

Gluten Free
Menu



*The Original
Goombas*

Please allow additional time for food prep & cook time

Goomba's is pleased to offer our customers gluten free options. However, we are not primarily a gluten free restaurant & cannot completely ensure that cross contamination will never occur.

APPETIZERS

Meatballs - (4) homemade meatballs nestled in ricotta cheese topped with marinara sauce and sprinkled with Parmesan cheese and fresh basil. \$11.95

Flatbread (create your own) - Mariana sauce or garlic base. Includes (1) meat and (1) veggie. Pepperoni, meatballs, sausage, pepperoncini, green peppers, banana peppers, jalapenos, onions, mushrooms, fresh tomatoes, artichokes, black olives, green olives, pineapple, mozzarella cheese. Baked, then drizzled with balsamic glaze. \$9.95

GF Breadsticks - A cheese center, toasted, and topped with olive oil, Parmesan cheese and parsley. (6) \$4.00

Caprese Salad - Fresh mozzarella cheese layered between fresh tomato slices. Topped with seasonings, olive oil, fresh chopped garlic & fresh chopped basil. Drizzled with a balsamic glaze. Sm. \$4.95 Lg. \$9.95

SALADS

Signature Salad - Mixed greens, onions, green peppers, fresh tomatoes, and shredded cheddar cheese. Sm. \$4.50 Lg. 8.50 Add grilled chicken \$3.75 Add shrimp \$6.00

Caesar Salad (no croutons) - Romaine lettuce, shredded Parmesan cheese. Sm. \$4.95 Lg. 9.95 Add Grilled Chicken \$3.75 Add Shrimp \$6.00

Fruit & Almond - Romaine lettuce, Feta cheese, sliced almonds, pineapple, mandarin oranges & cranberries. Sm. \$6.00 Lg. \$11.95 Add Grilled Chicken \$3.75 Add Shrimp \$6.00

Greek Salad - Spring & iceberg mix, tomatoes, onions, kalamata olives, pepperoncini's, feta pepperoncini's & our Greek dressing. Sm. \$6.00 Lg. \$11.95 Chicken \$3.75, Add Shrimp \$6.00

Salad Dressings

House (Creamy Parmesan) Olive Oil/Vinegar, Balsamic Vinaigrette, Greek, Honey Mustard, Bleu Cheese, Ranch, Caesar.

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PIZZA (10" cauliflower crust)

Cheese Pizza (create your own) - \$11.00

Meat Options: meatball, chicken, pepperoni, sausage, anchovies. \$1.50 ea. Veggie Options: onions, green peppers, mushrooms, fresh tomatoes, sundried tomatoes, artichoke, black olives, green olives, spinach pineapple, banana peppers, jalapenos \$1.25 ea.

Veggie Deluxe - Onions, mushrooms, green peppers, black olives, tomatoes. \$15.50

White - Ricotta, fresh mozzarella, Romano, and tomatoes. 13.95

Margherita - Fresh mozzarella, fresh garlic, fresh tomatoes & basil. \$12.95

Philly Cheese Steak - (ranch or marinara base). Sliced ribeye steak sautéed with onions, green peppers, and mushrooms. \$13.95

Clam - (olive oil garlic base or red base). Fresh chopped clams, topped with parsley, Romano cheese & mozzarella cheese. \$12.95

Pesto - Homemade pesto sauce base, thinly sliced tomatoes, fresh garlic, mozzarella & Romano cheese. \$13.95

LUNCH ENTREES

Pasta Marinara - Rotini pasta, marinara or blush sauce. \$8.95. Add (2) meatball \$3.00 Add (1) sausage link \$ 2.50

Pasta Caprese - Rotini pasta tossed with olive oil, white wine, fresh garlic, halved cherry tomatoes, fresh mozzarella, and fresh basil. Drizzled with a balsamic glaze. \$11.95 Add Chicken \$3.75 Add Shrimp \$6.00

Momma Mia Eggplant - Thinly sliced eggplant (NOT BREADED) sautéed in olive oil, fresh basil & fresh garlic. Covered in marinara sauce & mozzarella cheese. Served with Rotini pasta \$12.95

SIDES

Meatballs (2 oz.) 2@\$3.00

Grilled Chicken (6oz.) \$3.75

Broccoli (sautéed) \$4.75

Marinara (12oz - take out) \$2.75

Italian Sausage Link (4oz.) \$2.50 ea.

Jumbo Shrimp (6) (sautéed) \$6.00

Mixed Vegetables (sautéed) \$5.00

Frank's House Dressing (12oz - take out) \$3.50

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DINNER ENTREES Include a house/Caesar salad (no croutons).

Pasta Marinara - GF Rotini pasta, marinara or blush sauce. \$13.95 Add meatballs (2) \$3.00 Add (1) sausage link \$2.50.

Pasta Caprese - GF Rotini pasta tossed with olive oil, white wine, fresh garlic, halved cherry tomatoes, fresh mozzarella, and fresh basil. Drizzled with a balsamic glaze. \$16.95 Add Chicken \$3.75 Add Shrimp \$6.00

Chicken & Kale Ravioli - GF Ravioli stuffed with chicken, kale, ricotta cheese & Fontana cheese. Your choice of marinara or blush sauce \$14.50. Add Alfredo sauce \$2.00.

Momma Mia Eggplant - Thinly sliced eggplant (NOT BREADED) sautéed in olive oil, fresh basil & fresh garlic. Covered in marinara sauce & mozzarella cheese. Served with GF Rotini pasta. \$17.95

Chicken or Veal Frances or - Tender chicken breast or top round veal medallions breaded (GF breadcrumbs) dipped in season egg batter, then sauteed in a white wine butter sauce and lemon. Served over GF Rotini pasta. Chicken \$19.95 Veal \$21.95.

Grilled Chicken & Broccoli - Char grilled chicken strips sautéed in garlic & olive oil or creamy marsala sauce tossed with Rotini pasta, sundried tomatoes, and broccoli \$17.95

Chicken or Veal Parmigiana - Breaded and pan fried. Topped with marinara sauce & mozzarella cheese. Served over Rotini pasta. Chicken \$18.95 Veal \$22.95

Shrimp Scampi - (8) Jumbo shrimp sautéed with fresh garlic, white wine, herbs, and lemon butter. Served over Rotini \$21.95

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Jumbo Shrimp (6) (sautéed) \$6.00

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DESSERTS

Vanilla Ice Cream cup (4oz.) \$1.25

Dark Belgian Chocolate Torte – Moist rich dense chocolate mousse \$4.50

Baked Peanut Butter Tart – Made with Reese's peanut butter & chocolate cookie crumb crust that sits

on a chocolate shell topped with peanut butter & whipped cream. \$4.24

Banana Streusel Cake Ala Mode – Rich banana cake with walnuts & topped with brown sugar and oats.

Warmed and served with vanilla ice cream, whipped cream then drizzled with chocolate syrup. Large

enough to share. \$6.95

BEVERAGES

Coke Products \$2.49

Sweet Tea, Unsweetened Tea \$2.49

Hot Coffee, Hot Tea \$2.49

San Pellegrino Sparkling Water \$3.00

Acqua Panna Spring Water \$3.00

ALCOHOL

Wine – Menu available on table

Angry Orchard Crisp Apple Cider \$4.00