

# GLUTEN FREE MENU

Please note that Lombardi's cannot offer specific advice about gluten or guarantee that cross-contamination has not occurred as our kitchens produce food products that contain gluten. Please read back of menu for more information.



## LOMBARDI'S neighborhood italian

Always the best local ingredients. Soups, sauces, stocks, dressing and desserts all made in our kitchen.

### SMALL PLATES & SALADS

<b>Calabrese Steamed Clams</b> 11	<b>Seared Ahi Carpaccio</b> 9
<i>*Fresh clams steamed in garlic white wine, lemon, butter with Calabrese sausage</i>	<i>*Thinly sliced yellowfin tuna (Sashimi grade) with arugula and extra virgin olive oil</i>
<b>Tuscan Garlic Prawns</b> 8	<b>Angelica delle Morte</b> 7
<i>Sautéed spicy garlic tiger prawns over white beans, tomato and white wine</i>	<i>Homemade cheese laced with garlic and black pepper with gluten free crackers</i>

#### Bruschetta Sampler

with crostini, choice of toppings  
two - 6 three - 8 four - 10

bruschetta served with gluten free crackers

**Crab & Shrimp Salad**    **Olive Tapenade**  
**Siena Tomato Salsa**    **White Bean Salad**  
**Goat Cheese**

<b>Caprese Toscano</b> 8	<b>Traditional Caprese</b> 6
<i>Traditional style layered with prosciutto</i>	<i>with fresh mozzarella, sliced tomatoes, fresh basil, extra virgin olive oil, grey salt</i>
<b>Roasted Garlic Caesar</b> 4 / 8	<b>Arugula Italian Salad</b> 5.5 / 9.5
<i>Whole leaf romaine hearts, Lombardi's caesar dressing, croutons and grated parmesan cheese</i>	<i>Arugula, seasonal greens, white balsamic vinaigrette, gorgonzola cheese, red onion, tomatoes, walnuts and dried cranberries</i>
<b>add grilled chicken</b> 3	<b>Grilled Steak Salad</b> 15
<b>*add grilled salmon</b> 5	<i>*Grilled 5 oz flat iron steak over crisp greens, white balsamic vinaigrette, fresh roma tomatoes</i>
<b>Seafood Caesar</b> 15	
<i>Bay shrimp, Dungeness crab and smoked salmon on our house caesar</i>	

### MEAT & SEAFOOD

Sautéed items dusted with gluten free flour

Ask your server about availability, served with potatoes or, if available, polenta or risotto.

with a small Caesar or Mixed Greens ... 3

<b>Chicken Saltimbocca</b> 17	<b>Tuscan Rack of Lamb</b> 22
<i>Boneless breast of chicken with prosciutto, fontina cheese, sage and roasted garlic puree</i>	<i>*Four chop petite rack of New Zealand lamb with a mint balsamic reduction, mashed potatoes and fresh vegetables</i>
<b>Chicken Parmigiano</b> 15	<b>Pan Seared Fresh Halibut</b> 19
<i>chicken medallions, fresh tomato sauce, Italian cheeses, fettuccine</i>	<i>With a cherry tomato and Italian parsley compote, white wine risotto and apple carrot slaw</i>
<b>Chicken Marsala</b> 15	<b>Wild Northwest Salmon</b> 19
<i>Chicken breast medallions with a rich Marsala wine and mushroom sauce, fettuccine</i>	<i>*Simply grilled with extra virgin olive oil and sea salt, with mashed potatoes</i>
<b>Veal Marsala</b> 20	<b>Grilled Ahi Steak</b> 19
<i>Scaloppine with a rich Marsala wine and mushroom sauce and fettuccine</i>	<i>*With blood orange beurre blanc and risotto cakes</i>
<b>Veal Picatta</b> 20	<b>Beef Tenderloin Medallion</b> 24
<i>Scaloppine with capers, lemon juice and white wine fettuccine</i>	<i>*6 oz beef tenderloin wrapped in pancetta, with mashed potatoes</i>

**Lombardi's offers this Gluten Free Menu based on the following understanding of a Gluten free diet. Please note that Lombardi's cannot offer specific advice about Gluten or guarantee that cross-contamination has not occurred as our kitchens produce food that contain Gluten. We recommend that the individual should discuss these matters with their medical or dietetic advisors.**

Gluten is the protein part of wheat, rye, barley, and other related grains. Some people cannot tolerate gluten when it comes in contact with the small intestine. This condition is known as celiac disease. There is also evidence that a skin disorder called dermatitis herpetiformis is associated with gluten intolerance. In people with celiac disease, gluten injures the lining of the small intestine. When people totally eliminate gluten from the diet, the lining of the intestine has a chance to heal.

Removing gluten from the diet is not easy. Grains are used in the preparation of many foods. It is often hard to tell by an ingredient's name what may be in it, so it is easy to eat gluten without even knowing it. However, staying on a strict gluten-free diet can dramatically improve the person's condition. Since it is necessary to remain on the gluten-free diet throughout life, it would be helpful to review any diet with a registered dietitian.

\* Do not eat anything that contains the following grains: wheat, rye, and barley.

\* The following can be eaten in any amount: corn, potato, rice, soybeans, tapioca, arrowroot, carob, buckwheat, millet, amaranth and quinoa.

\* Distilled red and white wine and balsamic vinegars are gluten-free.

\* Malt vinegar does contain gluten.

Grains are used in the processing of many ingredients, so it will be necessary to seek out hidden gluten.

The following terms found in food labels may mean that there is gluten in the product.

\* Hydrolyzed Vegetable Protein (HVP), unless made from soy or corn

\* Flour or Cereal products, unless made with pure rice flour, corn flour, potato flour, or soy flour

\* Vegetable Protein unless made from soy or corn

\* Malt or Malt Flavoring unless derived from corn

\* Modified Starch or Modified Food Starch unless arrowroot, corn, potato, tapioca, waxy maize, or maize is used

\* Vegetable Gum unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum arabic, gum aracia, gum tragacanth, xanthan gum, or vegetable starch

\* Soy Sauce or Soy Sauce Solids unless you know they do not contain wheat

Any of the following words on food labels usually means that a grain containing gluten has been used

\* stabilizer

\* starch

\* flavoring

\* emulsifier

\* hydrolyzed plant protein

## **Alcoholic beverages**

Most specialists now consider all distilled forms of alcohol safe to drink, provided no colorings or other additives have been added as these ingredients may contain gluten. Although Straight Bourbon is made from maize and wheat, rye or barley, the gluten in these grains is removed by the process of distillation. Whiskey on the other hand will likely contain gluten as the malted barley or rye is often added after the grain mash has been distilled.

Spirits made without any grain such as wine, sherry, port, cider, rum, tequila and vermouth do not contain gluten. Liqueurs and pre-mixed drinks should be examined carefully for gluten-derived ingredients. Almost all beers are brewed with malted barley or wheat and will contain gluten.