extra (Soda, Iced Tea, Juice or Milk)...\$2.50

Cheeseburger & French Fries ...\$11

Chicken Fingers & French Fries ...\$10

Grilled Cheese Melt & French Fries ...\$8

Spaghetti, Rigatoni or Angel Hair ...\$8

Add One meatball for additional \$1.75

Macaroni & Cheese ...\$9

Stuffed Shells ...\$9

Ravioli Cheese ...\$9

Tortellini Meat ...\$9

Fettuccine Alfredo ...\$9

Baked Ziti ...\$9

FREE COOKIES!
Children ages 10 and under only

Pasta & Italian Specialties

Entrees Include House Salad & Garlic Bread. Substitute House Salad with Caesar Salad for Additional \$1

Create Your Own Pasta Dish ...\$14

CHOOSE A PASTA:

Spaghetti
Rigatoni
Fettuccine
Linguini
Penne (Ziti)
Angel Hair
Gluten Free Penne (\$3 extra)

CHOOSE A SAUCE:

Homemade Tomato Sauce
Homemade Garlic & Olive Oil
Homemade Meat Sauce (\$4 extra)
Mushroom Sauce (\$4 extra)

CHOOSE A TOPPING:

each an additional \$4

Meatballs (2)

Sausages (2)

● Mangia! Penne

Chicken, broccoli, fresh tomatoes, garlic and oil tossed with Penne pasta ...\$20

Chopped Steak with Spaghetti

8 oz. of steak, topped with tomato sauce ...\$19

With melted mozzarella cheese add \$1

Portabella Mushroom Spaghetti

Sautéed portabella mushroom on our homemade tomato sauce ...\$18

Fettuccine Alfredo

Rich, creamy sauce with Romano cheese and parsley ...\$17

Add chicken \$5 Add chicken and broccoli \$6

Add shrimp \$7

Rigatoni Melanzane

Eggplant in sauce over rigatoni ...\$16

With melted mozzarella cheese add \$1

● Baked Stuffed Shells

Homemade shell pasta filled with ricotta cheese, served with tomato sauce and melted mozzarella cheese ...\$18

Baked Ziti

Penne pasted topped with meat sauce and mozzarella cheese ...\$18

● Lasagna

Our Specialty Homemade lasagna filled with meat sauce, ham, cheese on layers of pasta ...\$19

Ravioli Cheese

Topped with tomato sauce ...\$16 Topped with alfredo sauce ...\$19

Tortellini Meat

Topped with tomato sauce ...\$16 Topped with alfredo sauce ...\$19

Gnocchi (Potato Pasta)

Pasta made with potatoes, flour and eggs, topped with choice of Tomato Sauce ...\$16, Alfredo Sauce ...\$19 or Pesto ...\$18

Penne Alla Vodka

Ziti pasta made with our specialty sauce ...\$18

Add chicken \$5 Add shrimp \$7

Rigatoni Carbonara

Rich, creamy sauce with Romano cheese and bits of bacon ...\$19

Rigatoni Campagnola

Sautéed mushrooms and meat sauce over rigatoni ...\$19

Angel Hair Vegetable Primavera

A blend of broccoli, cauliflower, carrots, mushrooms and green peppers, tossed together in our garlic and oil sauce ...\$17

Add chicken \$5 Add shrimp \$7 Add fresh veal \$8

Eggplant Parmigiana

Breaded and fried slices of eggplant. Served with your choice of pasta ...\$18

Sausage Cacciatore

Slices of sausage with green pepper, onions, mushrooms, tomato sauce, butter and served over linguini ...\$19

Seafood Pasta Specialties

Entrees Include House Salad & Garlic Bread. Substitute House Salad with Caesar Salad for Additional \$1

● Penne With Salmon

Salmon made in a red cream sauce and tossed with ziti pasta ...\$23

Shrimp Cacciatore

Sautéed shrimp with green pepper, onions, mushrooms, tomato sauce, butter and served over linguini...\$23

Calamari Fra Diavolo

Sautéed calamari tossed with a spicy homemade tomato cream sauce over linguini ...\$22

Calamari Marinara

Sautéed calamari in our homemade tomato sauce over linguini ...\$22

Lobster Ravioli

In a light tomato cream sauce ...\$27

Lobster Fra Diavolo

Sautéed lobster meat tossed with a spicy homemade tomato cream sauce over linguini ...\$28

Shrimp Mangia!

Sautéed shrimp, spinach, and fresh tomatoes tossed in garlic and oil over penne ...\$24

Lobster Fettuccine Alfredo

Rich, creamy sauce with Romano cheese and succulent lobster meat ...\$28

● Lobster Mac & Cheese

Freshly made to order ...\$28

Fettuccine Mare and Monte

Shrimp and mushroom tossed with our homemade tomato sauce ...\$25

Linguini with Clam Sauce

Red (Tomato) or White (Garlic & Olive Oil) ...\$23

Shrimp Scampi Over Linguini

Made with olive oil, butter and garlic ...\$23

Fettuccine Fra Diavolo

Shrimp, scallop, black olive, cream and tomato sauce with a spicy twist ...\$26

● Frutti Di Mare

Mussels, clams, shrimp, scallops with garlic and oil over linguini ...\$28

Pesce (Seafood)

Entrees Include House Salad & Garlic Bread (Substitute House Salad with Caesar Salad for Additional \$1)
Served with Choice of Two From the Following: Baked Potato • French Fries • Broccoli • Applesauce • Vegetable Medley

● Broiled Maryland Style Crab Cakes

Two 4 oz. crab cakes - 100% backfin and jumbo lump crab meat homemade with old bay classic recipe ...\$27

Broiled Shrimp & Sea Scallops

Generous portion of large shrimp and scallops ...\$27

Salmon Limone

Fresh, broiled with a lemon wine and butter sauce ...\$25

Fried Shrimp

Eight (8) breaded and fried to a golden brown. Served with cocktail sauce ...\$22

Tablesides

Mangia! is the only restaurant IN THE WORLD to offer
two different cheese wheel pasta dishes tableside!

Pasta al Parmigiano Reggiano Cheese Wheel

Linguine pasta tossed in parmigiano reggiano cheese wheel, flamed grappa with tomato cream sauce ...\$22

Traditional Roman Pasta Dish Spaghetti Cacio e Pepe

Pasta tossed in pecorino romano cheese wheel, flamed grappa and course black pepper ...\$22

Add Chicken \$5 • Add Shrimp \$7 • Add Meatballs \$4 • Add Sausage \$4

Dolce (Dessert)

Tiramisu

Sponge cake drenched with espresso and coffee liqueur, filled with mascarpone cheese and dusted with cocoa powder ...\$7.5

Mangia! Chocolate Volcano

Warm chocolate lava cake with vanilla ice cream and whipped cream ...\$9

Homemade Cannoli

Cheese filled drizzled with chocolate syrup ...\$4

Italian Donuts

Fried dough served warm, topped with powdered sugar and chocolate sauce on the side ...\$4

Ice Cream

Two scoops, vanilla or chocolate with chocolate syrup and whipped cream ...\$4

Banana Flambé

Fresh banana flames with grand marnier and served over vanilla ice cream ...\$9



Like Mamma says,
"Mangia!"

Burgers

All burgers served with potato chips & pickles. Substitute potato chips with French fries for an additional \$2.50

Create Your Own Burger

CHOOSE A SIZE:

1/2 lb. Angus Beef ...\$11
1/4 lb. Angus Beef ...\$9

CHOOSE A CHEESE:

American, Provolone, Swiss,
Cheddar or Mozzarella

California Burger

1/2 lb. Beef topped with American cheese, lettuce, tomato, raw onion, green pepper and mayo ...\$13

Philly Burger

1/2 lb. Beef topped with sautéed mushrooms, sautéed onions and cheddar cheese ...\$13

Mangia! Burger

1/2 lb. Beef topped with sautéed mushrooms, provolone and American cheese ...\$13

Cheesy Mess

1/2 lb. Beef topped with American, cheddar provolone and mozzarella cheese ...\$13

Great American Burger

1/2 lb. Beef topped with BBQ sauce, bacon and American cheese ...\$13

Texas Burger

1/2 lb. Beef topped with bacon, BBQ sauce, fried onion rings and American cheese ...\$13

Four Alarm Burger

1/2 lb. Beef topped with jalapeño, cayenne pepper, banana peppers, hot sauce, lettuce, tomato and American cheese ...\$13

Bacon Blues

1/2 lb. Beef topped with bacon and crumple blue cheese ...\$13

Mushroom Swiss Burger

1/2 lb. Beef topped with sautéed mushrooms and swiss cheese ...\$13

A1 Beef Burger

1/2 lb. Beef topped with chopped steak, double American cheese and A1 sauce ...\$14

Mangia Sunrise Burger

1/2 lb. Beef topped with bacon, fried egg, lettuce, tomato and American cheese ...\$14

Heart Attack Burger

1 lb. Beef (2 - 1/2 lb. patties) double american cheese and 6 pieces of bacon ...\$19

Flatbreads (Handmade, Fresh Baked)

Flatbread Parma

Prosciutto di parma, parmigiano reggiano shaves, roasted tomatoes, olive oil and drizzled with balsamic glaze ...\$13

10 Alarm Chicken Flatbread

Italian crushed pepper spread, sliced chicken breast, mozzarella and drizzled with ranch ...\$13

Chicken Pesto Flatbread

Pesto spread, sliced chicken bread, mozzarella, fresh grape tomatoes and drizzled with balsamic glaze ...\$14

Pesto Spinach Flatbread

Pesto spread, fresh baby spinach, caramelized onions, mozzarella and drizzled with balsamic glaze ...\$12

Bianca Flatbread

Olive oil, baby spinach, prosciutto di parma and fresh mozzarella ...\$13

Bruschetta Caprese Flatbread

Bruschetta mix, fresh mozzarella and drizzled with balsamic glaze ...\$12

Florentine Flatbread

Fresh baby spinach, ricotta, fresh sliced tomatoes, drizzled with olive oil ...\$12

With sliced chicken \$2 extra

Pizza

Hand tossed from our brick ovens.

Extras: Pepperoni - Fresh Mushrooms - Sausage - Sweet peppers - Onions - Extra Cheese
Jalapeno - Spinach - Anchovies - Ground Beef - Ham - Bacon - Black Olives - Broccoli
Sliced Tomatoes - Hot Peppers - Fresh Green Peppers

10" Personal Neapolitan

Red pizza sauce and mozzarella cheese
Plain (Wood or Gas) ...\$9.50
Extras \$1.50

Mangia! Personal Cauliflower Gluten Free Pizza ...\$13.50

16" Neapolitan

(Thin Round)

Plain (8 slices) (Wood or Gas) ...\$14
Extras \$2.50

Sicilian Pizza

Thick Square cut. Gas Oven Only

16" Sicilian

Plain (12 slices) ...\$18
Extras \$3.50

1/2 Sicilian

Plain (6 slices) ...\$10
Extras \$2.50

Hot Subs, Hoagies, Steaks

Served with potato chips. Substitute chips with French fries for an additional \$2.50

Twin Cheeseburger

Lettuce, tomato, onion, mayo
Lg \$13 ...Sm \$11

Gizmo

Lettuce, tomato, onion, mayo, ham, cheese with burgers
Lg \$13 ...Sm \$11

Cheese Steak

Tomato sauce, onion
Lg \$12 ...Sm \$10

California Cheese Steak

Lettuce, tomato, onion, mayo and no sauce
Lg \$13 ...Sm \$11

Portabella Mushroom Cheese Steak Sandwich

Tomato sauce, onion
Lg \$13 ...Sm \$11

Chicken Cheese Steak

Tomato sauce, onion
Lg \$12 ...Sm \$10

Buffalo Chicken Cheese Steak

Sautéed onions and ranch dressing on side
Lg \$13 ...Sm \$11

California Chicken Cheese Steak

Lettuce, tomato, onion, mayo and no sauce
Lg \$13 ...Sm \$11

Portabella Mushroom Chicken Cheese Steak

Tomato sauce, onion
Lg \$13 ...Sm \$11

Italian Special

Provolone, ham, salami, capicola, tomato, onion and lettuce
Lg \$12 ...Sm \$10

Ham and Cheese

Tomato, onion, lettuce and mayo
Lg \$12 ...Sm \$10

Turkey

Tomato, onion, lettuce and mayo
Lg \$12 ...Sm \$10

Tuna

Tomato, onion, lettuce and mayo
Lg \$12 ...Sm \$10

Grilled Ham & Cheese

Tomato, onion, lettuce and mayo
Lg \$12 ...Sm \$10

Sausage Parmigiana

Served with mozzarella cheese and tomato sauce
Lg \$13 ...Sm \$11

Meatball Parmigiana

Topped with mozzarella cheese and tomato sauce
Lg \$13 ...Sm \$11

Eggplant Parmigiana

Topped with mozzarella cheese and tomato sauce
Lg \$13 ...Sm \$11

Chicken Parmigiana

Topped with mozzarella cheese and tomato sauce
Lg \$13 ...Sm \$11

Wraps "Low Carb"

Traditional flour tortilla, served with potato chips. Substitute potato chips with French fries for an additional \$2.50

Taco Wrap

Marinated steak, cheddar cheese, sour cream, hot sauce, lettuce and tomatoes ...\$13

Grilled Chicken Caesar Wrap

Grilled chicken, crisp romaine lettuce and shredded Parmesan cheese tossed in Caesar dressing ...\$12

Buffalo Chicken Wrap

Fried chicken tenders basted in our hot sauce, shredded lettuce and tomatoes. Served with blue cheese dressing for dipping ...\$13

California Steak / Chicken Cheese Steak Wrap

Thin-sliced steak or chicken, sautéed onions, American cheese, shredded lettuce, tomatoes and mayo ...\$13

Vegi Wrap

Broccoli, spinach, mushrooms, green pepper, tomato, onion and provolone cheese ...\$12

Turkey Wrap

Fresh roasted turkey breast, shredded lettuce, tomatoes and mayo ...\$12

Italian Wrap

Provolone, ham, salami, capicola, shredded lettuce, and tomatoes ...\$12

Mangia! Wrap

Turkey, ham, American cheese, shredded lettuce, tomatoes and mayo ...\$12

Tuna Wrap

Our fresh prepared tuna, shredded lettuce, and tomatoes ...\$12

Cheese Burger Wrap

1/2 lb. Beef, lettuce, tomato, mayo and American cheese ...\$13

Grilled Chicken Wrap

Grilled chicken breast, lettuce, tomato and mayo ...\$12

Chicken Bacon Ranch Wrap

Grilled chicken, bacon, lettuce, tomato and ranch ...\$13

Turkey, Bacon, Ranch Wrap

Slices of turkey breast and crispy bacon, served with ranch dressing on the side for dipping ...\$13

Sandwiches & Paninis

Served with potato chips. Substitute French fries for an additional \$2.50

Pork BBQ Sandwich

Tender pulled pork, sweet and tangy. Served in a ciabatta bun ...\$11

Mangia! Club

Piled high with turkey, ham and cheese, bacon, lettuce, tomato and mayo ...\$11

Turkey or Tuna Club

Piled high with bacon, lettuce, tomato and mayo ...\$11

Broiled Chicken Sandwich

Served on a bun with lettuce, tomato and mayo ...\$11

Chicken Caprese Sandwich

Broiled chicken breast with slices of fresh mozzarella cheese and tomato ...\$12

Broiled Crab Cake Sandwich

Maryland style homemade crab mix. 100% crab meat served on a bun with lettuce, tomato and mayo ...\$14

Italian on Homemade Pita

Provolone, ham, salami, capicola, tomato, onion and lettuce in a fresh baked homemade pita (made as a grinder) ...\$14

Caprese Panini

Fresh mozzarella, slices of fresh tomatoes, roasted tomatoes and fresh basil leaves ...\$12

Pork Cuban Panini

Pulled pork, ham, swiss cheese and pickle slices ...\$14

Calzone

Baked dough, stuffed with ricotta, ham and mozzarella, served with sauce on the side ...\$14
Additional topping \$1

Special Stromboli

Ham, capicola, salami, American, mozzarella, pepperoni, mushrooms, sausage, sweet peppers and sauce

Large \$26 ... Personal \$16

Cheese Steak Stromboli

Steak, mushrooms, sweet peppers, 3 cheese and sauce

Large \$26 ... Personal \$16

Stromboli & Calzone

Specialty Pizza

Margherita

Fresh mozzarella, basil, olive oil and tomato sauce.

Shrimp Scampi Pizza

Shrimp, mozzarella cheese, garlic and olive oil.

White Delight

Chopped garlic, olive oil and mozzarella cheese.

With ricotta

With broccoli and ricotta

With broccoli, spinach and tomato

With grilled chicken and broccoli

Quattroformaggi (4 cheeses)

Mozzarella, provolone, ricotta, parmigiana with red sauce.

Mangia! Vegetable

Mozzarella cheese, spinach, broccoli, tomatoes, mushrooms, sweet peppers and onions.

Bacon Cheese Burger Pizza

Bacon, ground beef, American and mozzarella cheese, red sauce.

Eggplant Parmigiana Pizza

Fried eggplant cutlet with mozzarella cheese and sauce.

Meatball Parmigiana Pizza

Sliced meatballs with mozzarella cheese and sauce.

Philly Cheese Steak Pizza

Chopped steak, mozzarella cheese and sauce.

Hawaiian Pizza

Pineapple and ham, mozzarella cheese and sauce.

BBQ Chicken Pizza

Sliced chicken breast, barbeque sauce and mozzarella cheese.

Buffalo Chicken Pizza

Sliced chicken breast, hot sauce and mozzarella cheese.

Meat Lover's Special

Ground beef, sausage, pepperoni, ham, bacon and mozzarella cheese.

Taco Pizza

Cheddar cheese, mozzarella cheese, ground beef, mild sauce, topped with lettuce, tomato and ranch.

MANGIA! Special

Pepperoni, mushrooms, sausage, sweet peppers and onions.

Chicken Bruschetta Pizza

Garlic and oil with chopped chicken breast topped with bruschetta and mozzarella cheese, drizzled with balsamic glaze.

Chicken Bacon Ranch Pizza

Sliced chicken breast, bacon, mozzarella, drizzled with ranch

Red & White Pizza

Chopped garlic, olive oil, mozzarella & finished with tomato sauce

Big Mack Pizza

Cheddar cheese, ground beef, mozzarella, lettuce, tomato, onion, pickles and Mangia! special sauce

Mangia! stands for house specialty

*May be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.