

# A Family Owned and Operated Restaurant 

> This is a $100 \%$ Gluten Free Restaurant
> No worries about Cross Contamination

This restaurant came about because two of the owners (who are also the chefs) were diagnosed with Celiac Disease (severe wheat allergy) in 2011. We found out how hard it is to find a Gluten Free environment. We decided to turn this problem into a blessing for others.


# We use local, organic \& natural items whenever possible Sauces \& Dressings made Fresh and In House 

## Appetizers

Beer Battered Mushrooms or Onion Rings $\$ 8.95$
Breaded Mozzarella Sticks with Red Sauce $\$ 8.95$
Cheesy Flatbread $\$ 5.95$
Chicken Tenders with Ranch $\$ 10.95$
Coconut Shrimp or Calamari Fillet Strips
Served with Sweet Thai Chill Aidi $\$ 10.95$
French Fries $\$ 5.95$
$S_{\text {weet }}$ Potato Fries $\$ 6.95$

## Salads <br> $\$ 10.95$

Antipasto - Mixed greens with an assortment of Olives, Pepperoni, Salamí, Pepperonciní, and Artichoke Hearts tossed in Balsamic Vinaigrette

Classic Caesar - Romaine Lettuce, Shredded Parmesan, in Caesar Dressing
Caprese - Island Grown Basil \& Tomatoes with
Fresh Mozzarella Cheese and a Balsamic Drizzle
Mixed Greens - Assortment of Fresh Greens, Slivered Carrots, Avocado, Shaved Red Onions, Goat Cheese, and Grilled Seasonal Vegetables Tossed with a Mustard Vinaigrette

Wedge - |ceberg Lettuce with Tomatoes, Bacon,
Blue Cheese Crumbles and Garlic Croutons Finished with Blue Cheese Vinaigrette

> Add Chicken $\$ 5 /$ Fish $\$ 8$
> Split Salad (larger salad on two plates) additional $\$ 2$

## Children's Menu <br> (Children to years old $\varepsilon$ under)

- Breaded Chicken Tenders with Ranch Dressing
- Homemade Mac \& Cheese
- Spaghettí - with Red Sauce
- One Topping Mini Pizza (no side dish)

Side Dish

- Slices Apples \& Carrots
- Fries
- Grilled Veggies
- Roasted Potatoes

Includes Entrée, One side dish and a Children's Beverage

Signature Gourmet Pizzas
All Pizzas come with Mozzarella/Provolone Blend Cheese
Small 12"
Large 16"

Deli Combo - Pepperoní, Salami, Mushrooms, Olives, Onions, \&
Red Bell Peppers with a Red Sauce Sm $\$ 22$ Lg $\$ 29$
Island Veggie - Grilled Vegetables, Mushrooms, Spinach, Garlic
\&Fresh Basil with Red Sauce Sm $\$ 21 \quad$ Lg $\$ 28$
Kalua Pig -Braised Pork Shoulder \& Red Onions with Red Sauce Sm \$17Lg\$24
Maui Luau - Bacon, Ham\&Pineapple with Red Sauce Sm $\$ 18$ Lg $\$ 25$
Meat Lovers Delight - Seasoned Beef, Salamí, Pepperoni
Sun Dried Tomatoes with a Red Sauce Sm \$20 Lg \$27
Paradise Pesto - Seasoned Sausage, Artichoke Hearts, Pepperoncini, Greek Olives,
Sweet Onions \&Feta Cheese with a Pesto Sauce Sm \$22 Lg \$29
Polynesian Passion ~ Pepperoni, Ham, Bacon, Red Onions \& Pineapple
With a Sweet Thai Chili Sauce Sm $\$ 22 \quad \operatorname{Lg} \$ 29$
Create Your Own Gourmet Pizza
Start with a Cheese Pizza $\quad S_{m}(12 ") \$ 14 / \operatorname{Lg}(16 ") \$ 19$
1 Topping $\$ 15.75 / \$ 21.50$
2 Topping $\$ 17.50 / \$ 24$
3 Topping $\$ 19.25 / \$ 26.50$
4 Topping $\$ 21 / \$ 29$
5 Topping $\$ 22.75 / \$ 31.50$
Additional Topping $\$ 1.75 / \$ 2.50$
Sauce Bases - BBQ, Marinara, Pesto, \& Sweet Thai Chili Sauce
Toppings
Anchovies, Artichoke Hearts, Bacon, Basil, Beef, Chicken (Grilled),
Extra Cheese, Garlic (Roasted), Ham, Jalapenos, Kalua Pork, Mushrooms,
Olives - Black or Greek, Onions - Red or White, Pepperoni, Pepperonciní, Pineapple, Salami, Sausage (Italian), Spam, Spinach, \&
Tomatoes - Fresh, Cooked, or Sundried
Cheese Substitutions: Feta, Fresh Mozzarella or Goat Cheese $\$ 1 / \$ 2$
Personal Cheese Pizza ( $\left(8^{n}\right)$ with up to 2 toppings $\$ 9.95$

Entrees
Add on House Salad for an additional $\$ 5.95$
Chicken or Eggplant Parmesan - Breaded Chicken Breast or Eggplant in a Red Sauce on a Bed of Pasta, Topped with Mozzarella /Provolone Cheese Served with Seasonal Grilled Vegetables \$18.95

Fish \& Chips- Beer Battered Local Fish Served with French Fries $\$ 16$ Substitute Fish for Calamari Steak Strip $\$ 18$
Substitute Fries with Sweet Potato Fries add $\$ 1$ or Onion rings add $\$ 2$ Fish, Calamari and Fries $\$ 20$

Spaghetti-Quinoa/Corn Noodles smothered in a Mac Nut Pesto or Red Sauce
Topped with your choice of
Grilled Chicken \$17
Grilled Vegetables $\$ 16$
Sausage added to Sauce $\$ 17$
Stuffed Chicken - Grilled Chicken Breast Stuffed with Mangos, Goat Cheese with a Lilikoi Butter Sauce
Served with Roasted Potatoes \& Grilled Vegetables $\$ 19.95$

Gourmet Rice Bowls
Barefoot Bowl (Vegan) - Avocado, Snow Peas, Sautéed Kale, Red Bell Pepper, Mushrooms and Pickled Carrots \& Onions. Served with Jasmine Rice \& Thai Coconut Sauce. \$14.95

Kalua Bowl -House made Kalua Pork, Kimchi, Fresh Pineapple, \& Crispy Onions. Served with Jasmine Rice and BBQRed Sauce. \$14.95

Side Dishes
Medley of Garlic and Herb Roasted Potatoes \$5
Seasonal Grilled Vegetables $\$ 5$
Homemade Mac\& Cheese $\$ 6$

Beverages \&Desserts
Please ask Server for Menu

