

BRAVO! ITALIAN RESTAURANT & BAR
GLUTEN SENSITIVE MENU

We understand that navigating our menu can be difficult for someone unable to digest gluten - especially when so many of our specialties are pizza, pasta and bread!

To this end, we have created an abbreviated menu to help our customers explore the wealth of options and substitutions best suited for this dietary need.

For example, we have found an excellent gluten-free bread for our sandwiches, and we offer rice pasta for most dishes. While we train our staff to avoid cross contamination, shared cooking and preparation spaces including common fryer oil, prevent us from guaranteeing that any entree is completely gluten-free.

However, we hope the size and diversity of this menu and the care of our staff will allow those of you with mild to moderate sensitivity to enjoy many safe and satisfying meals at BRAVO!

● **STARTERS** ●

Lunch & Dinner

Bruschetta *gluten-free bread toasts smothered with warm, balsamic-infused tomatoes and basil 9 add grilled chicken +3*

Grilled Portobello Mushroom *with white bean hummus and sautéed red peppers *9/13*

BRAVO! Antipasto *grilled meats, roasted vegetables, and cheeses 12 small, 17 large (vegetarian by request)*

● **SALADS** ●

Lunch & Dinner

Salad Add Ons: *Goat Cheese 4, Anchovies 3, Grilled Chicken Breast 4, Grilled Jumbo Shrimp (each) 3, Grilled Salmon Filet 12, Smoked Salmon 10, Sautéed Crawfish Tails 6, Jumbo Lump Crabmeat 12*

Classic Caesar *romaine hearts, parmesan shavings, and gluten-free croutons 5 half, 8 whole*

BRAVO! Field Greens *with citrus vinaigrette and gluten-free croutons 5 half, 8 whole*

Spinach and Goat Cheese *mushrooms, toasted walnuts, and hot balsamic with pancetta 8 half, 10 whole*

Watermelon-Feta Salad *arugula, watermelon, Feta, crispy prosciutto, pickled red onions and herbed pecans in a white balsamic vinaigrette 11*

Grilled Chicken and Roasted Sweet Potato *field greens, dried cranberries, toasted walnuts, and gorgonzola with a pomegranate vinaigrette and gluten-free croutons *13/14*

Blackened Beef Tenderloin *arugula, charcoaled red onions, fresh mozzarella, dried cherries, gluten-free croutons, and toasted pine nuts tossed in balsamic vinaigrette *14/15*

"Crazy Good" Tuna Salad* *field greens, Floody Mary-infused seared tuna, smoked bacon, herb-spiced pecans, pickled red onions, Gorgonzola, green onion, hard-boiled egg, Kalamata olives, grape tomatoes in a citrus vinaigrette *17/18*

Vegetable Napoleon *eggplant, sun-dried tomato pesto, goat cheese, rosemary mushrooms, caramelized onions, roasted peppers and gluten-free croutons 12*

● **SANDWICHES** ●

Served on gluten-free bread with choice of side

Lunch Only

Grilled Pork Tenderloin *Fontina, caramelized onions, tomatoes, and rosemary-honey-mustard mayonnaise 14*

Shrimp and Prosciutto *Fontina, caper mayonnaise, and fresh basil 14*

Basil Pesto Chicken Salad *with roasted red peppers and Fontina 14*

Veggie "Burger" *heirloom tomatoes, pickled red onions, arugula, and chile-garlic mayonnaise 15*

Grilled Chicken *smoked bacon, caramelized onions, creole mustard mayonnaise, and Fontina 14*

SIDES (choose one): *Caesar Salad, Field Greens Salad, Fresh Fruit*

Sides Substitutions: *Spinach Salad +2*

***lunch/dinner prices**



● PASTAS ●

*all prepared with gluten-free corn pasta
Lunch & Dinner*

Jumbo Shrimp, Mint, and Basil olive oil, garlic, white wine, and asparagus *18/23

Jumbo Scallops and Shrimp corn, grape tomatoes, shiitakes, and spinach in a Sherry reduction *20/26

Beef & Portabella Mushrooms pancetta, basil, and tomatoes in a vermouth broth *18/23

Roma Tomato and Fresh Basil red onions, garlic, balsamic vinegar, and goat cheese *13/16
add grilled chicken +4, add jumbo shrimp +*12/15

Crawfish and Andouille artichokes, tomatoes, mushrooms, basil pesto, creole-cream sauce *18/23

Classic Alfredo heavy cream, parmesan, and nutmeg *13/16
add grilled chicken +4, add jumbo shrimp +*9/12

Risotto creamy and rich; made with Arborio rice from the Po Valley in Italy. Varies nightly. MKT

● LUNCH ENTREES ●

New Orleans Style "Catfish and Grits" Pan-seared Simmons Delacata, cherry tomato-andouille & corn veloute, creamy truffled polenta 17

Pan-Seared Redfish tomato-tarragon beurre blanc, Yukon Gold mashed potatoes, seasonal vegetables 21

Grilled Chicken Breasts grilled skinless breasts, tomato, caper, & fresh basil salsa,
Yukon Gold mashed potatoes, seasonal vegetables 13

Vegetarian Plate white bean hummus, truffle-infused soft polenta, seasonal vegetables 17

● DINNER ENTREES ●

Crab-Crusted Fish of the Day horseradish beurre blanc; shiitake, leek, and prosciutto ragout; red potatoes MKT

Grilled Yellowfin Tuna spice-rubbed tuna, grilled eggplant, wilted spinach, tomato, caper & basil salsa 28

Chicken with Honey, Golden Raisins and Balsamic sweet & sour style breasts, pine nuts,
red potatoes, seasonal vegetables 20

Pan-Seared Redfish tomato-tarragon beurre blanc, Yukon Gold mashed potatoes, seasonal vegetables 30

Pan-Seared Duck Breast Calimynra fig-marsala reduction, two-potato & caramelized onion hash,
seasonal vegetables 27

Pork Chop "Zatarainaise" double-cut loin chop, creole mustard-cream sauce,
Yukon Gold mashed potatoes, seasonal vegetables 26

Angus NY Strip Steak honey-black pepper jus, Yukon Gold mashed potatoes, seasonal vegetables 34

Vegetarian Plate white bean hummus, truffle-infused soft polenta, seasonal vegetables 21

Add Ons: Grilled Jumbo Shrimp (each) 3, Jumbo Lump Crab Meat 12, Crawfish Tails 6,
Gorgonzola Blue Cheese 4, Portobello Mushroom 5, Rosemary Mushrooms 4, Caramelized Onions 4

● DESSERTS ●

Banana Creme Brulee creamy Bourbon vanilla bean custard topped
with bananas crusted with caramelized sugar 8

Chocolate Lovers Flourless Torte
our richest chocolate confection made with Belcolade Belgian chocolate 8

Peanut Butter Chocolate Pie
Creamy peanut butter mousse topped with chocolate ganache in pecan crust 9

Sorbet or Gelato try an Italian-style non-fat sorbet or a decadent ice cream... both by Bindi 5

● GLUTEN-FREE BEER ●

"Estrella Damm" 6

**lunch/dinner prices*

**Consuming raw or undercooked eggs or fish may increase your risk of foodborne illness, especially if you have certain medical conditions*

April 2017