



Gluten Free MENU

WE TAKE ALL REASONABLE PRECAUTIONS TO AVOID ANY KIND OF CROSS-CONTAMINATION. HOWEVER, PLEASE BE AWARE THAT FLOUR AND GLUTEN PRODUCTS ARE PRESENT IN OUR KITCHENS, SO WHILE OUR PROCEDURES ARE SUFFICIENT FOR MOST PEOPLE WITH GLUTEN INTOLERANCE, WE RECOMMEND THAT THOSE WITH EXTREME GLUTEN ALLERGIES ORDER WITH CAUTION.

SALADS

STRAWBERRY CHICKEN SALAD 14.99

Spinach and arugula blend topped with sliced strawberries, bacon, crumbled bleu cheese, onions, and sliced grilled chicken

ITALIAN CHOPPED SALAD 14.99

Romaine, salami, capicola, ham, pepperoni, fresh mozzarella, artichokes, tomatoes, banana peppers, black olives, fresh basil, Italian dressing + balsamic drizzle

ARUGULA SALAD 9.99

Topped with capers, shaved parmesan, lemon and EVOO

SPINACH CHICKEN SALAD 14.99

Spinach, grilled chicken, fresh mozzarella, artichokes, mushrooms, tomatoes, & onions with fresh basil, Italian dressing + balsamic drizzle

COBB SALAD 14.99

Romaine, grilled chicken, crispy bacon, bleu cheese crumbles, tomatoes, black olives, hard-boiled egg, avocado ranch dressing

CAPRESE SALAD 10.99

Fresh mozzarella, tomato slices, fresh basil, balsamic glaze.

HOUSE GARDEN SALAD 8.99

Romaine, hard-boiled egg, tomatoes, black olives, onions, mozzarella + provolone cheeses (please specify no croutons)

GRILLED CHICKEN SALAD \$13.99

Romaine, hard-boiled egg, tomatoes, black olives, onions, mozzarella + provolone + cheddar cheeses, green peppers, grilled chicken (please specify no croutons)

Gluten Free Dressings: Blue Cheese, Buttermilk Ranch, Bistro Vinaigrette, Homemade Italian, Avocado Ranch, Sweet and Sour

STARTERS

PLEASE BE AWARE THAT OUR FOOD MAY COME INTO CONTACT WITH COMMON ALLERGENS, INCLUDING WHEAT/GLUTEN, AS WE USE SHARED COOKING EQUIPMENT AND FRYERS

CRISPY BRUSSEL SPROUTS 10.99

Herb-cruste, cooked in a shared fryer

BRUSCHETTA 14.99

Diced tomatoes, garlic, olive oil, white balsamic vinegar, and fresh basil, served with cauliflower crust breadsticks, topped with balsamic glaze

BUFFALO CHICKEN CHIPS 13.99

Our fresh cut chips topped with crumbled bleu cheese, diced grilled buffalo chicken, and green onions and drizzled with ranch and hot sauce, chips are cooked in a shared fryer

TRADITIONAL WINGS 14.99

8 JUMBO Wings with choice of sauce (cooked in a shared fryer):

Hot, Spicy BBQ, Cajun Dry Rub, Thai Sweet Heat, Classic BBQ, Garlic, Mild, Garlic Parmesan, Sweet BBQ

Add a side of Ranch or creamy Bleu cheese .79

ENTREES

CHICKEN CAPRESE 15.99

Grilled chicken topped with melted fresh mozzarella cheese, tomato slices, fresh basil & balsamic drizzle with choice of two sides

BAKED SALMON 22.99

Roasted salmon glazed with Thai chili sauce or florentine style with creamy garlic spinach sauce and diced tomatoes. Served with two sides

SAUSAGE BAKE 16.99

Two Italian sausage links topped with marinara and melted cheese, served with two sides

SAUSAGE ITALIANO BAKE 16.99

Sliced sausage, sauteed green peppers and onions, garlic, spicy marinara, and melted cheese, served with two sides

SIDES

**SIDES: HERB CRUSTED BRUSSEL SPROUTS, CRISPY POTATOES,
GARLIC BROCCOLI, FRENCH FRIES, CHIPS, SIDE SALAD
(Fried Items are cooked in a shared Fryer)**

PIZZAS

**ALL PIZZAS CAN BE MADE ON A 12" GLUTEN FREE CAULIFLOWER CRUST
(Meatball Pepperoni Parmesan Pizza contains gluten ingredients)**

****PLEASE MENTION TO YOUR SERVER UPON
ORDERING THAT YOU HAVE A GLUTEN SENSITIVITY
SO THAT THE KITCHEN CAN DO THEIR BEST TO
ACCOMODATE YOU**