

# GLUTEN FREE MENU

## APPETIZERS

### CALAMARI MARINARA \$12.95

TENDER CALAMARI SIMMERED IN MARINARA SAUCE

### MUSSELS SCAMPI \$12.95

PRINCE EDWARD MUSSELS SIMMERED IN WHITE WINE GARLIC SAUCE

### GLUTEN FREE TRIO \$19.95

GRILLED SHRIMP, MUSSELS MARINARA AND GRILLED EGGPLANT

## PANINI OR WRAPS

### TUSCANA \$13.95

GRILLED CHICKEN, FRESH MOZZARELLA, ROASTED RED PEPPERS AND BALSAMIC

### CHICKEN BRUSHETTA \$13.95

GRILLED CHICKEN, FRESH TOMATO BRUSHETTA AND FRESH MOZZARELLA

### TURKEY AND AVOCADO \$13.95

SLICED TURKEY BREAST, SWISS, AVOCADO, LETTUCE, TOMATO AND MAYO

### VEGGIE \$13.95

GRILLED EGGPLANT, ROASTED RED PEPPERS, FRESH MOZZARELLA AND BALSAMIC

PIZZA

### CREATE YOUR OWN STARTING \$14.95

12-INCH PERSONAL PIZZA, YOUR CHOICE OF TOPPINGS OR SPECIALTY PIZZA

### CHEESE CALZONE \$11.95

STUFFINGS .75EACH

## PASTA

### PENNE VODKA \$18.95

PINK CREAMY SAUCE

ADD CHICKEN \$3.95 ADD SHRIMP \$6.95

### PENNE CHICKEN SOPHIA \$18.95

GRILLED CHICKEN, MUSHROOMS, BROCCOLI, CARROTS, TOMATO, OLIVE OIL AND GARLIC

### PENNE CHICKEN ARRABIATA \$18.95

PENNE PASTA TOSSED WITH GRILLED CHICKEN IN SPICY VODKA SAUCE

### SHRIMP AND BROCCOLI \$22.95

PENNE PASTA TOSSED WITH GRILLED SHRIMP, SAUTEED BROCCOLI, OLIVE OIL AND GARLIC

## ENTRÉE

### EGGPLANT PARMIGIANA \$19.95

GRILLED EGGPLANT TOPPED WITH MARINARA SAUCE, MOZZARELLA AND SERVED WITH GLUTEN FREE PENNE

### CHICKEN AND BROCCOLI \$18.95

GRILLED CHICKEN SERVED WITH SAUTEED BROCCOLI

### BROILED FLOUNDER \$18.95

FLOUNDER BROILED WITH OLIVE OIL AND GARLIC, SERVED OVER SAUTEED SPINACH

### BAKED STUFFED SHELLS \$18.95

CHEESE STUFFED SHELL PASTA TOPPED WITH MARINARA SAUCE AND MOZZARELLA

### CHEESE RAVIOLI \$17.95

CHEESE STUFFED PASTA TOPPED WITH MARINARA SAUCE

### SHRIMP MARINARA PARM \$22.95

GRILLED SHRIMP OVER GLUTEN FREE PENNE TOPPED WITH MARINARA SAUCE AND MOZZARELLA

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 GUARANTEE THAT ANY MENU ITEM IS COMPLETELY GLUTEN FREE.