

# *Il Gabbiano Ristorante and Catering*

*The Difference between Eating and Dining*

*Celebrating 20 years*

## *Lunch Menu*

*Gluten free choices* ☒

### **Anti Pasti**

Bruschetta Crostini topped with fresh tomato, roasted red peppers tossed with fresh herbs and infused basil EVOO 8

Caprese ripe tomato with buffalo mozzarella and red onions on a bed of mixed greens and infused basil EVOO 10

Impepata di Cozze steamed mussels in a white wine tomato sauce 10 ☒

Salsici e Rapini Nonno's homemade sausage with rapini, roasted garlic and a little bite of chili pepper with a light tomato sauce 9 ☒

Blackend Beef Tips beef tenderloin seared with Cajun spice with a hint of balsamic reduction 14

### **Antipasto Platter Misto for Two or More**

Spicy sopressata salami, marinated olives, assorted cheese, artichoke hearts, roasted red peppers, tomatoes, buffalo mozzarella, sweet onions and basil infused olive oil 10/per person

### **Seafood Platter Misto for Two or More**

Charbroiled shrimp and calamari in a lemon garlic herb EVOO sauce 12/per person ☒

### **Insalate**

Insalata di Spinaci spinach with cranberries, olives, sun dried tomato and goat cheese with a creamy lemon dressing 9 ☒

Grilled Salmon over a bed of mixed greens, grilled asparagus, ripe tomato and herb goat cheese with a lemon garlic herb vinaigrette 16 ☒

Classic Caesar Salad 8

Add protein Grilled Chicken 8 Grilled Jumbo Shrimp 9 Grilled Salmon 10

### **Zuppe**

Soup of the Day Chef's special soup of the day 6

Zuppe di Pesce an assortment of seafood seasoned with fresh herbs simmered in a light tomato fish stock 18

### **Grilled Panini**

All Panini are grilled with our fresh Artisian artigiano bread.

Classic Italian Prosciutto spicy calabrese supresatta cappicola, pesto, roasted peppers, tomato, lettuce and cheese 12

Petto di Pollo grilled breast of chicken with pesto, tomato, cheese and mixed greens 14

Chicken Parmesan breaded chicken breast with tomato sauce and cheese 14

Vegetarian tomato, cheese, marinated eggplants, roasted red peppers and mixed fresh salad greens 12

Beef Tenderloin grilled tender beef medallions with tomato, lettuce, onion and our house sauce 18

All our sandwiches come with our House Salad, Caesar or raw vegetable salad.

☒ *Gluten free symbol*

*For a healthy choice see our Heart Smart choices. Using EVOO-Extra Virgin Olive Oil.*

**We cater all events ask our server for information**

**Family events, corporate or just a party with friends Semi-private seating available for 10 to 100 guests. Open 7 days a week**

*GIVE AN ITALIAN FEAST!*

*Lunch or dinner at Il Gabbiano Ristorante and Catering makes the perfect gift card for a friend, family member or co-worker!*

*Get your gift card today!!*

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### **Primi Piatti**

All Pasta courses are served with fresh Artesian Italian bread and our roasted red pepper dip  
Whole wheat pasta and Gluten Free (Risotto ☒ or Gluten free pasta ☒) substitution available ask your server

Risotto Del Giorno creative risotto made by our chef's daily 16

Parpadelle Pomodoro egg noodle parpadelle with basil in a fresh tomato sauce 12

Pennine all'Arrabiata sautéed pancetta, capers and black olives in a spicy fresh tomato sauce 14

Fettuccine alla Sophia chicken with roasted garlic, shiitake mushrooms and artichokes in a blush sauce 16

Rigatoni Boscaiola sautéed smoked ham, peas and mushrooms in a blush meat sauce 14

Gnocchi Bolognese potato dumplings with our house made meat ragu sauce 12

### **Secondi Piatti**

All Pasta courses are served with a side of vegetable and potato Del Giorno  
Fresh Artesian Italian bread with special roasted red pepper dip

Vitello con Crema Funghi Misti veal medallions sautéed with a mushrooms cream sauce 16

Petto di Pollo alla Gabbiano chicken breast with asparagus, red pepper, artichoke in a garlic blush sauce 14

Involtini di Pollo stuffed chicken breast with goat cheese, spinach and roasted red peppers topped with a roasted tomato sauce 18

Agnello ai Ferri New Zealand choice marinated lamb chops with our special blend of herbs grilled and finished with a EVOO citrus sauce 22 ☒

New York Strip Ontario AAA select centre cut grilled with our porcini rub and drizzled EVOO 19 ☒

Pesci Bianco con Limone white fish sautéed with lemon and capers in a white wine herb sauce 15 ☒

#### Sides you can have with any entrée

Fresh mesculin salad with our house dressing 4

Ceasar classic with our house made dressing 5

Sautéed Mix Mushrooms 4

Gorgonzola Cream Sauce (Goes well with any meat or fish entree) 4

Rapini Sautéed with Garlic and EVOO 5

Chefs choice of pasta with our fresh tomato basil sauce 5

# *Buon Appetito !!!*