



Boulder, CO

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

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

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

Veggie Salad* (serves 2 - 3) 14

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

Roasted Brussels Sprouts with Fresh Grated Parmesan 9

JAY'S PASTAS

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

Olive Oil 9

Alfredo Sauce 13

Butter 9

Pesto Sauce 12

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 17

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

Mac 'n' Cheese 14

classic

Veggie Mac'n' Cheese 16

with fresh asparagus, mushrooms and artichoke hearts

VEGAN OPTIONS

Dinner Salad* 7

with oil and vinegar

Veggie Salad* (serves 2 - 3) 14

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

Pasta Margherita 14

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

Pasta Fresca 15

pasta of the day tossed with olive oil, garlic, fresh baby arugula and cherry tomatoes

Side of Italian Vegetables in Olive Oil 4

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	10	14	12	14
olive oil	10	14	12	14
alfredo	12	16	15.5	18.5
pesto	12	16	15.5	18.5

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	4	5	6
gorgonzola	3	4	5
artichoke hearts	3	4	5
asparagus	3	4	5
eggplant	3	4	5
pine nuts	4	5	6
fresh baby spinach	3	4	5
sweet basil	3	4	5
arugula	3	4	5
pancetta	4	5	6
shrimp	5	6	7
extra cheese	3	4	5

GLUTEN FREE OPTIONS

SALADS

Dinner Salad* 7

add gorgonzola cheese 3

Rustica Salad* 14

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 7 add shrimp 8 add salmon* 10

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

pecans, tomatoes and gorgonzola, with a housemade balsamic vinaigrette

add chicken 7 add shrimp 8 add salmon* 10

Caesar Salad* piccolo 7 | grande 9

add chicken 7 add shrimp 8 add salmon* 10

Veggie Salad* 14 (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 7 add gorgonzola cheese 4 half veggie salad 9

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 10 add gorgonzola cheese 4

PIZZA

We offer a small gluten free pizza crust for an additional 4

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 4

Marinara 14 **Italian Sausage** 17 **Alfredo Sauce** 17

Meat Sauce 15 **Mushroom Sauce** 16 **Pesto Sauce** 16

in Marinara 16

add chicken 7 add shrimp 8 add salmon* 10

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

Georgio Bolognese 22

vodka cream sauce tossed with ground sirloin, pancetta, and gluten free pasta

Shrimp Giacomo 23

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

Pasta Margherita 18

cherry tomatoes, roasted red peppers and garlic sautéed in olive oil with fresh basil, served over gluten free pasta

add chicken 7 add shrimp 8 add lobster 10 add salmon* 10

Diavolo 19

spicy tomato cream sauce with crumbled sausage, served over gluten free pasta

add chicken 7 add shrimp 8 add lobster 10

Pasta Fresca 19

gluten free pasta tossed with olive oil, garlic, pancetta, fresh baby arugula, buffalo mozzarella and cherry tomatoes

add chicken 7 add shrimp 8 add lobster 10 add salmon* 10

Stuffed Chicken Genovese 24

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

Parmesan Crusted Salmon 20

tomato cream sauce, served over arugula and spinach with a side of gluten free pasta add 4

Mac 'n' Cheese 18

classic

Veggie Mac 'n' Cheese 20

with fresh asparagus, mushrooms and artichoke hearts

Lobster Mac 'n' Cheese 28

with sun-dried tomatoes and spinach

Crab Mac 'n' Cheese 23

with pancetta

Diavolo Mac 'n' Cheese 24

with 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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