

# CARMELA'S

ITALIAN RESTAURANT & LOUNGE

## Gluten Free Menu

### AT THE BAR

Red Bridge Beer | Angry Orchard | Tito's Vodka | Chopin Vodka | White Claw Seltzers

### STARTERS

#### Garden Salad

Peppers | Cucumber | Red Onion | Tomato | Banana Pepper | Olive

#### Mozzarella Caprese

Fresh Mozzarella | Tomato | Basil | Balsamic

#### Antipasto

Garden Salad | Roasted Red Peppers | Italian Meats  
Mozzarella Cheese | House Italian

#### Beet Salad

Arugula | Roasted Beets | Goat Cheese | Strawberries  
Walnuts | House Vinaigrette

#### Mussels Scampi

PEI Mussels | White Wine | Lemon | Garlic Butter

#### Enhance Your Meal - Add Ons

Chicken | Tuna | Shrimp | Salmon | Anchovy

#### Dressing Choices

Buttermilk Ranch | Apple Cider Vinaigrette | Bleu Cheese | House Italian | Oil & Vinegar

### ENTRÉES

#### Gluten Free Burger

Cheese | Lettuce | Tomato | Onion | Mashed Potato

#### Cheese Pizza

Cauliflower Pizza Crust

Toppings: Mushrooms | Peppers | Onions | Roasted Red Peppers | Eggplant | Garlic | Black Olives | Sausage | Goat Cheese

#### Chicken Parmagiana

Pan Fried | Red Sauce | Mozzarella Cheese | Gluten Free Penne

#### Chicken Broccoli Penne

Broccolil | Garlic | White Wine Butter or Alfredo | Gluten Free Penne

#### Chicken Giovanni

Tomato | Fresh Mozzarella | Romano Cheese | Gluten Free Penne

#### Grilled Salmon

Seasoned Atlantic Salmon | Mashed Potatol Seasonal Vegetables

#### Haddock Florentine

White Wine | Mushrooms | Tomato | Spinach | Mozzarella

#### Shrimp Scampi

White Wine | Garlic Butter | Diced Tomatoes | Scallions | Gluten Free Penne

#### Seafood Scampi

Shrimp | Calamari | Mussels | White Wine | Garlic Butter | Diced Tomatoes | Scallions | Gluten Free Penne

#### Shrimp & Scallop Risotto

Cherry Tomatoes | Scallions | Gluten Free Newburg Sauce

#### Pasta Bolognese

Minced Beef | Pork | Tomato | Onion | Hint of Cream | Red Sauce

#### Sausage & Broccoli Rabe

Italian Sausage | Broccoli Rabe | Garlic & Oil | Gluten Free Penne | Hot Pepper Flakes

#### New York Sirloin

Seasoned Sirloin | Potato | Vegetables

#### Grilled Pork Chop

Bone-in | Vinegar Peppers | Potato | Vegetables