

Noodles Italian Cafe & Sushi Bar

No Wheat Menu

Appetizers

PORTOBELLA & BRIE

Fresh Portobella mushrooms, sundried tomatoes, roasted garlic, toasted walnuts all sauteed with extra virgin olive oil smothering soft brie cheese
\$7.95

Soup & Salad

CREAMY TOMATO & BASIL \$4.95

CAESAR SALAD NO CROUTONS \$6.95

GREEK SALAD

With a Mediterranean herb vinaigrette \$7.95
Add the following to any Salad:

Broiled or Blackened Chicken \$2.00 Shrimp \$3.00

GORGONZOLA SALAD

Fresh tomatoes, pine nuts, shaved red onion and crumbled gorgonzola with a balsamic drizzle \$7.95

MOZZARELLA & TOMATO SALAD

Mozzarella cheese, vine ripe tomatoes and fresh basil, extra virgin olive oil and balsamic reduction \$7.95

MEDITERRANEAN GRILLED SEAFOOD SALAD

(dinner only) Grilled Skewered Rosemary-Garlic marinated Seafood of Tuna, Shrimp, Scallops, Calamari, white beans, mixed greens, tomatoes, capers, Kalamata olives, Red onions & feta cheese. Fresh Rosemary-Lemon Herb vinaigrette

PORTOBELLA SALAD (lunch only)

Whole roasted portobella mushroom, vine ripe tomatoes and goat cheese served on a bed of mixed field greens topped with our house vinaigrette \$7.95

SALMON SALAD

Fresh grilled salmon served warm over a bed of mixed baby field greens, tomatoes, carrots and a sprinkle of roasted Bruschetta mix drizzled with our house vinaigrette \$13.95

STEAK SALAD (LUNCH ONLY)

Marinated steak tips, red onion, tomatoes, gorgonzola crumbles, grilled asparagus, black olives & balsamic glaze \$10.95

Famous Original Seafood & Chicken Pasta Dishes

CHICKEN & ARTICHOKE HEARTS

Sauteed with sundried tomatoes and black olives in our fresh basil cream sauce served over No Wheat pasta \$10.95/\$18.95
(substitute pomodoro sauce for low calorie) Substitute Shrimp \$4.00

CHICKEN AND BROCCOLI

Chicken breast sauteed with extra virgin olive oil, fresh garlic and pecorino romano cheese served over No Wheat Pasta \$9.95/\$17.95

CHICKEN "NOODLES" PICCATA

Chicken breast with Capers, artichoke hearts, sun-dried tomatoes, fresh spinach & light scampi wine sauce served over No Wheat Pasta. \$10.95/\$18.95

PASTA BAYOU

Andouille sausage, blackened chicken, capicola & red onions in a white wine sauce, finished with smoked mozzarella cheese and a hint of Cajun seasoning served over No Wheat Pasta. \$9.95/\$18.95

SAUSAGE, PEPPERS, AND ONIONS

Sauteed in our rich marinara sauce served over No Wheat pasta \$9.95/\$16.95

VEGETARIAN DELIGHT

Fresh broccoli, portobella mushrooms and sundried tomatoes sauteed in a light garlic and oil sauce, served over No Wheat pasta \$9.95/\$16.95
Add chicken breast for \$3.00 or Shrimp for \$4.00

SHRIMP PROVENCAL SCAMPI (Low Carb)

Gulf Shrimp sauteed with roasted garlic, tomatoes, artichoke hearts & fresh spinach in a lemon butter sauce \$8.95/\$17.95

SALMON FLORENTINE (Low Carb)

Sauteed with fresh spinach, garlic, tomato, artichoke hearts & portobello mushrooms \$12.95/\$17.95

SHRIMP AND SCALLOPS

Kalamata olives, capers, and feta cheese in a light pomodoro sauce served over No Wheat pasta \$11.95/\$20.95

SHRIMP RUSTICA

Shrimp and Italian sausage sauteed with garlic, tomatoes and fresh spinach in an extra virgin olive oil sauce served over No Wheat pasta \$10.95/\$19.95

SHRIMP PESTO

Shrimp with homemade pesto-garlic & olive oil sauce with fresh basil, tomato & pine nuts over No Wheat Pasta \$11.95/\$18.95

SHRIMP ARTICHOKE RISOTTO

Gulf Shrimp sauteed with lemon butter, artichoke hearts, fresh basil & tomatoes. Tossed with creamy risotto \$17.95

CIOPPINO

Fresh fish, shrimp, scallops, and mussels sauteed in a fresh fennel plum tomato wine sauce, served over No Wheat pasta \$17.95/\$23.95

MEDITERRANEAN LEMON PEPPER TILAPIA (Low Carb)

Pan baked with roasted red peppers, broccoli, spinach, kalamata olives, tomatoes, capers, feta cheese & garlic olive oil sauce \$11.95/\$17.95

NY STRIP GORGONZOLA (Dinner Only)

Grilled 12 oz NY Sirloin finished with a baked gorgonzola crust, portobello mushrooms & baby spinach. Sauced with a cracked pepper & blue cheese sauce over No Wheat Pasta \$25.95

Desserts

CREME BRULEE