



ITALIAN TABLE

GLUTEN FREE LUNCH MENU

APPETIZERS

HOUSE-MADE CHICKEN ORZO SOUP
Cup 5.99, Bowl 7.99 **no orzo**

JUMBO SHRIMP COCKTAIL (4) 13.99
Served with house-made cocktail sauce
1/2 Dozen 19.99, Dozen 38.99

SINGLE MEATBALL & MARINARA 6.99
Ricotta salata and micro basil

P.L.T. & MOZZARELLA 19.99
A tower of fresh prosciutto, lobster meat, tomato,
fresh mozzarella, basil and balsamic reduction

CLAMS CASINO 16.99

FRIED CALAMARI 15.99
Cherry peppers, lemon, marinara sauce

SAUSAGE & RICOTTA STUFFED PEPPERS 13.99
Sweet Italian sausage and creamy ricotta cheese
stuffed in Peppadew peppers. Oven roasted in
our housemade marinara served with grilled bread
no grilled bread

ROASTED PORK BELLY 14.99
sumac dry rub, carrot purée and cherry reduction

BOLOGNESE ARANCINI 12.99
Fried risotto balls with bolognese stuffing

CRISPY PORK MEATBALLS 13.99
Agrodolce apricot glaze

PAN FRIED FRESH MOZZARELLA 12.99
Served with marinara sauce

FRIED BRUSSELS SPROUTS 13.99
Deep fried until crispy, tossed with Parmesan cheese and
crispy prosciutto, served with sundried tomato aioli

TRUFFLE FRITES WITH PARMIGIANO 12.99
Thin cut fries with fresh Parmesan and truffle oil

PAN SEARED OCTOPUS & SAUSAGE 16.99
Marinated octopus prepared sous vide, served
with herb polenta, Italian sausage, sweet and
spicy peppers, and arugula

PROSCIUTTO WRAPPED MOZZARELLA 12.99
Pan seared, drizzled with balsamic reduction

HOUSE-MADE RICOTTA 13.99
Grilled crostini and local honey
no crostini, substitute cucumber slices

ITALIAN MEAT & CHEESE BOARD 25.99
Prosciutto di Parma, salami, bresaola, gorgonzola dolce,
pepperoncini cheese, truffle goat cheese, honeycomb,
giardiniera, whole grain mustard sauce and grilled bread
no crostini, substitute cucumber slices

GLUTEN-FREE PIZZA

CHICKEN & BACON 19.99
White pizza with mozzarella, provolone,
and asiago, with sliced cherry peppers

HEIRLOOM TOMATO MARGHERITA 19.99
Fresh mozzarella cheese, garlic oil, micro basil

CHICKEN CAESAR SALAD 19.99
Tomato, mozzarella, provolone

FIG & PROSCIUTTO 19.99
Eggplant, asiago, arugula, aged balsamic

MEATBALL & SAUSAGE 19.99
Peppadew peppers, marinated tomatoes, fresh ricotta,
Parmesan cheese and parsley oil

SALADS

The following items can be added to the salads below
Pan-Seared Chicken 7 | Pan-Seared Shrimp 8 |
Pan-Seared Salmon 9 | Pan-Seared Sirloin Steak 15

INSALATA MISTA 7.99
Mixed greens, house vinaigrette

GRILLED CAESAR SALAD 10.99
Seasoned Tuscan bread croutons
not grilled, no croutons

BURRATA CAPRESE SALAD 13.99
Fresh burrata mozzarella, heirloom tomato, basil,
herb oil, and balsamic reduction

SPINACH AND GRAPE SALAD 10.99
Gorgonzola cheese and walnuts
with a black pepper honey vinaigrette

GRILLED SALMON SALAD 19.99
Grilled North Atlantic salmon over baby arugula,
cubed mozzarella, grape tomatoes, pesto vinaigrette,
balsamic reduction **not grilled, pan-seared**

SHRIMP & BEAN SALAD 16.99
Sautéed shrimp, arugula topped with cannellini beans,
served warm with lemon vinaigrette

CHICKEN PANZANELLA 17.99
Grilled chicken breast with buttery croutons tossed
with mixed greens, radicchio, shaved Brussels sprouts,
apples, and pickled red onions with grilled lemon
vinaigrette **chicken not grilled, no croutons**

STEAK SALAD 21.99
Grilled New York sirloin sliced and served on mixed greens,
radicchio, shaved Brussels sprouts, toasted spicy pecans,
blue cheese crumbles, and beets, with balsamic vinaigrette
not grilled

VIA CHOPPED ANTIPASTO SALAD 17.99
Diced salami, ham, chicken, provolone, red peppers, feta,
celery, black olives, capers, tomato, red onion, Dijon vinaigrette

VIA LUNCH CLASSICS

CHICKEN MARSALA 16.99
Sautéed chicken breast, prosciutto, mushrooms, and peas
with orrechiette pasta and feta cheese **gluten free pasta**

SHRIMP SCAMPI 16.99
Pan seared shrimp tossed with grape tomatoes,
parsley, and a lemon white wine butter sauce
served over spaghetti **gluten free pasta**

SHRIMP RISOTTO 16.99
Pan seared shrimp with spinach, red onion,
diced tomatoes, and cannellini beans, served over a tomato
and basil risotto topped with crispy prosciutto

EGGPLANT PARMESAN 16.99
Hand-breaded Italian eggplant stacked with mozzarella,
provolone and marinara, served with mezzi rigatoni
gluten free pasta

PAPPARDELLE BOLOGNESE 16.99
Rich meat sauce of beef, pork, sausage, a touch of
tomato paste and cream **gluten free pasta**

SALMON LIVORNESE 17.99
Pan roasted North Atlantic salmon with stewed tomatoes,
red onion, kalamata olives, and capers served over herbed
romano polenta and arugula

TUSCAN HERB & CRUMB CRUSTED HADDOCK 17.99
Baked, served with roasted potatoes and asparagus
no crumbs

PASTA & SAUCE 14.99
Gluten-Free pasta with your choice of sauce:
Alfredo | Marinara | Basil Pesto | Vodka Sauce

Indicates the modifications to make an item Gluten Free

VIA

ITALIAN TABLE

GLUTEN FREE DINNER MENU

All dinner entrees include an Insalata Mista or a Cup of Chicken Orzo Soup **no orzo**

For an additional charge of \$7 you may substitute a Grilled Caesar **not grilled**, Spinach & Grape, or Burrata Caprese Salad

SALADS

INSALATA MISTA 7.99

Mixed greens, house vinaigrette

GRILLED CAESAR SALAD 10.99

Seasoned Tuscan bread croutons

no croutons, not grilled

BURRATA CAPRESE SALAD 13.99

Fresh burrata mozzarella, heirloom tomato, basil, herb oil, and balsamic reduction

SPINACH AND GRAPE SALAD 10.99

Gorgonzola cheese and walnuts with a black pepper and honey vinaigrette

BEEF, PORK & VEAL

FILET MIGNON 47.99

8 oz. filet over roasted garlic and Parmesan mashed potatoes, roasted asparagus, topped with a red wine-mushroom demi glace and bleu cheese crumbles

BERKSHIRE PORK OSSO BUCO 33.99

Braised for hours until fall off the bone tender, served with garlic-herb and taleggio polenta, with a mushroom demi-glace

BERKSHIRE PORK CHOP 37.99

One pound, grilled Berkshire pork chop, served over cheesy potato gratin and braised red cabbage, with apple cider gastrique **not grilled**

GRILLED VEAL CHOP 39.99

One pound grain fed veal chop served over wild mushroom risotto, topped with a Gorgonzola dolce compound butter **not grilled**

HOUSE PASTAS

MUSHROOM FIORI 29.99

Fiori pasta tossed in a herbed wild mushroom cream sauce, smoked honey, porcini mushroom powder and parmesan cheese **gluten free pasta**

MEZZI RIGATONI WITH ROASTED CHICKEN 34.99

Pulled roasted chicken, wild mushrooms, peas, pesto, shallots, tomato, and prosciutto in herbed Parmesan cream **gluten free pasta**

SHRIMP SCAMPI 29.99

Pan seared shrimp tossed with grape tomatoes, parsley, and garlic in a white wine lemon butter sauce, served over spaghetti **gluten free pasta**

SEAFOOD FRA DIAVOLO 35.99

Sautéed shrimp, scallops, and lobster tossed with orecchiette pasta in a spicy red sauce **gluten free pasta**

PAPPARDELLE BOLOGNESE 29.99

A rich meat sauce of beef, pork, sausage, pancetta, a touch of tomato and cream **gluten free pasta**

PASTA & SAUCE 24.99 **gluten free pasta**

Choice of Sauce: Alfredo, Marinara, Pesto, Vodka

EARLY DINING MENU \$19.99

CHICKEN MARSALA

Sautéed chicken breast, prosciutto, mushrooms, and peas with spaghetti pasta and feta cheese

gluten free pasta

SHRIMP SCAMPI

Pan seared shrimp tossed with grape tomatoes, parsley, and garlic in a white wine lemon-butter sauce, served over spaghetti **gluten free pasta**

SPAGHETTI & MEATBALL

On spaghetti marinara, with ricotta salata and micro basil

gluten free pasta

First Course Not Included

No substitutions ~ No split entrees

Dine in only, not available for take out

Available Monday-Thursday 11:30 am - 6:00 pm

VIA ITALIAN CLASSICS

SURF, TURF, AND PASTA 45.99

Lobster tail with lemon basil sauce, grilled New York sirloin over asparagus, garnished with mushroom duxelles and demi sauce, and pappardelle bolognese

gluten free pasta

CHICKEN PICCATA 29.99

Sautéed boneless chicken breast, white wine lemon caper butter sauce, spaghetti and roasted tomatoes

gluten free pasta

CHICKEN PARMESAN 29.99

Lightly breaded, sautéed chicken breast served over spaghetti with marinara, melted mozzarella, provolone, and Parmesan cheese **gluten free pasta**

EGGPLANT PARMESAN 29.99

Crisp slices of hand-breaded Italian eggplant stacked with mozzarella, provolone and marinara, then baked in casserole with mezz rigatoni **gluten free pasta**

RAGU OF ITALIAN MEATS 36.99

Slowly roasted pork, meatball, beef, chicken, and sausage in marinara over mezz rigatoni

gluten free pasta

SEAFOOD ENTRÉES

LOBSTER RISOTTO 38.99

Sautéed lobster meat with seasoned Roma tomatoes, smokey bacon and local basil over a creamy chopped spinach and romano risotto

TUSCAN HERB & CRUMB CRUSTED HADDOCK 32.99

Baked, served with roasted potatoes and asparagus

no crumbs

SALMON CALABRIA 34.99

Fresh baked North Atlantic Salmon with a Calabrian chili-honey glaze, served over fregola with cauliflower and sundried tomatoes

no fregola substitute roasted potatoes

DESSERT

3 SCOOPS HOUSE MADE GELATI & SORBETTI 10.99

Vanilla Gelato, Strawberry Gelato, Chocolate Gelato, Pistachio Gelato, Blackberry Gelato, Coconut Gelato, Salted Caramel Gelato, Peanut Butter Chocolate Chip Gelato, Blood Orange Sorbetto, Limoncello Sorbetto

CHOCOLATE TORTA 11.99

Flourless chocolate torta served with raspberry sauce and fresh raspberries

CANNOLI DUO 7.99

Traditional vanilla cannoli garnished with chocolate chips and powdered sugar