

GLUTEN FREE MENU

Because all menu items at Romeo's are made fresh and to order, many items can be made gluten free by excluding those items that contain gluten.

When ordering, please advise your server of your particular allergies and they will be able to help you decide.



APPETIZERS: Order any one of the following with corn chips in place of bread and/or pita: **Buffalo Chicken Spread** **Mussels In Shell** • **Beans and Greens** • **Dolma** • **Burrata** **Tuscan Hummus** • **Bruschetta**.

SOUPS: Order without bread and croutons. Our signature **Red Lentil Soup** is not only extremely healthy and low in calories, it is also **Gluten Free and Vegan!** Many of our soups of the day are as well – please consult with your server.

SALADS: All **Salads** can be made gluten free – just ask for no fries, no croutons, and no pizza slice. Order with one of these homemade gluten-free dressings – **Balsamic Vinaigrette** • **Turkish Limon** • **Italian**.

ENTRÉE'S: Order with Steamed Broccoli instead of Bulgur. \$2 extra – **Chicken Shish Kebab** • **Romeo's Chicken Breast** **Grilled Salmon** • **Baked Fish Dinner** • **NY Strip Steak**.

PASTAS: Order any of the following pasta without pizza slice and entree will be served with gluten free spaghetti or penne pasta made with rice flour. \$2 extra – **Chicken Basil Pesto** **Shrimp Italiano** • **Lenny's Fettuccine Alfredo** • **Pasta Insalata** **Baked Penne** • **Chicken and Broccoli**.

SANDWICHES: Following sandwiches will be baked in a casserole without bread and served with potato chips. **Alexia's Favorite** • **Steak** • **Grilled Chicken** • **Ham and Swiss** **Italian** • **Roasted Eggplant** • **Portabella** • **Mrs. K's** • **Club** **Pesto Turkey**.

BURGERS: Order burgers without a bun with potato chips. Choose from **Cheeseburger** • **Mushroom Swiss** • **Farm Burger** **Bacon Cheeseburger**.

At Romeo's we strive to meet your dietary goals. We are confident our recipes can predominantly meet your goals, given the migration of ingredients in a commercial kitchen, some degree of "cross-contamination," although minimal, may occur and we disclaim any claim that a product or menu item is 100% gluten free.

