

VIA Gluten-Free Menu

Redbridge Gluten-Free Beer 4

Salads

VIA Chopped Antipasto Salad	12
diced salami, ham, chicken, provolone, red peppers, feta, celery, black olives, capers, tomato, red onion with Dijon vinaigrette	
Seafood Antipasto Salad	11
marinated shrimp, mussels, squid with mixed greens, olives, Mandarin orange sections, dressed with orange vinaigrette	
Arugula Salad & Portabello Mushroom	8
with lemon olive oil, carpaccio of portabello mushroom and shaved Parmesan *no mozzarella cigars*	
Asparagus, Toasted Walnut & Goat Cheese Salad	8
Shrimp and Bean Salad	11
arugula topped with cannellini beans, served warm with lemon vinaigrette	
Chicken Paillard Salad <i>*not grilled*</i>	10
seared breast of chicken with arugula, shaved fennel, Mandarin orange sections and lemon vinaigrette	
<i>The following items can be added to the salads below.</i>	
<i>Seared Salmon</i>	<i>add 5</i>
<i>Seared or Rotisserie Chicken</i>	<i>add 5</i>
<i>Seared Shrimp</i>	<i>each 1.25</i>
<i>Sliced Steak</i>	<i>add 6</i>
Grilled Caesar	8
no croutons, not grilled	
Caprese Salad	8
fresh mozzarella, tomato, basil and Extra Virgin Olive Oil Balsamic Reduction	
Panzanella Salad	6
plum tomatoes, capers, mixed greens, goat cheese vinaigrette *no focaccia bread*	
Insalata Mista	5
mixed greens, house vinaigrette	

Sides

Single Sweet Italian Sausage with Marinara	4
Braised Brussels Sprouts with Pancetta	6
Garlicky Spinach	5
Oven Roasted Asparagus	6
Mushroom Risotto	6
Parmesan Risotto	5
Sweet Pea Risotto	6
Tuscan Roasted Potato	5

Appetizers

Chicken Orzo Soup <i>*no orzo*</i>	cup 4, bowl 6
Jumbo Shrimp Cocktail (4)	house made cocktail sauce 11
1/2 dozen.....	15.50, dozen.....30
Zucchini with Almonds & Truffled Pecorino	8
sautéed with garlic and extra virgin olive oil	
Fresh Melon and Prosciutto di Parma	8
Sautéed Mozzarella & Prosciutto	8
cherry tomato and basil salad *no Parmesan toast*	
VIA Traditional Antipasto <i>*no chicken saltimbocca*</i>	15
prosciutto wrapped asparagus, salami, caponata, Italian deviled egg, fresh sliced truffled pecorino romano, marinated mushrooms, marinated artichoke hearts, mortadella, pepperonata, brussels sprouts	
Plate of Italian Meats and Cheeses <i>*no toast points*</i>	15
Mussels in Smoky Tomato Broth <i>*no toast points*</i>	8

Lunches

Spit-Roasted Sirloin of Beef	12.99
Tuscan herb rub, sweet pea risotto	
Ziti with Sweet Sausage <i>*use gluten free pasta*</i>	8.99
marinara cream, touch of pesto with ground sweet sausage	
Grilled Coulette Steak	12.99
red wine braised fingerling potatoes, garlicky spinach, and pepperonata *cannot be grilled, pan-seared*	
Vegetable Primavera with Fresh Ziti	8.99
oven roasted zucchini, asparagus, broccoli, tomato, red pepper and carrots in an alfredo sauce with fresh Parmesan *use gluten free pasta*	
Rotisserie Chicken & Fresh Basil Pesto	9.99
use gluten free pasta	
Chicken Cacciatore <i>*no breading*</i>	8.99
roasted red peppers, caramelized onions, fresh tomatoes, house made marinara, served with Tuscan roasted potato	
Chicken Marsala	8.99
sautéed chicken breast, prosciutto, and sautéed mushrooms *no breading, new pan sauce, use gluten free pasta*	
Chicken Parmesan with house made marinara	9.99
no breading, use gluten free pasta	
Rotisserie Chicken & Broccoli Alfredo	9.99
use gluten free pasta	
Pappardelle Bolognese <i>*use gluten free pasta*</i>	9.99
wide fresh pasta with a rich meat sauce of beef, pork, sausage, pancetta, a touch of tomato paste and cream	
Tuscan Herb & Crumb Crusted Haddock	11.99
baked, served with Tuscan roasted potato and green beans sautéed with garlic & cherry tomatoes *no crumbs*	
Salmon Livornese	11.99
pan roasted salmon with tomatoes, red onion, kalamata olives, roasted fingerling potato	
Seafood en Brodetto <i>*no Tuscan toast*</i>	11.99
mussels, shrimp, calamari in a mildly spiced Valoroso tomato stew, shaved garlic, fennel, and fresh basil	
Tuscan Shrimp Scampi	9.99
tomato, lemon, parsley on spaghetti *new pan sauce, use gluten free pasta*	

VIA

ITALIAN TABLE

egg of the hour
bread of the day
wine of the year
Friends for a Lifetime

Dinners

Atlantic Swordfish Toscana *not grilled* 24.99
topped with marinated red and yellow tomatoes, kalamata olives and fresh basil served with braised fennel

Atlantic Salmon with VIA Herbs & Balsamic Glaze 19.99
pan seared salmon served with chilled orzo salad
no orzo salad

Pesto Sea Scallops *no crepes* 22.99
seared, with pesto cream, truffle oil & oven roasted asparagus

Seared Shrimp and Sea Scallops 21.99
on seasoned wilted fresh spinach with saffron vinaigrette

Italian Paella 19.99
traditional saffron rice with chicken, sausage, shrimp, calamari, tomatoes, artichokes, peas and mussel garnish

Involtini 18.99
thinly sliced, rolled, stuffed Prime Sirloin, slowly roasted, in a sauce of tomato, onion, carrot and prosciutto with peas. Served with Tuscan roasted potato and fresh baby carrots

Ragu of Italian Meats 19.99
slowly roasted pork, meatball, beef, chicken, sausage
no meatball, use gluten free pasta

Surf & Turf plus Pasta 26.99
A sampler of: lobster poached in butter, rotisserie roasted sirloin on a bed of oven roasted asparagus topped with a truffle and herb butter, served with pappardelle Bolognese
use gluten free pasta

Spit-Roasted Beef Tenderloin Florentine 24.99
whole roasted beef tenderloin stuffed with basil pesto, prosciutto, spinach and fontina cheese served with Parmesan Reggiano risotto, cooked medium

Braised Short Ribs 24.99
mushroom risotto, Chianti reduction

Spit-Roasted Sirloin of Beef 22.99
Chianti reduction, sweet pea risotto

Marinated, Grilled Prime Skirt Steak 22.99
no frites, cannot be grilled, pan-seared

Grilled Rib Eye 26.99
hand cut, 16 oz., with oven roasted cremini mushrooms & Cipollini onions, topped with truffle butter *not grilled*

Veal Osso Bucco 22.99
slow braised veal shank, served with saffron risotto, garlicky broccoli rabe and gremolata

Veal Porterhouse Chop *not grilled* 25.99
topped with truffle butter, served with garlicky spinach

Spit-Roasted Pork Loin Chop 21.99
one pound rib chop served with Tuscan roasted potato, green beans sautéed with garlic & cherry tomatoes and aged balsamic vinegar

Spit-Roasted Chicken 19.99
half of the rotisserie roasted whole chicken served with wild mushroom risotto

Chicken Parmesan 17.99
lightly breaded, sautéed chicken breast served over spaghetti with marinara and melted mozzarella and provolone cheese
no breading, use gluten free pasta

Chicken Piccata 17.99
chicken breast, sliced thin and sautéed, served with a lemon caper butter sauce, pan roasted fingerling potatoes and grilled zucchini
no breading, new pan sauce, use gluten free pasta

Seafood Marinara *use gluten free pasta* 19.99
shrimp, scallops, mussels & calamari served on capellini pasta
use gluten free pasta, no lobster sauce, no bread

Tuscan Shrimp Scampi 19.99
tomato, lemon, parsley on spaghetti
new pan sauce, use gluten free pasta

Vegetable Primavera with Fresh Ziti 17.99
oven roasted zucchini, asparagus, broccoli, tomato, red pepper and carrots in an alfredo sauce with fresh Parmesan
use gluten free pasta

Pappardelle Bolognese *use gluten free pasta* 18.99
wide fresh pasta with a rich meat sauce of beef, pork, sausage, pancetta, a touch of tomato paste and cream

Ziti, Spit-Roasted Chicken, Mushrooms & Peas 18.99
the meat from one half chicken, wild mushrooms, peas, pesto, shallots, tomato and prosciutto in herbed Parmesan cream
use gluten free pasta

Any of the following fresh sauces can be combined with gluten free pasta for your dinner, or for sharing with the entire table

Classic Marinara Sauce 14.99
Alfredo 14.99
Basil Pesto 15.99
Vodka Sauce 16.99
Bolognese 18.99

Desserts

Homemade Gelati or Sorbetti 3 Scoops 8
Gelati: Strawberry, Pistachio, Chocolate, Vanilla, Raspberry, Coconut

Creamsicle Panna Cotta 8
Rich cooked cream infused with an orange juice reduction, Mandarin orange garnish