

GLUTEN-FREE MENU SUGGESTIONS:

Thank you for coming to Monica's for a great selection of gluten-free, great-tasting food. We buy special gluten-free bread, rolls, pizza crusts, and pasta so between substituting those and menu items that are naturally gluten-free, we're delighted to offer more than 50 gluten-free options! We use this separate menu so the server gets a clear indication that you may be ordering gluten-free items, and our chefs put a sticker in every gluten-free item except the rolls and salads so don't eat any dish that doesn't have one! Also, please be sure when ordering that you say you want the gluten-free version!

Please let your server know if you have celiac disease, are severely intolerant or instead just prefer to avoid gluten.

Those that just prefer to avoid eating gluten can be confident that these options are all designed and made as gluten-free but those who absolutely have to avoid even very small specks of gluten should consider that our kitchen is too small to have separate preparation areas for gluten-free work, (for example, we do not have a gluten-free dedicated fryer, or panini grills, and some of the kitchen staff may sometimes have aprons on with a little flour on them) so inadvertent cross-contamination of extremely small amounts is always possible, more so on pizzas, fried items, paninis, etc.

The safest items for those with celiac are the pasta dishes since they're made in their own water and inadvertent airborne cross-contamination is very unlikely. But, as always, you should carefully consider your own individual dietary needs, as we cannot guarantee complete freedom from inadvertent cross-contamination.

Appetizers

Chips and Salsa

\$12.45

Freshly made white tortilla chips served with homemade Salsa. Add homemade Queso, \$3.
**Cooked in a fryer with gluten.*

Buffalo Wings (Without Bleu Cheese)

\$17.95

Ours aren't the tiny ones, but high-quality and meaty, with our own buffalo sauce, served with celery, ranch dressing and a pile of napkins. **Cooked in a fryer with gluten.*

Crab and Artichoke Dip

\$18.45

A creamy blend of blue crabmeat, artichokes, roasted garlic and cream cheese baked until golden brown. Served with toasted gluten-free bread.

Bruschetta

\$17.45

Gluten-free bread topped with diced Roma tomatoes, fresh mozzarella, basil and garlic. Drizzled with an aged balsamic reduction.

Signature Salads

Served without croutons and Bleu Cheese Dressing. Goat cheese, Feta, or Mozzarella may be substituted for Brie or Gorgonzola. Dressings: Caesar, Balsamic Vinaigrette, Cranberry-Citrus Vinaigrette, Tomato Bacon Vinaigrette, Thousand Island, Honey-Mustard, Ranch and French.

Pear, Walnut and Fried Brie (Without fried brie)

\$17.95

Spring greens with fresh pears, candied walnuts and dried cranberries with our cranberry-citrus vinaigrette dressing. Add Grilled Chicken (\$4.25) or Grilled Shrimp (\$5.25)

Tuscan Salad (Without gorgonzola cheese)

\$16.45

Spring greens with grape tomatoes, red onions, candied walnuts tossed with our balsamic vinaigrette. Add Grilled Chicken (\$4.25) or Grilled Shrimp (\$5.25)

Greek Vegetable Delight Salad

\$16.95

Spinach and spring greens with feta cheese, tomatoes and kalamata olives tossed in our balsamic vinaigrette & topped with grilled asparagus and red bell pepper rings. Add Grilled Chicken (\$4.25) or Grilled Shrimp (\$5.25)

Champagne Fruit Salad

\$17.95

Mango, berries, pineapple, pear, grapes, sun-dried cranberries and candied walnuts, on a bed of spring greens with a fabulous dressing made with champagne, fresh orange, honey, sour cream and pinot grigio. Add Grilled Chicken (\$4.25) or Grilled Shrimp (\$5.25).

Spinach and Goat Cheese Salad

\$16.45

Baby spinach greens, eggs, crispy prosciutto and crumbled goat cheese, drizzled with our tomato and bacon vinaigrette. Add Grilled Chicken (\$4.25) or Grilled Shrimp (\$5.25)

Cedar Salmon Salad

\$20.45

Cedar grilled fresh North Atlantic salmon with a balsamic glaze on top, on Spring greens with grape tomatoes, red onion and pine nuts, tossed with our cranberry-citrus vinaigrette.

Dinner Salad (No croutons or bleu cheese dressing)

\$13.45

Mixed spring greens, grape tomatoes, red onions, and your choice of dressing. Add Grilled Chicken (\$4.25) or Grilled Shrimp (\$5.25)

Caesar Salad (No croutons)

\$14.45

Romaine lettuce tossed with Caesar dressing, and Parmesan cheese. Add Grilled Chicken (\$4.25) or Grilled Shrimp (\$5.25)

Louisiana Shrimp Salad

\$19.95

5 Cajun shrimp with a Creole remoulade dressing, with roasted red potatoes, egg, a little Andouille sausage, tomatoes over romaine lettuce.

Sandwiches

Gluten-free bread is available at no extra charge. It is smaller than our regular size bread so the sandwiches are slightly smaller.

Burger

\$17.45

We sell more Burgers than any other menu item except the Ziti. Locally-sourced, a full half-pound of custom-ground top-grade Iowa beef, never-frozen, with a blend of beef cuts including short ribs and steak for tremendous flavor, served on a gluten-free bun.

Fried Egg Sandwich

\$15.95

Simple but few things better. Toasted gluten-free bread, with 2 perfectly cooked Free-range fried eggs, with any cheese and lots of bacon, served with any side dish.

Chicken Sandwich

\$16.45

2 days of brining and marinating makes this chicken breast tender and flavorful. Served on a gluten-free bun, with any side dish. Also in Cajun!

**All sandwiches are grilled on the same grill as gluten.*

Paninis

All Paninis are served with any side dish.

Smoked Turkey and Gouda

\$16.45

Smoked turkey, Gouda, bacon, green onions.

Caprese

\$15.45

Roma tomatoes, fresh mozzarella, basil.

Chicken and Applewood Bacon

\$17.45

Grilled chicken, bacon, roasted red peppers, white cheddar.

Reuben

\$17.45

Corned beef, sauerkraut, Swiss, Thousand Island.

Chicken Pesto

\$17.45

Grilled chicken, Roma tomatoes, white cheddar, artichokes, pesto.

Turkey Avocado

\$16.45

Smoked turkey, Swiss, Roma tomatoes, avocado, cranberry-citrus vinaigrette.

**All paninis are grilled on the same grill as gluten.*



Entrees

12 oz Ribeye Steak (Without red wine/gorgonzola butter) **\$30.95**
A big 12 ounce Ribeye steak with the great flavor they're known for.
Served with any 2 side dishes.
**Grilled on the same grill as gluten.*

Pot Roast (No gravy) **\$20.95**
These slow-cooked short ribs are boneless and fall-apart tender.
Served with carrots and sour cream & cream cheese mashed potatoes.

Chicken Balsamico **\$25.95**
Free-range chicken breast marinated in honey, rosemary, Dijon mustard and balsamic vinegar, then grilled. Topped with roasted portabella mushrooms and a honey balsamic glaze, served with any 2 side dishes. **Grilled on the same grill as gluten.*

Pasta

Gluten-free pasta comes in either penne or spaghetti form. The safest items for those with celiac are the pasta dishes since they're made in their own water and inadvertent airborne cross-contamination is very unlikely.

Black Fettuccine with Lobster **\$27.95**
Succulent Maine lobster and wild mushrooms sautéed in butter and tossed in our rich lobster cream sauce. Fabulous!

Angel Hair with Seafood **\$25.95**
Scallops, shrimp, calamari, and a delicious, wine-and-tomato sauce.

Angel Hair with Chicken **\$22.95**
Tender marinated chicken with a wine-and-tomato sauce.

Brick Oven Baked Ziti **\$27.95**
Our #1 seller, a big casserole dish with chicken, shrimp, prosciutto and penne pasta in a marvelous lobster cream sauce, baked with a blend of Italian cheeses.
Without Shrimp \$24.95

Cedar Plank Salmon **\$27.95**
North Atlantic salmon grilled in our open-flame brick oven on a cedar plank. Topped with a honey-balsamic glaze, and served with any 2 side dishes.

Cajun Tilapia **\$22.95**
Cajun-seasoned pan-fried tilapia, served with remoulade, which is a slightly-hot sauce made with our caper-tartar sauce mixed with pureed red peppers, horseradish and Louisiana hot sauce. Served with any 2 side dishes.
**Grilled on the same grill as gluten.*

Liver and Onions (No gravy) **\$17.95**
A comfort food classic off the Bob's your Uncle favorites list. 8oz of grilled liver and grilled onions, served with mashed potatoes.

Rigatoni Bolognese **\$20.95**
Our Bolognese meat sauce combines pork, ground beef & sausage with red wine, a little cream, spices, & marinara for a great flavor.

Spaghetti with Ground Beef or Grilled Chicken **\$20.95**
Remind yourself why this is one of the worlds most popular dishes...rich marinara sauce, noodles and your choice of ground beef or grilled chicken.
Marinara only \$14.95

Fettuccine Alfredo **\$20.95**
Tossed with our homemade alfredo sauce.
Add Grilled Chicken (\$4.25) or Grilled Shrimp (\$5.25)

Bucatini Broccolini **\$24.95**
White wine, chicken broth and parmesan with garlic-roasted roma tomatoes, broccolini and a mild Italian sausage.

Pizza

Grilled Chicken, Barbecue Chicken, Buffalo Chicken, Cajun Grilled Chicken, Shrimp, Ground Beef, Italian Sausage, Pepperoni, Bacon, Canadian Bacon, Green Peppers, Roasted Red Peppers, Onion, Black Olives, Green Olives, Fresh Mushrooms, Roma Tomatoes, Broccoli, Jalapeño, Pineapple, Artichoke Hearts, Portabella Mushrooms, Sauerkraut, Spinach, Feta Cheese and Pesto.

6" Individual Pizza with 1 or 2 toppings **\$14.95**
additional toppings \$1.50

10" Pizza with 1 or 2 toppings **\$21.95**
additional toppings \$1.75

14" Pizza with 1 or 2 toppings **\$29.95**
additional toppings \$2.00

Luka Garza **\$14.95/\$21.95/\$29.95**
Sausage, mushroom, green pepper with provolone and mozzarella cheese.

Joe Wieskamp **\$14.95/\$21.95/\$29.95**
Pepperoni, sausage, black olives, green olives with provolone and mozzarella cheese.

Kathleen Doyle **\$14.95 / \$21.95/\$29.95**
Margherita Pizza: Roasted garlic oil base, fresh tomatoes, fresh basil and fresh mozzarella with provolone & mozzarella cheeses.

Makenzie Meyer **\$14.95 / \$21.95/\$29.95**
Sausage, pepperoni, fresh mushrooms and onions with provolone and mozzarella cheese.

Megan Gustafson **\$14.95 / \$21.95/\$29.95**
Sausage and pepperoni.

Nicholas Baer **\$14.95 / \$21.95/\$29.95**
BBQ chicken, bacon, pineapple on a BBQ base with provolone and mozzarella cheeses.

**Prepared in the same area as gluten although they are baked in their own protective container.*

Side Dishes

Dinner Salad (no croutons), Caesar Salad (no croutons), Sautéed Vegetables, Mashed Potatoes, Roasted Red Potatoes, Smashed Fried Potatoes, Cup of Soup (French Onion-no croutons), Cup of Soup (Tomato Bisque), Fresh Fruit, Cottage Cheese, Creole Rice, Tator Tots (cooked in a fryer with gluten), Grilled Asparagus (grilled on the same grill as gluten), Broccoli.

Dinner Rolls - Our gluten-free rolls are also available in place of the free bread we provide before your meal, at a charge of \$1 per roll, which is below our cost. They are \$2 per roll when ordered without food.

Desserts

Vanilla Bean Crème Brûlée **\$10.45**
Scraping our own vanilla bean flavorings into the cold custard and serving it hot on top from the flame that crusts the sugar makes this a special crème brûlée.

Vanilla Bean Ice Cream **\$4.95**
Two scoops of the highest quality vanilla ice cream.

Gelato **\$4.95**
Italian for ice cream...gelato has less butterfat, calories, sugar and air than American ice cream and great taste!

Salted Caramel Cheesecake **\$10.45/slice**
The GLUTEN FREE cheesecake is a tasty treat for all with a crust made from roasted almonds.

Gluten-Free, Seltzers and Ciders

Red Bridge \$6.25 Rich, full bodied lager made from sorghum. 4.8 abv.

White Claw Hard Seltzer \$6.25 A blend of Seltzer Water, a gluten-free alcohol and a hint of fruit. 100 calories, 2 grams of sugar, and all natural flavors. We offer the Black Cherry flavor. 5.0 abv.

High Noon \$6.25 Sparkling vodka seltzers are low cal and low sugar and gluten free. We offer these flavors: Peach and Lime. 5.0 abv.

Wilson's Orchard Cider \$6.75 From our beloved local orchard, why not have a gluten-free cider from our neighbors' carefully-chosen blend of apple varieties. 4.5 abv

Angry Orchard Cider \$6.25 A balance of sweetness and acidity from crisp apples. 8.0 abv.