

# Gluten Free Choices

Please inform us if you or someone in your party has severe Gluten Allergies. We cook each plate separately, but vapors & flour dust are always present in the air! Be aware, this plate could have traces of gluten. The following items, also listed in other sections of this menu, are Gluten Free:

**Wraps:** Gluten Free Tortilla wraps are available with the following fillings;

Italian Cold Cut	(Mortadella, Salami, Capicola, Provolone, Lettuce, Tomato, Onion, Pickles, Mayo or Oil, Hots)
Salami & Cheese	(Genoa Salami, Provolone, Lettuce Tomato, Onion, Pickles, Mayo or Oil, Hots)
Turkey & Cheese	(Turkey Breast, Provolone, Lettuce Tomato, Onion, Pickles, Mayo or Oil, Hots)
Ham & Cheese	(Ham, Provolone, Lettuce Tomato, Onion, Pickles, Mayo or Oil, Hots)
Tuna & Mayo or Oil	(Tuna, Mayo, Lettuce Tomato, Onion, Pickles, Mayo or Oil, Hots)
Chicken Caesar	(Grilled Marinated Chicken, Lettuce, Parmesan Cheese, Caesar Dressing, Red Onions)
Grilled Chicken Pesto	(Grilled Marinated Chicken, Lettuces, Pesto (Basil, Walnuts, Pinenuts, Romano Cheese, Olive Oil,))

**Soups:** Beef Stew.

**Salads:** Garden, Caesar, Greek, Chef, Antipasto, Baby Green & Goat Cheese, Della Casa.

**Dressing:** Golden Italian, Greek, Parmesan Peppercorn, Ranch, House Balsamic, Extra Virgin Olive Oil and/or Balsamic Vinegar. **(Warning! Blue Cheese Dressing has Gluten)**

**Appetizers:** Caprese Salad, Antipasto Veggies, Grilled Calamari Salad, Chick Pea & Mint Salad, Antipasto Della Casa, Shrimp Scampi or Shrimp Fra Diavolo or Shrimp Florentine.

**Pastas:** Brown Rice Rotini Pasta, Gluten Free Cheese Ravioli or Gluten Free Chicken & Kale Ravioli.

**Sauces:** Marinara Sauce, Pomodoro Sauce, Meat Sauce, Oil & Garlic, Wine Sauce, Lemon Garlic, Garlic/Butter/Wine, Sage/Butter/Wine, Alfredo Sauce, Alfredo Pesto, Alfredo Mushroom, Tomato Alfredo, Tomato Pesto, Tomato Mushroom, Tomato Oil & Garlic, Arrabbiata (Spicy), Alla Matriciana, Carrettiera, Puttanesca (All), Florentine, Pink Sauce, Carbonara, Baby Clam (Red or White)

**Side Dishes:** Sausage & Peppers, Grilled Chicken Parm, Grilled Chicken, Chicken Cacciatora, NorthEast Shrimp, (or Scallop, or Both) NorthEast Grilled Chicken, Chicken & Broccoli (All), Steamed Broccoli or Oil & Garlic, Shrimp Scampi or Fra Diavolo.