

Gluten-free Guidelines

We have created this list in order to better serve our guests. The listed items have been reviewed as gluten free to the best of our knowledge. It is good to keep in mind, that although we have listed these menu items as gluten free, there is always a **possibility of trace amounts of gluten** being in an entrée due to spices manufactured in a non-gluten-free factory.

If you have any concerns or questions we will be happy to assist you with your dietary needs.

Appetizers

Anti-Pasta, no flat bread
(Italian dressing may contain trace amounts of gluten)
Shrimp Scampi, no bread
Mozzarella Tomato Caprese
Shrimp Cocktail, no cocktail sauce

Salads

Grilled Shrimp Milan salad
Della casa
Galo's Chopped salad
Caesar salad, no crouton
Gorgonzola Steak salad
Grilled salmon salad

Dressing

Balsamic, Cesar, Ranch, Gorgonzola
Italian (may contain trace amounts of gluten)

Pasta

Gluten Free Spaghetti/Linguine

Sauces

Marinara, Alfredo
Red Pepper Cream, Parmesan White Wine, Gorgonzola

Can be prepared gluten free (please inform your server)
Marsala, Diavolo

Side items

Grilled zucchini, Steamed Broccoli, Sautéed Green Beans,
Red skin potatoes, Risotto, Whipped garlic potatoes

Dessert

Chocolate, spumoni, strawberry, and mint chocolate chip gelato

Entrees that can be prepared gluten free

Chicken Marsala

(request grilled chicken, gluten free marsala sauce, and gluten free pasta)

Pollo Asparagus

(request gluten free pasta)

Chicken/Eggplant Parmesan

(request grilled chicken/eggplant and gluten free pasta)

Penne Carbonara

(request grilled chicken and gluten free pasta)

Pasta Milano

(request grilled chicken and gluten free pasta)

Pasta Galo

(request grilled chicken and gluten free pasta)

Filet Mignon

(request gluten free pasta)

Mixed grill

New York Strip Steak

Porterhouse pork chops

Portobello filet

(request no marsala sauce)

Gorgonzola New York strip

Shrimp or Chicken Fettuccine Alfredo

(request gluten free linguine)

Pasta Medditeranean

(request gluten free pasta)

Shrimp and Seafood Diavolo

(request gluten free pasta, and gluten free diavolo sauce)

Grilled Salmon or Tilapia

(request no lemon sauce)