

Il Lucano Gluten Free Menu

All of Chef Michele's dishes are made to order. If you would like to add, delete an item, or have a special request, ask your server and we will be happy to accommodate.

Please mention to your server that you are ordering from "Gluten Free Menu". And if you are allergic to dairy, nuts, or anything may be in the dishes, do not forget to mention to the server.

Antipasti (Appetizers)

GF Gamberi in Camicia 14.95

Prawns wrapped in prosciutto sautéed with fresh Roma tomato, zucchini, & lemon juice.

GF Mozzarella Caprese 10.95

Sliced fresh Roma tomatoes and fresh mozzarella drizzled with extra virgin olive oil, balsamic vinegar & basil.

GF Burrata Fior Di Latte 11.95

A fresh mozzarella ball filled with shreds of mozzarella soaked in cream served with sliced prosciutto.

GF Vongole Saltate 12.95

Fresh manila clams sautéed in garlic, olive oil, white wine and fresh lemon juice.

GF Carpaccio* Di Manzo 11.95

Thinly sliced raw beef, parmesan, crispy capers, lemon juice and extra virgin olive oil.

GF Calamari Steak 14.95

Sliced calamari steak, calamata olives, roasted garlic, sun dried tomatoes and fresh spinach.

GF Antipasto Misto 12.95

Chef's selection of cured meats, cheese and seasonal vegetables.

Insalate e Zuppe (Salads & Soup)

GF Caesar 6.50

Crispy fresh romaine, gluten free croutons, tossed in our homemade Caesar dressing.

Add Chicken - 3.00 Add Prawns - 5.00 Add Anchovy - 1.00

GF Insalata della Casa 4.50

Fresh mixed green with your choice of dressing, vinaigrette or blue cheese.

GF Insalata Spinaci 10.50

Fresh spinach, crispy bacon, hard boiled eggs, tomatoes, and mushrooms in a poppy seed dressing.

GF Insalata Gamberetti 10.50

Heart of romaine tossed with Caesar dressing, gluten free croutons, crumbled blue cheese, bacon and shrimp.

* Consuming raw or undercooked food may increase your chance of food borne illness.

Gluten Free Bread 2-3 Pieces 2.00

Pasta

GF Penne Puttanesca 18.95

Sautéed calamata olives, capers, crushed red pepper in a light spicy plum tomato sauce.

GF Gnocchi Sorrento 18.95

Homemade gnocchi tossed with mozzarella, fresh basil in a Roma tomato sauce.

GF Ravioli Cheese 19.95

Cheese ravioli in fresh Roma tomato sauce with mushrooms.

GF Ravioli Spinaci 19.95

Spinach ravioli in a pesto** cream sauce (contains pine nuts).

GF Penne Lucane 18.95

Marinara sauce, mild Italian sausage, mozzarella and pepperoni baked in oven. Michele's mom recipe.

GF Penne Verona 18.95

Mushrooms, mild Italian sausage and sun-dried tomatoes in a rosemary cream sauce.

GF Penne Carbonara 18.95

Thin sliced pancetta with Italian parsley, cream, egg and parmeggiano. No spaghetti substitute please.

GF Penne Quattro Formaggi 19.95

Prawns, salmon, gorgonzola, feta, parmiggiano, and mozzarella baked in oven.

GF Spaghetti Bolognese Meat Sauce 18.95

Homemade beef ragù served with spaghetti.

GF Spaghetti Vongole 18.95

Fresh manila clams sautéed in garlic, white wine and Roma tomatoes.

**Pesto sauce contains pine nuts.

Gluten Free Bread 2-3 Pieces 2.00

Our gluten free pasta is cooked in a separate pot from regular pasta to avoid cross contamination.

We want to you to feel safe to eat at our restaurant.

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Pesce e Carne (Fish and Meat)

GF Halibut Puttanesca 28.95

Pan-fried halibut steak sautéed with capers and calamata olives in a marinara sauce topped with sautéed spinach.

GF Grilled Halibut* 28.95 or GF Grilled Salmon* 23.95

Fish of your choice grilled to perfection served on a bed of romaine lettuce with calamata olives and artichoke hearts, sprinkled with extra virgin olive oil.

GF Zuppa di Pesce 21.95

Fresh assorted seafood in a light lemon broth served with Gluten free crostini pesto**.

GF Cod Alessandro 23.95

Two 6oz cod filets sautéed and served on bed of roasted red pepper puree with sautéed vegetables.

GF Linguini Pescatore 27.95 or GF Cioppino 25.95

Shrimp, mussels, Alaskan king crab, local clams, salmon, and cod in either a red sauce or white wine butter sauce tossed with linguini. Cioppino is served with red sauce no pasta.

GF Pollo Piccata 21.95 or GF Salmone Piccata 25.95

Chicken breast or fresh salmon sautéed with capers and white wine lemon sauce topped with sautéed spinach.

GF Pollo Saltinbocca 21.95 or GF Veal Saltinbocca 23.95

Chicken breast or veal sautéed in a white wine sauce topped with prosciutto and zucchini.

GF Pollo Marsala 21.95 or GF Veal Marsala 23.95

Chicken breast or veal sautéed in cream Marsala sauce with mushrooms topped with sautéed spinach.

GF Veal Gorgonzola 23.95 or GF Pollo Gorgonzola 21.95

Veal or chicken breast sautéed in a creamy mushroom gorgonzola sauce topped with sautéed spinach.

GF Pollo Parmigiana 21.95 or GF Veal Parmigiana 23.95

Breaded chicken breast or veal topped with mozzarella baked in oven served with marinara sauce.

GF Pollo Primavera 23.95

Chicken breast rolled with Italian sausage and provolone cheese, sautéed in white wine butter sauce with diced tomatoes and rosemary. Served with fried polenta topped with gorgonzola cheese and walnuts.

GF Lamb Shank 27.95

Large New Zealand bone in lamb shank slow braised in a black olive basil tomato sauce for 3 hours and served with fried polenta.

GF Sous-vide Beef Rib 24.95

A slow cooked beef rib in demi-glace sauce served with fried polenta and sautéed vegetables. Sous-vide means vacuum sealed in a bag and cooked in a water bath. Food is cooked longer without changing the texture of the meat.

GF Grilled 16oz Ribeye* 32.95

Grilled to perfection with salt, pepper and olive oil and served with Sautéed mushrooms and artichoke hearts.

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Pizza (12 inches)

GF Pizza Margherita 13.95

Fresh Roma tomato sauce, fresh basil and mozzarella.

GF Pizza Genova 16.95

Pesto sauce**, chicken breast, red bell pepper, caramelized onion, black olives and mozzarella.

GF Pizza Quattro Formaggi 16.95

Roma tomato sauce topped with parmigiano, feta, gorgonzola, and mozzarella.

GF Pizza Salsiccia 15.95

Roma tomato sauce, Italian sausage, mushrooms and mozzarella cheese.

GF Pizza Classica 14.95

Roma tomato sauce, lots of pepperoni and mozzarella.

**Pesto sauce contains pine nuts.

Dolci (Desserts)

Limone Ripieno 7.95

Frozen lemon filled with lemon sorbet. Gluten and dairy free.

Pannacotta 7.50

Delicious homemade cream custard topped with warm four berry sauce.

Ask your server for more gluten free dessert options.

******* *Gluten Free Beer 4.50* *******

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