



GLUTEN FREE MENU

ANTIPASTI / STARTERS

Il Tagliere Assorted cured meats, cheeses & Olives 19

Cavolini Fried Brussel sprouts, pancetta, parmesan &
truffle aioli 8

ZUPPE E INSALATE / SOUP & SALAD

Caesar Harvest greens with Caesar dressing,
& Parmigiano Reggiano 10

Tuna Salad Spring mix, cherry tomato, celery,
tuna, egg & balsamic dressing 13

Caprese Fresh Mozzarella, tomatoes,
basil, & Balsamic 9

Mari e Monti Spring mix, shrimp, mushrooms, red bell
pepper, & a lemon dressing 13

Fresh Fruit Salad Apple, blueberry, strawberry, red
pineapple, banana, whipped cream & Fresh
spearmint 8

PRIMI PIATTI / FIRST PLATES

Risotto di Mare Rice, mussels, clams, calamari, shrimp, garlic oil, and white wine 16

SECONDI PIATTI / SECOND PLATES

Tagliata w/ Arugula Round Top Steak, arugula, grana padana, served with a tomato red onion salad 20

Grilled Chicken & Peperonata Grilled chicken breast served with roasted bell peppers & balsamic reduction 16

Bacon Pork Filet Pan roasted pork tenderloin wrapped in bacon, red wine caramelized onions, served w/ oven roasted potatoes 18

Potato Crusted Snapper Baked snapper wrapped in potato slices, served with grilled pineapple & a cherry tomato arugula salad 26

Pollo al Mattone Pan roasted chicken, served with oven roasted potatoes & spring mix 19

CONTORNI / SIDE DISHES

Roasted potatoes 4

Fried Brussels Sprouts 4

Oven Roasted Vegetables 6

French Fries 4

Peperonata 6

At +39 our staff takes all reasonable measures to identify all possible forms of gluten in the food we serve. In order to provide an easier ordering experience, we provide this information to you to be used for educational purposes only. This information should in no way be taken as medical advice.

While our kitchen staff will surely meet any reasonable request, we cannot guarantee that our food will be free from all allergens and thus disclaim all responsibility for any individual reactions that may occur. Thank you for coming and Buon Appetito!