



Moab, UT

# VEGETARIAN & GLUTEN FREE MENU

Please inform your server that you are ordering from this menu or items may not come out the way you like.

## VEGETARIAN OPTIONS

Some menu items have cheese or dairy. Please specify if you do not want cheese or dairy.

### SALADS & APPS

Dressing choices: oil and vinegar, balsamic vinaigrette or ranch

Dinner Salad\* 7.5

Caprese Salad 10

fresh mozzarella, roma tomatoes, basil and capers, drizzled with extra virgin olive oil and a balsamic reduction

Fresh Baby Spinach Arugula Salad 8.5

pecans, tomatoes, and gorgonzola, with a housemade balsamic vinaigrette

Veggie Salad\* (serves 2 - 3) 15

served with provolone and mozzarella cheese, roasted bell peppers, artichoke hearts, garbanzo beans, black olives, onions, tomatoes and pepperoncinis

Balsamic Glazed Brussels Sprouts with Parmesan 10

### JAY'S PASTAS

your choice of fettuccine, linguine, spaghetti, rigatoni or pasta of the day

Olive Oil 10 Alfredo Sauce 14

Butter 10 Pesto Sauce 14

Tortellone Alfredo 17

housemade pasta pillows stuffed with cheese and baked in alfredo sauce

Pesto Tortellone 17

cheese tortellone baked in pesto cream sauce

Gnocchi 16

housemade plump Italian red potato dumplings baked in pesto cream sauce and topped with mozzarella cheese

Gnocchi Catalina 18

gnocchi baked in gorgonzola cream sauce, topped with fresh asparagus and roasted pecans

Mac 'n' Cheese 15

classic

Veggie Mac 'n' Cheese 16.5

with fresh asparagus, mushrooms and artichoke hearts

### VEGAN OPTIONS

Dinner Salad\* 7.5

with oil and vinegar

Veggie Salad\* (serves 2 - 3) 15

roasted bell peppers, artichoke hearts, garbanzo beans, black olives, onions, tomatoes and pepperoncinis with oil and vinegar

Pasta Margherita 14

tomatoes, roasted red peppers and garlic sautéed in olive oil with fresh basil, served over linguine

### CREATE YOUR OWN PIZZA

Made in the traditional thin and crispy style

**Vegetarian Pizza:** olive oil, alfredo sauce or pesto sauce with your choice of veggies

**Vegan Pizza:** olive oil with your choice of veggies

**Gluten Free Pizza:** marinara, alfredo sauce, pesto sauce or olive oil and your choice of toppings

	small	gf small	medium	large
marinara	12	15	14	16
olive oil	12	15	14	16
alfredo	14	17	16	19
pesto	14	17	16	19

for these traditional toppings below, additional per item price

one topping	1	three toppings	3
two toppings	2	four toppings	4

#### Toppings

ground beef	sausage	pineapple
pepperoni	capicola ham	chili peppers
tomatoes	garlic	salami
green peppers	mushrooms	anchovies
black olives	onions	

for these gourmet toppings below, additional per item price

	small	medium	large
chicken	4	5	6
sundried tomatoes	3	4	5
gorgonzola	3	4	5
artichoke hearts	3	4	5
eggplant	3	4	5
pine nuts	3	4	5
fresh baby spinach	3	4	5
sweet basil	3	4	5
arugula	3	4	5
pancetta	3	4	5
shrimp	5	6	7
extra cheese	3	4	5



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# VEGETARIAN & GLUTEN FREE MENU

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## GLUTEN FREE OPTIONS

### SALADS

**Dinner Salad\*** 7.5  
add gorgonzola cheese 3

**Rustica Salad\*** 13  
a thin crust, small gluten free pizza crust baked with olive oil, garlic and freshly grated parmigiano cheese, topped with a fresh caesar salad  
add chicken 6 add shrimp 8

**Caprese Salad** 10  
fresh mozzarella, roma tomatoes, basil and capers, drizzled with extra virgin olive oil and a balsamic reduction

**Fresh Baby Spinach Arugula Salad** 8.5  
pecans, tomatoes and gorgonzola, with a housemade balsamic vinaigrette  
add chicken 6 add shrimp 8

**Caesar Salad\*** piccolo 8 | grande 10  
add chicken 6 add shrimp 8

**Veggie Salad\*** 15 (serves 2-3)  
served with provolone and mozzarella cheese, roasted bell peppers, artichoke hearts, garbanzo beans, black olives, onions, tomatoes and pepperoncinis, anchovies upon request  
add chicken 6 add gorgonzola cheese 4

**Antipasto Salad\*** 17 (serves 2-3)  
our veggie salad, with mortadella ham, cotto salami, capicola ham and wine-cured salami, anchovies upon request  
half antipasto salad 9 add gorgonzola cheese 4

### PIZZA

We offer a small gluten free pizza crust  
for an additional 3

See reverse side for build your own pizza. See full dinner menu for specialty pizzas.

### JAY'S PASTAS

Gluten free pasta with choice of sauce

Add gluten free garlic flat bread to any entree below 3

<b>Marinara</b>	15	<b>Italian Sausage</b>	17	<b>Alfredo Sauce</b>	17
<b>Meat Sauce</b>	16	<b>Mushroom Sauce</b>		<b>Pesto Sauce</b>	17
		<b>in Marinara</b>	17		

add chicken 6 add shrimp 8

### ENTREES

**Baked Lorenzo** 20  
gluten free pasta baked in a tomato cream sauce with crumbled sausage, topped with freshly grated parmigiano cheese

**Pasta d'Madeline** 21  
chicken, broccoli and alfredo sauce sautéed, served over gluten free pasta

**Shrimp Giacamo** 23  
sun-dried tomatoes and shrimp simmered in a gorgonzola cream sauce, served over gluten free pasta

**Pasta Margherita** 17  
tomatoes, roasted red peppers and garlic sautéed in olive oil with fresh basil, served over gluten free pasta  
add chicken 6 add shrimp 8

**Stuffed Chicken Genovese** 23  
chicken breast stuffed with Italian sausage, roasted red peppers, provolone cheese and mushrooms, baked in marinara, with a side of gluten free pasta

**Chicken Cacciatore** 23  
chicken breast filet with fresh vegetables baked in marinara, served with a side of gluten free pasta

**Gluten Free Ravioli** 17  
traditional Italian dish filled with cheese  
with meat sauce 2

**Mac 'n' Cheese** 18  
classic

**Veggie Mac 'n' Cheese** 19.5  
with fresh asparagus, mushrooms and artichoke hearts

**Diavolo Mac 'n' Cheese** 23  
with serrano peppers, crumbled sausage, and shrimp

\*These items may be served raw or undercooked, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

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