

# GLUTEN FREE MENU

## TAPAS \$19.75

<del>Coco Shrimp</del> : Spiced beer & coconut fried shrimp, Vietnamese Nuoc Cham sauce.	-
<b>Voodoo Shrimp (spicy)</b> : Blackened jumbo prawns, roasted garlic, hot 'voodoo' mustard sauce (contains wheat flour). Ask server for sauce substitutions.	<b>GF</b> = Remove 'voodoo' mustard sauce
<b>Lumpia Diavolo</b> : GF Fried* rice paper spring rolls stuffed with blackened chicken, feta cheese & red cabbage, served with cambazola cream sauce & papaya habanero salsa.	<b>GF</b> *Trace gluten in fryer
<del>Brie al Forno</del> : Spiced pistachio+pecan crusted baked Brie, phyllo jacket, honey basil, fruit coulis.	-
<b>Jerk Satay (spicy)</b> : Bamboo skewered jerk marinated chicken, mango chutney, apple butter sriracha.	<b>GF</b> ✓
<b>Paneer Mumbai</b> : Indian spiced paneer cheese simmered in vegetable ragu with peppers, pickled onion, lime crema, <del>naan bread</del> . \$21	<b>GF</b> = Remove bread

## MOLTO GUSTO

<b>Rigatoni Bolognese</b> : Mezzi rigatoni (GF pasta options vary) tossed in Italian meat sauce, white curd, Romano cheese, green onion. \$27	<b>GF</b> = Sub GF pasta
<b>Pickarel Zenzero</b> : Pan roasted pickarel, soy sautéed baby bok choy, spicy ginger glaze, GF fried*rice cake. *Fryer oil contains traces of gluten. Substitute potatoes or veg. \$28	<b>GF</b> *Trace gluten in fryer
<del>Milanese Bocca</del> : Breaded chicken scaloppini, smoked mozzarella, prosciutto, roasted potatoes, Calabrese cream sauce. \$32	-
<b>Maiale e Gnocchi</b> : Blackened Pork tenderloin, <del>potato dumpling pasta</del> , arugula pecan pesto cream sauce, spiced maple glaze. \$32 (GF pasta options vary)	<b>GF</b> = Sub GF pasta
<b>Pasta New Orleans</b> : Blackened chicken breast scaloppini, mushrooms, linguine, shallot Dijon cream sauce. \$32 (GF pasta options vary)	<b>GF</b> = Sub GF pasta
<b>Poulet Baton Rouge</b> : Blackened chicken breast scaloppini, GF fried*potato cake, shallot Dijon cream sauce. *Fryer oil contains traces of gluten. \$32	<b>GF</b> = Sub roasted potatoes
<b>Kai Mekong</b> : Coconut poached chicken breast, cashew curry sauce, GF fried*rice cake. *Fryer oil contains traces of gluten. Substitute roasted potatoes or veg. \$30	<b>GF</b> *Trace gluten in fryer
<b>Insalate Carne</b> : Sliced hanger steak, roasted potatoes, tomatoes, Fior di Latte cheese, arugula, Romano cheese, salsa chimichurri. \$34	<b>GF</b> ✓

## INSALATE

<b>Add Chicken or Shrimp to salad</b> : Grilled lemon chicken breast or jumbo shrimp in shell. (Make it blackened = medium spice. Half-blackened = mild spice.) \$9.50	<b>GF</b> ✓
<b>Caesar Salad</b> : Traditional with Romano cheese and <del>authentic croutons</del> . \$16.50	<b>GF</b> = Remove croutons
<b>Insalate Verde</b> : Crisp greens, red peppers, cucumbers, red onion, olives. Choice of balsamic vinaigrette or Romeo red wine vinaigrette with garlic and herbs. \$14.50	<b>GF</b> ✓
<del>Panzanella</del> : Italian bread salad; tomatoes, cucumber, peppers, olives, red online, basil, feta, vinaigrette 'aglio e olio', balsamic drizzle. \$18	-
<b>Mandarin Mixed Nut Salad</b> : Fresh greens, baby oranges, pine nuts, toasted almonds, sesame seeds, ginger garlic vinaigrette. \$19.50	<b>GF</b> ✓
<b>Melo Serena Salad</b> : Mixed greens, apple vinaigrette, spiced pecans, goat cheese, fresh apple. \$19.50	<b>GF</b> ✓
<b>Barbabietole Brillanti</b> : Herb roasted beets, baby arugula, goat cheese, hazelnuts, extra virgin olive oil, balsamic drizzle, lemon. \$19.50	<b>GF</b> ✓
<b>Insalata Estate</b> : Blackened chicken breast, roasted potatoes, artichokes, lemon chili garlic vinaigrette, mixed greens, maple mustard seed sauce. \$23	<b>GF</b> ✓

## PIZZA & TRAMEZZINO (SANDWICH)

## DESSERT

<b>Chocolate Strawberry 'Lasagna'</b> : Chocolate mousse, fresh strawberries, dark chocolate sauce, white chocolate sauce, <del>candied phyllo wafers</del> .	<b>GF</b> = Remove phyllo
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Please inform your server of your allergies and sensitives so that we may best accommodate you.

Wooden Heads May 2024