



SUNDAY THROUGH THURSDAY  
11AM - 9PM

FRIDAY & SATURDAY  
11AM - 10PM

## APPETIZERS

**GLUTEN-FREE FLATBREAD** \$2.<sup>00</sup>  
olive oil & pecorino cheese dipping sauce

**BRUSCHETTA** \$7.<sup>49</sup>  
gluten-free bread • tomato  
fresh basil • extra-virgin olive oil

**AHI TUNA CARPACCIO\*** \$8.<sup>99</sup>  
cajun spiced Ahi Tuna • mixed greens  
red onion • caper • vinaigrette

**CAPRESE SALAD** \$7.<sup>99</sup>  
fresh mozzarella • tomato • fresh basil  
mixed greens • extra-virgin olive oil  
aged balsamic vinegar

## CREATE YOUR OWN PIZZA

MADE ON GLUTEN-FREE FLATBREAD

**MARINARA & CHEESE** \$7.<sup>49</sup>

**Additional Toppings** \$.99 each  
*onion, spinach, tomato, garlic, olive oil, pepperoni, grilled chicken*

**Premium Toppings** \$1.<sup>39</sup> each  
*mushroom, roasted red pepper, roasted yellow pepper,  
green bell pepper, peppadew pepper, sausage,  
green & kalamata olive, basil pesto*

## SALADS

**MIXED GREEN SALAD** \$4.<sup>99</sup>  
mixed greens • tomato

*Dressing Choices: Italian, Caesar, buttermilk, garlic citrus,  
citrus aioli, roasted tomato tarragon or balsamic vinaigrette*

**CAESAR SALAD** \$4.<sup>99</sup>  
romaine • Caesar dressing

**GRILLED CHICKEN SALAD** \$10.<sup>49</sup>  
mixed greens • Kalamata olive • tomato  
red onion • feta cheese • balsamic vinaigrette

**SICILIAN SALAD** \$11.<sup>99</sup>  
grilled chicken • mixed greens • tomato  
artichoke heart • caper • feta cheese  
garlic citrus vinaigrette

**GRILLED VEGETABLE SALAD** \$11.<sup>99</sup>  
yellow squash • asparagus • zucchini  
red onion • tomato • roasted bell pepper  
romaine • mixed greens • feta cheese  
roasted tomato tarragon

**GRILLED SALMON SPINACH SALAD\*** \$12.<sup>99</sup>  
fresh spinach • tomato • red onion  
caper • hard-boiled egg • citrus aioli

**FLANK STEAK SALAD** \$13.<sup>49</sup>  
romaine • peppadew pepper • tomato • red onion  
gorgonzola cheese • buttermilk dressing

**GRILLED CHICKEN CAESAR SALAD** \$9.<sup>49</sup>  
romaine • Caesar dressing

**SALMON CAESAR SALAD\*** \$12.<sup>49</sup>  
romaine • Caesar dressing

*all dishes are garnished with parsley & pecorino cheese*

**\*These items are served raw or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illnesses.**

**ALLERGY WARNING:** The items listed on this menu are made with gluten-free ingredients but are stored and prepared in a facility that uses wheat, barley, rye and other gluten products.

## CREATE YOUR PASTA

### GLUTEN-FREE PASTAS & SAUCES

#### PICK YOUR PASTA

Gluten-Free Pastas \$11.<sup>49</sup>

*Spaghetti • Penne • Fusilli*

#### PICK YOUR SAUCE

*Marinara*

*Tomato Basil*

*Wild Mushroom Tomato*

*Basil Pesto*

*Bolognese*

*Alfredo*

*Basil Pesto Cream*

*Dill Cream*

*Roasted Garlic Gorgonzola*

*Roasted Red Pepper Alfredo*

*Sun-Dried Tomato & Artichoke Cream*

*Tomato Spinach Cream*

**ADD EXTRA SAUCE FOR JUST \$1!**

#### MAKE IT YOUR OWN!

Grilled Chicken	\$3. <sup>00</sup>	Mushrooms	\$1. <sup>00</sup>
Italian Sausage	\$3. <sup>00</sup>	Spinach	\$1. <sup>00</sup>
Bacon	\$1. <sup>00</sup>	Grilled Salmon*	\$6. <sup>00</sup>
Broccoli	\$2. <sup>50</sup>	Grilled Shrimp	\$5. <sup>00</sup>
Asparagus	\$2. <sup>50</sup>	Grilled Vegetables	\$3. <sup>00</sup>
Baked with Mozzarella	\$2. <sup>00</sup>		

## DRINKS

TEA & SOFT DRINKS \$1.<sup>99</sup>

IBC ROOT BEER & CREAM SODA \$2.<sup>49</sup>

SAN PELLEGRINO & ACQUA PANNA \$2.<sup>99</sup>

## SIGNATURE DISHES

GRILLED CHICKEN PARMESAN \$14.<sup>49</sup>

mozzarella cheese • marinara sauce  
gluten-free spaghetti

BAKED PENNE \$11.<sup>99</sup>

Italian sausage • mozzarella cheese • tomato basil sauce

FUSILLI \$12.<sup>49</sup>

grilled chicken • mushroom  
roasted red pepper alfredo sauce

CHICKEN TETRAZZINI \$11.<sup>99</sup>

mozzarella cheese • alfredo sauce • gluten-free penne

SPAGHETTI CARBONARA \$12.<sup>49</sup>

bacon • mozzarella cheese • alfredo sauce

SHRIMP SCAMPI \$12.<sup>49</sup>

white wine garlic butter sauce • gluten-free penne

GRILLED EGGPLANT PARMESAN \$12.<sup>49</sup>

mozzarella cheese • marinara sauce  
gluten-free spaghetti

SPAGHETTI CON CRUDO \$12.<sup>49</sup>

tomato • garlic • fresh basil • pine nut  
extra-virgin olive oil

LOW COUNTRY PASTA \$13.<sup>99</sup>

sautéed crawfish • mushroom • cajun alfredo sauce  
gluten-free spaghetti

BRAISED BEEF \$13.<sup>99</sup> dinner only, available after 4pm

12oz. beef roast • spinach • carrot • mashed potato

PECAN CRUSTED TILAPIA \$13.<sup>99</sup> dinner only, available after 4pm

tilapia filet • garlic butter • southern pecan  
roasted red potato • asparagus

*all dishes are garnished with parsley & pecorino cheese*

CHILDREN'S MENUS AVAILABLE UPON REQUEST  
18% GRATUITY SUGGESTED FOR PARTIES OF 6 OR MORE  
\$10 FEE FOR ALL OUTSIDE DESSERTS & WINES

212 HIGH STREET ☎ 423.265.5033 x6  
BLUFFVIEWARTDISTRICT.COM

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