

This menu and the information on it are provided by Carrabba's Italian Grill, in cooperation with the Gluten intolerance Group ("GIG"), as a service to our customers. Carrabba's and GIG assume no responsibility for its use and any resulting liability or consequential damages are denied. Cynthia Kupper, a Registered Dietitian with GIG, prepared this information (which has not been verified by Carrabba's.) Our management teams and service staff are not trained on the intricacies of Celiac Disease or gluten intolerance and cannot be expected to provide recommendations or other advice on this issue. All questions and requests for recommendations should be directed to GIG or the Carrabba's corporate office. Patrons are encouraged to consider the information provided, to their own satisfaction, in light of their individual needs and requirements.



Gluten-Free Menu

Antipasti

Request no garlic toast

Shrimp Scampi *Shrimp sautéed with garlic, white wine, herbs and lemon butter, served with garlic toast for dipping*

Cozze in Bianco *Fresh mussels steamed in white wine, basil, lemon butter and Pernod*

Zuppe & Insalate

Request no pasta added

Soup of the Day

Mama Mandola's Sicilian Chicken Soup *Mama Mandola's very own spicy chicken soup that has soothed the family for generations*

Fish Chowder *Spicy, Tuscan-style fish chowder*

ALL SALADS:

Request no croutons and to be mixed in a fresh bowl

House, Italian or Caesar Salad

Insalata Fiorucci *Mixed field greens tossed with marinated artichoke hearts, roasted red bell peppers and grilled eggplant in vinaigrette, topped with a hazelnut goat cheese medallion*

ALL GRILLED

CHICKEN & SEAFOOD

ON SALADS:

Request to be made without grill baste

Insalata Carrabba *Mixed field greens tossed with mozzarella and romano cheese, kalamata olives, tomatoes, carrots, celery and red onions in vinaigrette, topped with grilled chicken*

Insalata Carrabba Caesar *Carrabba's caesar salad topped with grilled chicken or shrimp and parmesan cheese*

Insalata Johnny Rocco *Mixed field greens with grilled shrimp and scallops roasted red bell peppers, kalamata olives and ricotta salata cheese in vinaigrette*

Many of our meats are cooked on the same grill. We do not have a gluten-free grill.

ALL GRILL ITEMS:

Request to be made without grill baste

From The Grill

All grilled dishes are cooked over our wood-burning grill and are served with your choice of garlic mashed potatoes or the vegetable of the day.

Grilled Salmon** *Always fresh, grilled and finished with the Chef's sauce of day*

Gluten-free fish sauces: *Bellimbusto, Citriolini, Denisco, Ferre, Lemon Butter, Tri-Bell Pepper, Livornese, Mostarda, Nocciola, Nino, Positano, Roasted Tomato, Salsa di Pepperoni, Salsa Verde, Sundried Tomato Pesto, Tomato Basil Vinaigrette*

Chicken Bryan *Grilled chicken breast topped with goat cheese, sundried tomatoes and a basil lemon butter sauce*

Chicken Marsala *Grilled chicken breast topped with mushrooms, prosciutto and our Lombardo Marsala wine sauce*

Pollo Rosa Maria *Grilled chicken breast stuffed with fontina cheese and prosciutto, topped with mushrooms and a basil lemon butter sauce*

Sirloin Marsala** *10 oz. USDA Choice center-cut sirloin grilled and topped with mushrooms, prosciutto and our Lombardo Marsala wine sauce*

The following entrees are served with your choice of two side dishes.

Chicken Gratella *Grilled chicken breast basted with olive oil and herbs*

Filet Fiorentina** *8 oz. USDA Choice center-cut tenderloin perfectly seasoned and grilled*

Dolci

John Cole *Blue Bell vanilla ice cream with caramel sauce and roasted cinnamon rum pecans*

**Cooked to order. Consuming raw or undercooked meats may increase your risk of foodborne illness, especially if you have a medical condition.