

Bella Monica

Trattoria



Vino

[GLUTEN FREE]

ANTIPASTI

GARLIC SOUP

WITH THYME (no croutons) \$6.99

ANTIPASTO PLATO

SOPRESSATA, RICOTTA SALADA, OLIVES,
HERBED MUSHROOMS, ROASTED PEPPERS
TAPANADE & PESTO \$12.99

PORTOBELLO

ROASTED PORTOBELLO WITH FETA CHEESE,
SUNDRIED TOMATO AND ROSEMARY \$7.99

POLENTA

ANSON MILLS BAKED POLENTA WITH ROASTED
RED PEPPERS AND BALSAMIC SYRUP \$7.99

FRESH MOZZARELLA

FRESH MOZZARELLA, TOMATOES, BASIL AND
EXTRA VIRGIN OLIVE OIL \$8.99

SPIEDINO

MARINATED CHICKEN BREAST ON A SKEWER
SERVED WITH MISSION FIG COMPOTE
AND LAURA CHENEL GOAT CHEESE \$8.99

HOUSE SALAD

MIXED GREENS, TOMATO AND RED ONION
WITH BALSAMIC HERB VINAIGRETTE \$6.99
AND CHICKEN, SHRIMP or PORTOBELLO \$8.99

CAESAR SALAD

(anchovies upon request, no croutons) \$7.99
AND CHICKEN, SHRIMP or PORTOBELLO \$9.99

SPINACH SALAD

WITH MUSHROOMS, CRANBERRIES, RED ONION
PANCETTA, HAZELNUT VINAIGRETTE \$8.99
AND CHICKEN, SHRIMP or PORTOBELLO \$10.99

CHOPPED SALAD

CHOPPED GREENS WITH TOMATO, MUSHROOMS,
ONIONS, CARROTS, CANNELLINI BEANS
AND PARMESAN CHEESE WITH
BALSAMIC HERB VINAIGRETTE \$8.99
AND CHICKEN, SHRIMP or PORTOBELLO \$10.99

ARUGULA SALAD

PEPPERY ARUGULA WITH SUN DRIED TOMATO,
RED ONION, PINE NUTS, PARMESAN REGGIANO
AND LEMON BASIL VINAIGRETTE \$10.99
AND CHICKEN, SHRIMP or PORTOBELLO \$12.99

PEAR & GOAT SALAD

MIXED GREENS TOSSED WITH GOAT CHEESE,
WALNUTS, RED ONION
AND A PEAR THYME DRESSING \$8.99
AND CHICKEN, SHRIMP or PORTOBELLO \$10.99



FAVORITES FROM NANA'S KITCHEN

EGGPLANT PARMIGIANA

ROASTED EGGPLANT WITH SPINACH \$14.99

PORTOBELLO PARMIGIANA

ROASTED PORTOBELLO OVER SPINACH or GF LINGUINE \$14.99

CHICKEN PARMIGIANA \$15.99

OVER SPINACH or GLUTEN FREE LINGUINE

SAUSAGE PARMIGIANA \$14.99

OVER SPINACH or GLUTEN FREE LINGUINE

STUFFED SHELLS

GLUTEN FREE PASTA SHELLS FILLED WITH RICOTTA CHEESE AND
TOPPED WITH MELTED MOZZARELLA AND TOMATO SAUCE \$13.99

PORK PICCATA

PORK LOIN MEDALLIONS WITH A LEMON CAPER SAUCE
SERVED WITH ASPARAGUS AND RED ONION \$16.99

SHRIMP SCAMPI

SWEET, SMALL SHRIMP WITH TOMATO, GARLIC AND EV OLIVE OIL
SERVED OVER POLENTA \$16.99

SHRIMP & 'ITALIAN GRITS'

POLENTA WITH PANCETTA & CARAMELIZED ONIONS \$16.99

CHICKEN BALSAMICO

CHICKEN BREAST WITH A HONEY BALSAMIC SAUCE,
SAUTEED SPINACH AND OVEN-ROASTED TOMATOES \$16.99

POLENTA

PORTOBELLO, ROASTED TOMATOES, ARUGULA, CHICKEN
CARAMELIZED ONIONS, PINENUTS, EVOO, GARLIC \$16.99



Viva, Amore, Mangia

www.bellamonica.com

GLUTEN FREE FLATBREADS

10 inch \$10.99

Margherita

tomato sauce, basil, garlic and mozzarella

Mushroom & Herb

olive oil, roasted garlic, mushrooms, tomatoes, mozzarella & asiago cheese

Spinach & Tomato

olive oil, roasted garlic, spinach, tomatoes, mozzarella & feta cheese

Dolce

Chocolate Amore \$7

Budino Chocolate Espresso \$7

Mascarpone Pannacotta figs, almonds, white balsamic honey \$7

GLUTEN FREE MARGHERITA

Rice Flour

(corn starch, tapioca dextrin, non-fat dry milk, whole egg, sugar, salt, xanthan gum, baking powder, soy oil),

Mozzarella Cheese *(pasteurized milk, salt, cheese cultures, enzymes),*

Crushed Tomatoes *(whole ripe tomatoes, salt, fresh basil, water),*

Asiago Cheese *(pasteurized milk, salt, cheese cultures, enzymes),*

Expeller Pressed Extra Virgin First Cold Press Olive Oil, Garlic, Oregano, Basil, Salt, Yeast, Black Pepper

GLUTEN FREE MUSHROOM & HERB

Rice Flour

(corn starch, tapioca dextrin, non-fat dry milk, whole egg, sugar, salt, xanthan gum, baking powder, soy oil),

Mozzarella Cheese *(pasteurized milk, salt, cheese cultures, enzymes),*

Diced Tomato *(ripe tomatoes, tomato juice, salt, calcium chloride, naturally derived citric acid),*

Fresh Mushrooms, Water, Asiago Cheese *(pasteurized milk, salt, cheese cultures, enzymes),*

Roasted Garlic, Expeller Pressed Extra Virgin Olive Oil, Salt, Yeast, Black Pepper,

Parsley, Oregano, Rosemary, Sage, Chives

GLUTEN FREE SPINACH & TOMATO

Rice Flour

(corn starch, tapioca dextrin, non-fat dry milk, whole egg, sugar, salt, xanthan gum, baking powder, soy oil),

Mozzarella Cheese *(pasteurized milk, salt, cheese cultures, enzymes),*

Diced Tomato *(ripe tomatoes, tomato juice, salt, calcium chloride, naturally derived citric acid),*

Fresh Baby Leaf Spinach, Water, Feta Cheese *(pasteurized milk, non fat dry milk, salt, cheese cultures, enzymes),*

Roasted Garlic, Expeller Pressed Extra Virgin Olive Oil, Salt, Yeast, Black Pepper

GLUTEN FREE LINGUINE

Domata Living Flour (rice flour, corn starch, tapioca dextrin, xantan gum), Eggs, Water, Salt, Canola Oil, Guar Gum, Sodium Alginate

GLUTEN FREE STUFFED SHELLS

Dough- Domata Living Flour (rice flour, corn starch, tapioca dextrin, xantan gum),

Eggs, Water, Salt, Canola Oil, Guar Gum, Sodium Alginate,

Filling- Whole Milk Ricotta Cheese *(pasteurized whole milk, starter, salt),*

Romano Cheese *(pasteurized sheep's milk, rennet, bacterial culture, salt),* Eggs, Salt, Parsley

Although Bella Monica is not a dedicated Gluten Free kitchen, we do cook all GF item with separate and clean pans and utensils to reduce cross contamination. We welcome advance notice of special dietary requests to accommodate your needs and ensure dishes equal the integrity of the other menus.