APPETIZERS



SALADS

Gluten Free Menu

BURRATA (Ordered without bread)

Made the traditional Italian way - homemade mozzarella stuffed with creamy mozzarella curd...14.99 *Add Prosciutto Di Parma...only \$6*

SPICY MUSSELS (ORDERED WITHOUT KNOTS)

One pound of mussels sautéed in a spicy white wine garlic cream broth with red onion...15.99

BELLO PORTOBELLO (ORDERED WITHOUT BREAD)

A giant mushroom baked under alfredo & mozzarella, topped with sweet red peppers & fresh basil...12.99 *Add Prosciutto Di Parma...only* \$6

PROSCIUTTO DI PARMA (Ordered without bread)

A plate of thin sliced prosciutto topped with pecorino romano cheese & fresh basil...11.99

👸 CHICKEN WINGS

Eight baked wings and drumettes topped with your favorite sauce: *Garlic Parmesan, BBQ, Spicy Buffalo* or *Extra Hot...*11.99

PERFECT SHRIMP (Ordered without Knots)

Two dozen medium sized, tail-on, grilled shrimp served skewered beside fresh tomatoes & cucumbers with a side of spicy ranch...15.99

💥 Fresh Buffalo Mozzarella

8 Mini Buffalo Mozz balls, yellow heirloom tomato from Italy served w/ balsamic reduction & topped w/ fresh basil. Pretty simple & delicious...0.99

🔆 Gluten Free Garlic Bread

Classic...6.49

w/Mozzarella...7.99 w/Mozzarella & Pepperoni...8.49

GRILLED SHRIMP \$7, GRILLED CHICKEN \$4

Dressings: Homemade Balsamic Vinaigrette, Homemade Greek

W HOUSE SALAD (Ordered without croutons)

Fresh romaine lettuce with tomatoes, red onions, carrots, cucumbers & mozzarella ...10.99 Side House Salad...5.49

VERDE SALAD

Organic mixed greens tossed with our balsamic vinaigrette & topped with candied walnuts, mandarin oranges, dried cranberries & fresh homemade mozzarella...12.99

🚫 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...12.99

INSALATA CAPRESE (Ordered without bread)

Our homemade mozzarella & roma tomatoes sliced together & topped with basil & pecorino romano...14.99

Add Prosciutto Di Parma...only \$6

🕅 Buffalo mozzerella Salad

Fresh Buffalo Mozzarella Imported From Italy. 8 Mini balls served on a bed of organic mixed greens, yellow heirloom tomatoes from Italy, peppadew peppers, pec romano cheese served w/ homemade balsamic dressing.. \$15.99

HEROS (TOASTED SUBS)

GLUTEN FREE EGGPLANT HERO

Eggplant Parm, marinara & mozzarella. Served with chips...15.99 GLUTEN FREE SAUSAGE HERO

Sausage, green peppers, onions, marinara & mozzarella. Served with chips..14.99

GLUTEN FREE CHICKEN HERO

Chicken Parm, marinara & mozzarella. Served with chips...15.99

A 20% Service Charge is Added to All Parties of 6 or More • All Substitutions Subject to Charge • Please Inform Your Server of all Allergies

BUILD YOUR OWN PIZZA OR CALZONE



PASTAS & BAKED DISHES

Add a Side Salad...\$2.99 (Ordered without croutons)

W GLUTEN FREE MEAT LASAGNA Our classic lasagna made with beef (no pork)...19.99 (NO KNOTS SEVERED W/G.F. DINNERS)

🐞 *Gluten Free* Veggie Lasagna

Lasagna made with spinach, mushrooms, garlic, tomatoes, onions & green ${\tt peppers...18.99}$

💥 Eggplant Rollatini

Lightly breaded in gluten free flour eggplant stuffed with ricotta and topped with marinara. ...17.99 (no knots no spaghetti)

🐞 Eggplant Parmigiana

Homemade eggplant parm topped with marinara, mozzarella & pecorino romano. ...17.99 (no knots no spaghetti)

XUCCHINI "SPAGHETTI" Shrimp....\$7, Chicken...\$4 or Sausage...\$3.5

Fresh raw zucchini cut into spaghetti shaped pasta. Served with marinara & pecorino romano cheese...12.99 Served lightly cooked in extra virgin olive oil and garlic...13.99 Served tossed with pesto or alfredo...15.99

SWEET POTATO "SPAGHETTI" Shrimp...\$7, Chicken...\$4 or Sausage...\$3.5

Fresh raw sweet potato cut into spaghetti shaped pasta. Served with marinara & pecorino romano cheese...12.99 Served lightly cooked in extra virgin olive oil and garlic...13.99 Served tossed with pesto or alfredo...15.99

👋 Chicken Parmigiana

Homemade chicken parm baked with marinara & mozzarella. 17.99 (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.