

# *Romios* GLUTEN FREE MENU





## APPETIZERS

### Garlic Bread

Organic french bread seasoned with garlic, butter and spices with a side of organic marinara sauce.

### Cheese Bread

Organic garlic bread topped with mozzarella and parmesan cheeses with a side of homemade organic marinara sauce.

### Pesto Bread

Fresh from the oven and served with our home-made organic tzatziki sauce.

### Dolmades

Lemon and herb-infused rice enclosed in tender grape leaves. 6pcs served with organic tzatziki sauce.

### Buffalo Wing

BBQ or hot wings served with Ranch or Blue Cheese dressing

## FRESH SALAD

### Romio's Famous

### Chopped Salad

Lettuce, chicken, salami, mozzarella, diced tomatoes, fresh basil, garbanzo beans, scallions, tossed in Vinaigrette dressing.

### Caesar Salad

Fresh romaine, lemon wedge, fresh grated parmesan & croutons tossed to perfection.

### Add Chicken or Shrimp

### Horiatiki Greek Salad

Tomatoes, cucumbers, green peppers, onions, greek olives, greek feta cheese, pepperoncini peppers & homemade Romio's Italian dressing. (No lettuce in this salad).

### Greek Salad

Mixed green, tomatoes, cucumbers, onions, green peppers, Greek olives, pepperoncini peppers, & Greek feta cheese, topped with homemade Romio's Italian dressing.

### Antipasto Salad

Mixed greens, tomatoes, cucumbers, salami, pepperoni, Canadian bacon, mushrooms, black olives, pepperoncini peppers & gorgonzola cheese. Choice of Ranch, Thousand Island, Blue Cheese, Honey Mustard, Caesar or home-made Romios Italian dressing.

### Spinach Salad

Spinach, Roma tomatoes, red onions, walnuts & goat cheese, tossed with Honey Raspberry Vinaigrette dressing.

### Dinner Salad

Mixed greens, tomatoes, cucumbers, olives & mozzarella. Choice of Ranch, Blue Cheese, Thousand Island, Honey Mustard Caesar or homemade Italian dressing.

## SANDWICHES- Whole 12"

### Double the meal

### BBQ Chicken Sub

Tender chicken breast baked in our special BBQ sauce with parmesan & mozzarella on French bread.

### Meatball Parmesan

Baked meatballs, mozzarella & parmesan on French bread with our homemade Romio's special sauce.

### Eggplant Parmesan

Eggplant, mozzarella & parmesan on a French bread with our homemade Romio's special sauce.

### Chicken Parmesan

Tender chicken breast, marinara sauce, onions, parmesan & mozzarella cheese on French bread.

### Chef's Special

Canadian bacon, pepperoni, salami, tomatoes, mozzarella & our homemade pizza sauce on French bread.



## Submarine

Canadian bacon, pepperoni, salami, tomatoes, onions, mozzarella cheese & our homemade Italian dressing on French bread.

### Marin. Philly Steak

Thinly sliced sirloin, lightly marinated with onions, green peppers & melted Swiss cheese on French bread.

### Vegetarian Sub

Mozzarella, tomatoes, onions, mushrooms, green peppers, & Italian dressing on French bread.

### Grilled Roma Tomato Sub

Sliced Roma tomatoes, fresh mozzarella cheese, homemade Italian dressing & mixed greens

### The Campagnolo Sub

Tender chicken, roasted red peppers, provolone cheese, creamy pesto & mixed greens

### The Milano Sub

Roasted eggplant, provolone cheese roasted

### The Grilled Tuskany Sub

Fresh mozzarella, prosciutto, creamy pesto & mixed greens

### Ham & Swiss Sub

With our creamy pesto,

## BAKED PASTAS

### 4 Cheese Baked Spaghetti

Baked spaghetti noodles in Romio's special marinara sauce, smothered with mozzarella, parmesan, Swiss & feta or cheddar cheese.

### Eggplant Parmesan

The Eggplant is sliced, breaded & fried, then placed on top of spaghetti & topped with marinara sauce & lots of melted mozzarella.

### Chicken Parmesan

Two boneless chicken breasts topped with melted mozzarella & parmesan cheese, served on top of spaghetti on our homemade marinara sauce, tomatoes, & mixed greens

### Turkey & Swiss Sub

With our creamy pesto, tomatoes, & mixed greens

## PASTAS

### Fettuccini Alfredo

Organic brown rice fettucini noodles smothered in our Alfredo sauce.

### Fettuccini Carbonara

Organic brown rice fettucini noodles sautéed with bacon, mushrooms, scallions and diced tomatoes in a parmesan cheese cream sauce.

### Shrimp Fettuccini

Organic brown rice fettucini noodles sautéed with shrimp, sun-dried tomatoes, parmesan cheese and fresh garlic in garlic cream sauce and Romio's special marinara sauce.

### Spaghetti

In Romio's special marinara sauce.

### Chicken Marsala

Two lightly breaded chicken breasts sautéed and served with a creamy marsala wine, mushrooms and Alfredo sauce.

### Prawn Linguini

Fresh Linguini with sautéed prawns, mushrooms and diced tomatoes tossed with a creamy lemon sauce.

### Pesto Linguini

Fresh Linguini in butter, garlic and pesto sauce, topped with feta, parmesan and pine nuts.

### Penne Chicken Pesto

Penne pasta in a creamy garlic & pesto sauce served with chicken.





## LOW-CARB

**(Includes a side salad with your choice of dressing)**

### No Dough Pizza

*Meat sauce, mozzarella cheese & two toppings of your choice.*

### Chef Special Dish

*Sautéed chicken, broccoli, mushrooms, parmesan cheese in Alfredo sauce & mozzarella.*

### Chicken Eggplant Parmesan Dish

*Two chicken breasts placed on a bed of marinara sauce, topped with eggplant, roasted red peppers, goat cheese, fresh basil & mozzarella, oven baked.*

### Mexican Dish

*Big chunk of feta cheese, covered with spiced beef, green peppers, tomatoes, & jalapeno peppers, baked with mozzarella & cheddar on the top.*

## DESSERTS

### Desserts Option 1

### Desserts Option 2

## PIZZA

### House Special

*Pepperoni, Canadian bacon, mushrooms, onions, green peppers, tomatoes & feta cheese.*

### Romio's Special

*Pepperoni, mushrooms, black olives, & Canadian bacon, Italian sausage.*

### Acropolis

*Pepperoni, anchovies, mushrooms, green peppers, tomatoes, & Italian sausage.*

### Plato's Special

*Pizza for the Greek feta cheese lovers! Smothered with onions, tomatoes & extra feta.*

### Santorini

*Mushrooms, onions, green peppers & tomatoes.*

### Zeus

*Italian sausage, mushrooms & fresh cold tomatoes.*

### Solonika

*Pepperoni, mushrooms & Canadian bacon.*

### Athens

*Ground beef, mushrooms & fresh cold tomatoes.*

### Samos

*Canadian bacon & pineapple.*

### Nemea

*Pepperoni and mushrooms.*

### Cheese Pizza

### Additional

### Toppings

*We will delete anything you want, but please limit your substitutions to one per pizza.*

*Warning:*

*Gluten-free products are prepared in a common kitchen, we do our very best to avoid cross-contamination but at times flour can be airborne and cause minimal contamination. We will do our very best to avoid cross contamination but we cannot be considered as 100% gluten-free establishment. Romio's Pizza does not recommend our gluten free products for customers with celiac disease. Customers with gluten sensitivities should exercise judgment in consuming gluten free products.*

## SPECIALITY PIZZA

### Mushroom Supreme

*Delicious whole marinated mushrooms.*

### Zorba

*The ultimate Greek pizza!. Onions, tomatoes, greek olives, greek feta cheese, gyro meat, smothered with mozzarella & topped with homemade Tzatziki sauce on the side.*

### Florentine

*Chopped spinach, egg, nutmeg, ricotta, swiss, parmesan, mozzarella & feta cheese.*

### Four Cheese Pizza

*Extra cheese! Pizza with Swiss, parmesan, mozzarella & feta cheese.*

### G.A.S.P

*Fresh garlic, artichoke hearts, sun-dried tomatoes & pesto.*

### Eggplant Parmesan

*Classic large pizza pie with eggplant, goat cheese & parmesan on rich pizza sauce.*

### Roasted Red Peppers

### & Goat Cheese

*Brushed with olive oil & topped with sliced onions, roasted red peppers & goat cheese.*

### Roasted Garlic

### & Goat Cheese

*Brushed with olive oil & topped with sun-dried tomatoes, goat cheese & sweet roasted garlic.*



## The Olympian

Generous portions of pepperoni, Canadian bacon, Italian sausage & salami.

## Seafood 23

Shrimp & imitation king crab marinated in scampi sauce with onion & mozzarella

## South of the Border

Savory Mexican sauce, seasoned taco meat, jalapeno peppers, onions, green peppers, tomatoes, & cheddar cheese. Served with our sour cream on the side.

## The Complete Combo

Salami, pepperoni, Canadian bacon, mushrooms, onions, green peppers, black olives, tomatoes, Italian sausage, & greek feta cheese.

## Bianca

Grilled chicken, onions, red peppers, mushrooms, parmesan cheese with white Alfredo sauce.

## Putanessca

Tomatoes, artichoke hearts, kalamata olives, feta, capers, fresh garlic, pesto base (no pizza sauce).

## Margherita

Tomatoes, fresh garlic, olive oil, fresh mozzarella & fresh basil (no pizza sauce).

## BBQ Chicken

BBQ Chicken, mushrooms, red onions, mozzarella & pizza sauce.

## Kicking' Chicken

BBQ Chicken, red onions, jalapeno peppers, mushrooms, BBQ sauce. (no pizza sauce).

## Chicken Pesto

### (with pesto base no pizza sauce)

Fresh garlic, artichoke hearts, sun-dried tomatoes, chicken, walnuts, pesto with mozzarella & goat cheese.

## Gorgonzola Gourmet

### (No pizza sauce)

Baby spinach, gorgonzola cheese, roasted red peppers, walnuts, fresh garlic, mozzarella cheese & olive oil.

## Garden Special

Roasted eggplant, mushrooms, broccoli, zucchini, fresh garlic, mozzarella & pizza sauce



## BUILD YOUR OWN GLUTEN-FREE PIZZAS / ADDITIONAL TOPPINGS

*All pizzas come with our homemade pizza sauce & are smothered with mozzarella on our Romios Gluten-Free dough.*

## Veggies & Fruits:

Artichoke hearts, Basil, Black olives, Broccoli, Capers, Eggplant, fresh Garlic, roasted Garlic, Greek olives, Green peppers, Red peppers, Mushrooms, Onions, Pepperoncini, Pesto, Pineapple, Pine nuts, Fresh spinach, Sun-dried tomatoes, Toasted walnuts, Zucchini.

## Cheese:

Cheddar, Feta, Goat cheese, Gorgonzola, Mozzarella, Parmesan, Ricotta, Swiss, Fresh mozzarella, Provolone, Soy-cheese Vegan.

## Meats:

Taco meat, Bacon, BBQ chicken, Chicken, Canadian bacon, Greek gyros meat, Italian sausage, Savory meatballs, Pepperoni, Salami, Ground beef.

## Seafood:

Anchovies, Shrimp, Prawns.

## Sauce:

Alfredo, Pesto, BBQ, Olive, Romio's pizza sauce





