



## GLUTEN FREE OPTIONS:

### STARTERS & SALAD

#### OVEN ROASTED GARLIC BULB PLATE

OVEN ROASTED.  
SERVED WITH GLUTEN FREE BREAD  
\$5.99

#### CAPRESE SALAD

SLICED TOMATOES, FRESH  
MOZZARELLA, AND  
BASIL LEAVES DRIZZLED W/ OIL AND  
BALSAMIC  
SERVED WITH TOASTED FLATBREAD  
\$14.99

#### FRESH BRUSCHETTA

\$7.99

#### ASSORTED MARINATED OLIVES

\$3.99

#### LOCAL MUSSELS

LOCAL MUSSELS IN OUR CLASSIC  
GARLIC BUTTER & WHITE WINE  
\$14.99

#### MUSHROOM CAP

GRILLED PORTABELLA  
MUSHROOM, TOPPED WITH FRESH  
SPINACH, BACON, ONIONS,  
PARMESAN CHEESE, AND  
BALSAMIC GLAZE  
\$9.99

### SANDWICHES 11AM-4PM

WE OFFER A GLUTEN FREE BUN +\$1  
MOST SANDWICHES CAN BE ALTERED TO BE GLUTEN FREE

### PIZZETTES

GLUTEN-FREE CRUST AVAILABLE +\$1

### LUNCH PASTA DISHES:

### 11AM-4PM

SUB OUT ANY PLAIN PASTA WITH GLUTEN-FREE PENNE

#### GLUTEN FREE CHICKEN & KALE RAVIOLI

TOPPED WITH ROASTED RED PEPPER PESTO AND MAINE FETA CHEESE  
\$11.99

#### CHICKEN PARMESAN

GLUTEN-FREE PENNE. HAND BREADED CHICKEN BREAST. BROILED MOZZARELLA & PARMESAN  
\$15.99

#### EGGPLANT PARMESAN

GLUTEN-FREE PENNE. HAND BREADED FRESH EGGPLANT. BROILED MOZZARELLA & PARMESAN  
\$14.99

## DINNER ENTRÉES

4PM-CLOSE

ALL ENTRÉES ARE HOUSE SALAD WITH HOUSE MADE BALSAMIC VINAIGRETTE

TOASTED FLATBREAD WITH GARLIC OIL +\$1

ADD TO ANY ENTRÉE:

CHICKEN \$6  
LOBSTER \$MRK

SHRIMP \$9  
SALMON \$MRK

SAUSAGE \$9

CRISPY PROSCIUTTO \$6

### CHICKEN PARMESAN

GLUTEN-FREE PENNE. GRILLED CHICKEN BREAST. BROILED MOSSERELLA & PARMESAEN  
\$20.99

### EGGPLANT PARMESAN

GLUTEN-FREE PENNE. GRILLED FRESH EGGPLANT. BROILED MOSSERELLA & PARMESAEN  
\$19.99

### GLUTEN FREE CHICKEN & KALE RAVIOLI

TOPPED WITH ROASTED RED PEPPER PESTO AND MAINE FETA CHEESE  
\$18.99

### STEAK

PAN SEARED BEEF TENDERLOIN MEDALIONS SERVED WITH TODAY'S POTATO AND VEGETABLE  
\$36.99

MAKE IT A SURF & TURF!

ADD LOBSTER OR SALMON \$MRK

ADD SHRIMP \$9

### SALMON

GRILLED SALMON OVER GLUTEBN FREE PENNE  
TOSSED IN PESTO, OLIVES, TOMATO, FETA & BALSAMIC GLAZE  
\$MKT

### SURF & TURF

PAN SEARED BEEF TENDERLOIN MEDALIONS WITH SAUTEED LOBSTER IN GARLIC BUTTER  
SERVED WITH TODAY'S POTATO AND VEGETABLE  
\$MRK

### DESSERT:

GLUTEN FREE AMAZING CHOCOLATE CAKE  
\$6.99