



Gluten Free Menu

Appetizers

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Burrata *(Ordered without bread)*
 Made the traditional Italian way - homemade mozzarella stuffed with creamy mozzarella curd...14.99 *Add Prosciutto Di Parma...only \$7*
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Spicy Mussels *(Ordered without Knots)*
 One pound of mussels sautéed in a spicy white wine garlic cream broth with red onion and topped with pecorino romano cheese and basil...17.99
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Bello Portobello *(Ordered without bread)*
 A giant mushroom baked under alfredo & mozzarella, topped with sweet red peppers... 13.99 *Add Prosciutto Di Parma...only \$7*
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Prosciutto di Parma *(Ordered without bread)*
 A plate of thin sliced prosciutto topped with pecorino romano cheese & fresh basil...12.99
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Chicken Wings
 Eight baked wings and drumettes topped with your favorite sauce: *Garlic Parmesan, BBQ, Spicy Buffalo or Extra Hot...*13.99
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Perfect Shrimp
 Two dozen medium sized, tail-on, grilled shrimp served skewered beside fresh tomatoes & cucumbers with a side of spicy ranch...17.99
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Fresh Buffalo Mozzarella 
 8 Mini Buffalo mozzarella balls, heirloom tomato from Italy served with balsamic reduction & topped with fresh basil. Simple & delicious..11.99
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Gluten Free Garlic Bread
 Classic...9.99 w/ Mozzarella...11.49 w/Mozzarella & Pepperoni...12.49

Salads

Grilled Shrimp \$8, Shredded Chicken \$4

Dressings: **Homemade Balsamic Vinaigrette, Homemade Greek**

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House Salad *(Ordered without croutons)*
 Fresh romaine lettuce with tomatoes, red onions, carrots, cucumbers & mozzarella ...11.99 Side House Salad...5.99
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Verde Salad
 Organic mixed greens tossed with our balsamic vinaigrette & topped with candied walnuts, mandarin oranges, dried cranberries & fresh homemade mozzarella...13.99
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Greek Salad
 Romaine lettuce, spinach, tomatoes, red onions, carrots, cucumbers, feta, pepperoncini peppers, black & green olives. Served with a side of our homemade Greek dressing...13.99
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Insalata Caprese *(Ordered without bread)*
 Our homemade mozzarella & roma tomatoes sliced together & topped with basil & pecorino romano...14.99 *Add Prosciutto Di Parma...only \$7*
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Buffalo Mozzarella Salad
 Fresh Buffalo Mozzarella Imported From Italy. 8 Mini balls served on a bed of organic mixed greens, heirloom tomatoes from Italy, topped with pecorino romano cheese. Served with homemade balsamic dressing.. \$15.99

Heros (Toasted Subs)

Gluten Free Eggplant Hero

Eggplant Parm, marinara & mozzarella.
Served with chips...17.99

Gluten Free Sausage Hero

Sausage, green peppers, onions, marinara & mozzarella. Served with chips..16.99

Gluten Free Chicken Hero

Chicken Parm, marinara & mozzarella.
Served with chips...17.99

Build Your Own Pizza or Calzone



**New! Gluten Free
Cauliflower Crust
Pizza 10"....13.99**

Gluten Free Pizza 10½"....13.99
Gluten Free 3 Cheese Calzone...15.99
Traditional Topping 1.25 each Specialty Topping 1.75 each

Traditional Toppings

Meats

Pepperoni

Basil (fresh)
Garlic (fresh)
Black Olives
Cilantro (fresh)
Jalapeños (fresh)
Green Pepper (fresh)

Veggies

Red Onions (fresh)
Mushrooms (fresh)
Tomatoes (fresh)
Spinach (fresh)
Pineapple
Banana Peppers

Specialty Toppings

Meats

Italian Sausage (sliced)
Grilled Chicken
Real Bacon
Anchovies
Ham

Deluxe
Prosciutto \$3.50
Eggplant \$3.50

Veggies

Pesto
Capers
Broccoli
Green Olives
Peppadew Peppers
Sun-Dried Tomatoes
Roasted Red Peppers
Artichoke Hearts (Marinated)

Cheeses

Veggie (vegan friendly)
Extra Cheese
Ricotta
Feta

*See full menu for
our selection
of specialty pizzas.*

*Only toppings
containing gluten:
meatball*

Pastas & Baked Dishes

Add a Side of Gluten Free Bread...\$3.00

Add a Side Salad...\$2.99

(Ordered without croutons)

-  **Gluten Free Meat Lasagna** *(No knots served w/G.F. Dinners)*
Our classic lasagna made with beef (no pork)...23.99
-  **Gluten Free Veggie Lasagna**
Lasagna made with spinach, mushrooms, garlic, tomatoes, onions & green peppers...22.99
-  **Eggplant Rollatini**
Lightly breaded in gluten free flour eggplant stuffed with ricotta and topped with marinara.19.99 (no knots no spaghetti)
-  **Eggplant Parmigiana**
Homemade eggplant parm topped with marinara, mozzarella & pecorino romano.19.99 (no knots no spaghetti)
-  **Fusilli Protein Pasta**
High protein, gluten free, paelo, keto friendly pasta. Only 260 calories and 30 grams of protein. Served with marinara & pecorino romano ...19.99

-  **Zucchini "Spaghetti"**
Shrimp...\$8, Chicken...\$4 or Sausage...\$4
Fresh raw zucchini cut into spaghetti shaped pasta. Served with marinara & pecorino romano cheese...13.99 Served lightly cooked in extra virgin olive oil and garlic...15.99 Served tossed with pesto or alfredo...16.99
-  **Sweet Potato "Spaghetti"**
Shrimp...\$8, Chicken...\$4 or Sausage...\$4
Fresh raw sweet potato cut into spaghetti shaped pasta. Served with marinara & pecorino romano cheese...13.99 Served lightly cooked in extra virgin olive oil and garlic...15.99 Served tossed with pesto or alfredo...16.99
-  **Chicken Parmigiana**
Homemade chicken parm baked with marinara & mozzarella. 20.99 (no knots no spaghetti)

Please note we take gluten sensitivity very seriously and practice policies that reduce the risk of cross contamination. However, all gluten-free meals are prepared in a kitchen shared closely with gluten and cross contact can occur.