

## GLUTEN FREE MENU

### Appetizers



Chicken Tenders (3) .....	\$ 7.99
Mozzarella Sticks (4).....	\$ 7.99
Baked Clams Oreganato (6).....	\$ 9.99
French Fries.....(S)..\$4.00...(L)..\$6.00	
Fried Calamari.....	\$ 18.99
Mussels Marinara .....	\$ 13.99
Eggplant Rollatini (1).....	\$ 6.99
Meatballs (2).....	\$ 6.49
Sausage (3).....	\$ 6.99
Fried Ravioli (4) .....	\$ 9.99
Garlic Bread (6 inch).....	\$ 4.99
w/mozzarella cheese .....	\$ 6.99

\*Made on Gluten-Free Baguette

### Soups

Chicken Soup .....	\$ 5.00
Tuscan Bean Soup .....	\$ 5.00

### Salads

	<u>Small</u>	<u>Large</u>
Green Salad.....	\$ 5.99	\$ 9.99
<small>Crisp Iceberg Lettuce served w/ Tomatoes, Bermuda Onions and Olives with your choice of dressing</small>		
Caesar Salad .....	\$ 7.99	\$ 12.99
<small>Crisp Romaine Lettuce w/ Grated Pecorino Parmesan Cheese</small>		
Insalata Caprese .....	\$ 7.99	\$ 11.99
<small>Fresh Mozzarella, Tomatoes and Basil</small>		
Fresh Mozzarella Salad .....	\$ 7.99	\$ 11.99
<small>Fresh Mozzarella, Roasted Peppers, &amp; Balsamic Vinegar</small>		
Mesclun Salad .....	\$ 8.99	\$ 12.99
<small>Spring Mix, Black Olives, Roasted Peppers, Golden Raisins, Bermuda Onions, and our own Balsamic Vinaigrette</small>		

Add to any of the above:

Grilled Chicken.....	\$ 3.50	\$ 6.00
Grilled Shrimp.....	\$ 4.00	\$ 7.00

### Eggplant

(Served with Rice Pasta & Salad)

Eggplant Parmigiana .....	\$ 16.99
<small>Eggplant Layered w/ Tomato Sauce &amp; Topped w/ Mozzarella Cheese</small>	
Eggplant Rollatini .....	\$ 17.99
<small>Eggplant Stuffed w/ Ricotta Cheese &amp; Topped w/ Tomato Sauce &amp; Mozzarella Cheese</small>	

### Seafood

(Served with Rice Pasta & Salad)

Shrimp Parmigiana .....	\$ 19.99
<small>Topped with Tomato Sauce and Mozzarella Cheese</small>	
Shrimp Francese .....	\$ 19.99
<small>Lightly Battered Shrimp Prepared in a Lemon Butter Sauce</small>	
Seafood Fra Diavolo .....	\$ 22.99
<small>Shrimp, Mussels, Clams &amp; Calamari served in either White Wine Sauce or Spicy Marinara Sauce</small>	



### Pastas



(Rice Spirals or Penne)

Conte's Cheese Ravioli ... add \$2.00	Conte's Spinach Ravioli...add \$4.00
w/ Tomato Sauce .....	\$ 9.99
w/ Meatballs.....	\$ 11.99
w/ Marinara Sauce .....	\$ 11.99
w/ Meat Sauce .....	\$ 14.99
Alla Vodka .....	\$ 14.99
<small>Creamy Pink Vodka Sauce with Sundried Tomatoes</small>	
Alfredo.....	\$ 14.99
<small>Creamy Parmesan Cheese Sauce</small>	
Primavera .....	\$ 14.99
<small>Sautéed Broccoli, Carrots &amp; Zucchini Served in Either Light Cream Sauce, Marinara Sauce, or Garlic &amp; Olive Oil</small>	
Spinach .....	\$ 14.99
<small>Sautéed Spinach Served in Your Choice of Sauce: Light Marinara Sauce, or Garlic &amp; Olive Oil</small>	
Broccoli .....	\$ 14.99
<small>Sautéed Broccoli Served in Your Choice of Sauce: Light Marinara Sauce, or Garlic &amp; Olive Oil</small>	

Add To Any Of The Above:

Grilled Chicken ...	\$ 5.00	Grilled Shrimp ...	\$ 6.00
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Stuffed Shells .....	\$ 15.99
Cheese Lasagna .....	\$ 18.99
Meat Lasagna .....	\$ 18.99
Baked Penne .....	\$ 17.99
Baked Ravioli Parmigiana .....	\$ 17.99
Spinach Ravioli .....	add \$ 2.00

### Chicken & Veal

(Served with Rice Pasta & Salad)

Tender Milk Fed Baby Veal.....	\$ 18.99
100% Grade A Boneless Chicken.....	\$ 17.99

Parmigiana	<small>Topped with Tomato Sauce &amp; Mozzarella Cheese</small>
Francese	<small>Lightly Battered Pieces Prepared in a Lemon Butter Sauce</small>
Marsala	<small>Sautéed Mushrooms &amp; Onions in a Marsala Wine Sauce</small>

### Pizza



Large Pizza – 14 in. (8 slices) Plain .....	\$ 19.00
Put any topping from our regular menu (Gourmet or Traditional)...ask for price!	



### Desserts

Brownie • Tiramisu • Vanilla Ice Cream



PLEASE NOTE: We work very hard to ensure the products used are gluten-free, and have put strict procedures in place to avoid cross contamination of foods. We have had this menu reviewed by the Gluten Free Restaurant Awareness Program; however, Carlo's is not a gluten free restaurant, and human error is never 100% avoidable. Please call the restaurant if you have any concerns.

# CARLO'S GOURMET

Pizzeria, Restaurant & Caterers

EXCLUSIVE PLAZA  
326 Route 9, Marlboro  
(732) 536-6070  
www.carlogourmetpizza.com

## Gluten Free in Marlboro

In 2007, Money Magazine put Marlboro, NJ in the top 100 places to live in the United States, citing a great “combination of economic opportunity, good schools, safe streets, things to do and a real sense of community.” What they didn’t mention was that Marlboro was also home to a restaurant that takes the needs and tastes of individuals with celiac disease very seriously and has one of the fastest growing gluten free menus in Monmouth County.

People with celiac disease can’t eat gluten because it causes severe inflammation in the small intestine that interferes with nutrient absorption. A diet without gluten is very restrictive, since one needs to purchase expensive, specially prepared foods and take extra precaution against contact with food that contains gluten. Clearly, dining out presents many obstacles for those following a gluten free diet since there are so many opportunities for cross-contamination with gluten in any kitchen with shared utensils, common cooking surfaces and inadequate knowledge about storage and preparation methods.

Carlo’s Gourmet Pizzeria, Restaurant & Caterers has thoroughly embraced these challenges and offers anyone following a gluten free diet a safe, pleasurable dining experience.

They are scrupulous about cross contamination (using separate grills, pots, strainers and utensils) and educate all staff members about the special handling issues that are necessary when preparing gluten free food. They get the ingredients and products for their gluten free dishes from well-known and established sources such as Bell & Evans, Conte’s, Schar, Everybody Eats and Still Riding Pizza. And best of all, they continually revise and update their menu based on input and requests from their loyal customers. Plan a trip to Carlo’s soon, and try their gluten free pizza, pasta, entrees and desserts at reasonable prices.

If you are planning a party or other event, ask for a copy of our gluten free catering menu. Without a doubt, this restaurant is leading the pack in helping celiac people enjoy happy, healthy, gluten-free lives!



Margaret Weiss Masiello, RD  
Certified Adult Weight Management Specialist

**The Mobile Dietitian**  
*Bringing Good Nutrition to You!*

Specializing in: *Diet: Diabetes*      732.536.9845  
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Are You Gluten Free?