

GLUTEN FREE MENU

APPETIZERS

INSALATA CAPRESE \$6.95

Fresh mozzarella, sliced tomatoes and fresh basil

CALAMARI MARINARA \$9.25

Tender calamari simmered in marinara sauce

MUSSELS SCAMPI \$9.25

Prince Edwards mussels simmered in white wine garlic sauce

GLUTEN FREE TRIO \$12.95

Grilled shrimp, mussels marinara and grilled eggplant

PANINI

TUSCANA \$12.95

Grilled chicken, fresh mozzarella and red roasted peppers

BRUSCHETTA \$12.95

Fresh made bruschetta, grilled chicken and fresh mozzarella

CHIPOTLE CHICKEN \$12.95

Grilled chicken, spinach, fresh mozzarella and homemade chipotle sauce

TURKEY AND AVOCADO \$12.95

Sliced turkey breast, Swiss, avocado, lettuce, tomato and mayo

PIZZA

CREATE YOUR OWN \$14.95

12 inch personal pizza, your choice of toppings or specialty pizza

GLUTEN FREE DISCLAIMER: PLEASE KEEP IN MIND THAT ANY ITEMS PREPARED WITHOUT GLUTEN PRODUCTS ARE MADE IN A FACILITY THAT HANDLES MANY OTHER WHEAT PRODUCTS. DURING NORMAL KITCHEN OPERATIONS, THERE IS A POSSIBILITY, FOR FOOD ITEMS TO COME IN CONTACT WITH WHEAT GLUTEN/PROTEINS. HOWEVER UNLIKELY WE ARE UNABLE TO GAURENTEE THAT ANY MENU ITEM IS COMPLETELY GLUTEN FREE.

PASTA

PENNE PASTA

TOMATO AND BASIL \$13.95

Chopped tomatoes and fresh basil

VODKA SAUCE \$13.95

Pink creamy sauce

Add shrimp \$5.95 Add chicken \$3.95

CHICKEN SOPHIE \$15.95

Grilled chicken, mushrooms, broccoli, carrots, tomatoes, olive oil and garlic

SHRIMP & BROCCOLI \$17.95

Grilled shrimp, sautéed broccoli, olive oil and garlic

ENTREE

EGGPLANT PARMIGANA \$13.95

Grilled eggplant topped with marinara and mozzarella, served over gluten free penne

GRILLED CHICKEN & BROCCOLI \$14.95

Fresh grilled chicken served with sautéed broccoli

BROILED FLOUNDER \$14.95

Flounder broiled with olive oil and garlic served over spinach

GRILLED SALMON \$16.95

Grilled salmon served over spinach

BAKED STUFFED SHELLS \$15.95

Cheese stuffed pasta topped with marinara and mozzarella

CHEESE RAVIOLI \$14.95

Cheese stuffed pasta topped with marinara sauce

SHRIMP SCAMPI \$17.95

Grilled shrimp simmered in garlic wine sauce over penne