

## Anthony's \*Gluten-Friendly Suggestions

\*The items listed below are made gluten-friendly to the best of our ability. Please note that we are a scratch-based concept and cross-contamination with allergens could occur in the preparation process. We recommend you review the list of suggested menu items with a medical professional prior to consumption. Always let our server know when you are ordering Gluten free so we may alert the kitchen staff to your needs.

**Please note:** As we do not offer either Gluten free pasta or Gluten free breads, our policy is as such, "if we don't have it, you can bring it in". We would be happy to heat your pasta or rice from home for you so you may enjoy one of our sauces, or to allow you to bring in rolls or bread to enjoy with your meal, as well.

If you have any questions, please speak to either Wendy or Brittany.

### **Appetizers:**

Antipasto with all meats and cheeses, veggies, (use only oil and vinegar, Ranch, Bleu Cheese or Thousand Island) – our antipasto is not served with croutons.

Side of Sausage with tomato sauce, or baked with cheese

### **Salads:**

Large or small tossed salads, NO CROUTONS

### **Gluten free dressings and dipping sauces:**

Oil and Vinegar, Ranch, Bleu cheese, Thousand Island, Wing Sauce, BBQ Sauce

### **Gluten free salad toppings:**

Chicken Spiedies -we make our own spiedie sauce which IS gluten free. If you are highly gluten sensitive or have Celiac Disease, ask to have your meat cooked in a separate pan to avoid contact with trace gluten contact on the grill.

Do NOT order our Grilled Marinated chicken- there is a trace of wheat gluten in our marinade

Shredded steak, cooked in a separate pan if you are highly sensitive or have Celiac Disease.

Ham, turkey, salami, bacon, mozzarella, cheddar, american cheese, provolone cheese, swiss cheese, crumbly bleu cheese, fresh spinach, fresh mushrooms, green peppers, hot peppers, jalepeno pepper, sweet peppers, giardinera.

### **Dinner Entrees**

Chicken Scampi

Chicken Marsala \*\*without the flour dredge

Chicken Scallopini \*\*without the flour dredge

Chicken Parmigiana made with Scallopini (NOT MARINATED) chicken rather than the breaded chicken- if highly sensitive or have Celiac, have them grill your chicken in a separate pan.

Chopped Steak with NO GRAVY- if highly sensitive, or have Celiac, have them grill your meat in a separate pan.

Sausage Parmigiana

Roast Beef Dinner, NO GRAVY – if highly sensitive or have Celiac, have them grill your meat in a separate pan.

Baked Cod

Shrimp Scampi

### **Side Dishes:**

Baked Potato with sour cream and butter, Mashed Potato with butter– NO GRAVY, Applesauce, Cottage Cheese, vegetable of the day.

Sorry, we do not offer any gluten free pasta alternatives.

### **Hot Sandwiches:**

Hot Ham, Turkey or Roast beef with no bread or gravy. If highly sensitive or have Celiac Disease, ask to have your meat heated in a separate pan.

### **Burgers, Etc..**

Our burgers can be prepared in a separate pan if you are highly sensitive or have Celiac Disease. You may have them served without a bun, or we can serve it on a lettuce bun at no extra charge.

### **Subs:**

We can prepare the following items served on a plate:

Chicken Cheesesteak (grilled in pan) No roll

Chicken Speidie (grilled in pan) No roll

Hot ham and cheese (grilled in a pan) No roll

Sausage and sausage parm, (see our appetizer serving with or without the melted mozzarella)

Sausage, pepper and onion (grilled in a pan) No roll

Hot Italian Roast beef (grilled in pan) – No roll, NO sub sauce, substitute oil and vinegar

Steak, cheesesteak or anthony's cheese steak (grilled in pan) No roll

Cold Roast beef, Ham and cheese, turkey sub, No roll

Italian sub, no dressing, substitute oil and vinegar, No roll

We do not offer any gluten free pizzeria items as we are not able to cook items on a surface that has not been used for our High-gluten flour items.