

Carluccio's

Italian Dining

## GLUTEN FREE MENU

### SOUPS

**CREAM OF TRUFFLE MUSHROOM SOUP** / 40 {V}  
Creamy mushroom soup drizzled with truffle oil.

**TOMATO SOUP** / 38 {V} {N}  
Roasted tomato soup with basil pesto.

### STARTERS

**MIXED OLIVES** / 20 {V}  
Mix of our black and green marinated olives.

**PRAWN MARINARA** / 60 {S}  
Prawns sautéed with cherry tomatoes, garlic, chilli and fennel seeds.

**CARPACCIO** / 58  
Thinly sliced, seared beef tenderloin topped with rocket, red onions, capers and Parmesan shavings. Drizzled with truffle oil.

**VEGETARIAN ANTIPASTI BOARD** / 84 {V}  
Roasted peppers with pesto, green bean salad with mint, sun-dried tomatoes, Buffalo mozzarella, artichokes and olives.  
*(Individual portion available on request / 61)*

### PASTA

THE FOLLOWING SAUCES ARE AVAILABLE WITH OUR GLUTEN FREE CORN SPAGHETTI OR PENNE PASTA.

**SPAGHETTI CARBONARA** / 67  
Spaghetti pasta with eggs, Parmesan, smoky beef pancetta and cracked black pepper.

**SEAFOOD PASTA** / 82 {S}  
Pasta with prawns, mussels, squid rings, cherry tomatoes, garlic and chilli.

**ARRABBIATA** / 51 {V}  
Pasta with a spicy sauce of tomatoes, chilli and garlic.

**PICANTE** / 51  
Pasta tubes in a rich spicy beef sauce with chilli, rosemary and cream.

**CHICKEN AND MUSHROOM** / 71 {N}  
Pasta with chicken, mixed mushrooms, cream and pine nuts.

**PESTO** / 55 {V} {N}  
Pasta served with fresh basil pesto.

**TOMATO AND BASIL** / 44 {V}  
Pasta served with our own fresh tomato and basil sauce.

**SMOKED SALMON PASTA** / 76 {S}  
Pasta with smoked salmon, peas, asparagus and tenderstem broccoli tossed in a creamy wholegrain mustard sauce. Topped with citrus ricotta.

### SALADS

**TRICOLORE SALAD** / 62 {V}  
Buffalo mozzarella, sliced avocado, vine tomatoes and rocket.

**CAESAR SALAD** / 46 {S}  
Crispy baby gem lettuce, soft boiled egg, Parmesan shavings and a creamy anchovy dressing.

**GOAT'S CHEESE AND BEETROOT SALAD** / 58 {V} {N}  
Thinly sliced beetroot, radish, asparagus, pine nuts and mixed leaf salad topped with goat's cheese. Served with a spicy yoghurt dressing.

**STEAK SALAD** / 63  
Grilled, sliced steak with quinoa, kale, baby spinach and spring onion. Tossed with balsamic dressing.

**ADD TO YOUR SALAD**  
Grilled chicken breast / 11  
Grilled beef striploin / 23  
Sautéed prawns / 23  
Sliced avocado / 15  
Smoked salmon / 23

### RISOTTO

**MUSHROOM** / 71 {V}  
Creamy mixed mushroom risotto with roasted sliced porcini mushroom and Parmesan.

**CHICKEN AND SPINACH** / 71  
Parmesan risotto with sautéed chicken and spinach. Drizzled with lemon oil.

**SEAFOOD** / 72 {S}  
Saffron risotto with prawns, squid rings, mussels and shredded crab with chilli and fresh lemon.

### FROM THE GRILL

EACH DISH BELOW COMES WITH YOUR CHOICE OF TWO SIDE DISHES.

**LAMB STEAK** / 94  
Tender 220g de-boned lamb rump steak, mint-marinated and chargrilled.

**SPRING CHICKEN** / 83  
Chargrilled baby chicken marinated in fresh Italian herbs.

**BEEF MEDALLIONS** / 146  
Grass-fed 21-day aged, 240g beef fillet medallions, chargrilled to your liking. Served with grilled tomato, Portobello mushroom and a creamy mushroom sauce.

### MAINS

**SEAFOOD SKEWERS** / 83 {S} {N}  
Chargrilled marinated salmon, prawn, zucchini and pepper skewers in Italian herbs with a lemon and chive sauce. Served with saffron risotto.

**SALMON PESTO** / 90 {S} {N}  
Grilled salmon with chargrilled vegetables. Drizzled with basil pesto.

**CHICKEN INVOLTINI** / 72  
Chicken breast filled with spinach, mozzarella and sundried tomatoes. Served with red pepper cream sauce, Parmesan mashed potato and tenderstem broccoli.

### SIDES

**ROASTED ROSEMARY POTATOES** / 22 {V}  
Roasted potatoes and garlic with rosemary.

**PARMESAN MASHED POTATO** / 22 {V}  
Potatoes pureed with butter and Parmesan.

**GREEN BEANS AND CHERRY TOMATOES** / 22 {V}  
Pan-fried and tossed with extra virgin olive oil.

**ASPARAGUS** / 22 {V}  
Pan-fried asparagus topped with shaved Parmesan.

**MUSHROOMS** / 22 {V}  
Sautéed with butter.

**MIXED SALAD** / 22 {V}  
Rocket and baby gem lettuce tossed with extra virgin olive oil, balsamic vinegar and shaved Parmesan.

**SPICY BROCCOLI** / 22 {V}  
Tossed with chilli and garlic.

**WARM LENTIL SALAD** / 22 {V}  
Green local lentils, spring onion, dill, parsley and chives tossed with lemon juice and extra virgin olive oil.

### DESSERT

**PANNA COTTA** / 38 {N}  
Salted caramel panna cotta topped with praline and nuts.

**BERRY MERINGUE** / 40  
Strawberry meringue with passionfruit mascarpone and berry coulis.

**AFFOGATO** / 36  
Vanilla ice cream served in a tall glass with a strong espresso to pour over the top.

**FRESH FRUIT SALAD** / 36

**ICE CREAM AND SORBET** / 22  
Italian-style artisanal ice cream.  
Chocolate • Strawberry • Vanilla • Stracciatella • Lemon



{V} = Vegetarian {N} = Nuts {S} = Seafood

Please advise of any dietary requirements or allergies and our chefs will be delighted to assist.  
All prices are in UAE Dirhams. In Eastern Mangroves Abu Dhabi, all prices are subject to 10% Municipality and Tourism Tax.  
Prices are inclusive of 5% VAT unless stated otherwise.