

LUNCH MENU sandwich

SANDWICHES (whole wheat bread available)

served on fresh artisan rolls with side salad or soup of the day

ITALIAN MEAT AND CHEESE	17	GRILLED CHICKEN	16
<i>mortadella, salami, hot ham, pork roast, provolone, vinaigrette, spicy peppers</i>		<i>chicken breast, arugula, tomato, mayonnaise</i>	
CAPRESE	16	CHICKEN SALAD	16
<i>fresh mozzarella, basil, Roma tomato, EVO</i>		<i>all white meat chicken salad, lettuce, sliced tomato</i>	
PORTOBELLO MUSHROOM	16	ROAST PORK PANNINI	16
<i>peppers, tomato, pesto goat cheese</i>		<i>pesto, chopped tomato basil, mozzarella cheese, and dijonaise</i>	
MEATBALL	16	TUNA SALAD	16
<i>marinara sauce, mozzarella cheese</i>		<i>celery, onion, mayonnaise, lettuce, tomato</i>	
ITALIAN SAUSAGE	16	ROASTED EGGPLANT	16
<i>pepper, onions, marinara sauce, mozzarella cheese</i>		<i>marinara, mozzarella, pesto</i>	
GRILLED SALMON CLUB	18		
<i>grilled salmon, bacon, avocado, lettuce, tomato</i>			

GALE'S LUNCH SPECIALS

SANDWICH SPECIAL	16	PIZZA SPECIAL	16
<i>half sandwich of tuna salad, caprese chicken or chicken salad, cup of soup and salad</i>		<i>individual pizza up to two topping served with a small green salad upgrade pizza add \$4</i>	
FLAT IRON STEAK	24	GRILLED CHICKEN PAILLARD	18
<i>grilled portobello, sauteed spinach tomato basil salsa</i>		<i>chicken breast pounded thin, arugula and tomato salad</i>	
MINESTRONE SOUP	6/10	SOUP OF THE DAY	6/10

PASTA whole wheat available

gluten free pasta available

CAPPELLINI POMODORO	15	SPAGHETTI MARINARA	14
<i>chopped tomatoes, garlic, basil</i>		<i>fresh tomato sauce, garlic, herbs</i>	
ROTINI BOLOGNESE	17	ORRECHETTE VERDURE	15
<i>slow cooked Italian meat sauce</i>		<i>sauteed spinach, broccoli, peas, sundried tomato, garlic, olive oil</i>	
FETTUCCINI CARBONARA	17	SPAGHETTI WITH LEMON, CAPERS AND SHRIMP	21
<i>cream, pancetta, parmesan, onions, egg</i>		<i>shrimp, capers, lemon, olive oil, parmesan cheese</i>	
SCAMPI LINGUINI RAPINI	21	BAKED PASTAS	
<i>shrimp, Italian broccoli, sundried tomato, kalamata olive, garlic</i>		SPINACH LASAGNA	17
PORTABELLO RAVIOLI	19	<i>fresh pasta, spinach, ricotta, parmesan, mozzarella, marina sauce</i>	
<i>portobello stuffed ravioli, wild mushroom cream sauce</i>		LASAGNA BOLOGNESE	18
CLAMS LINGUINI	21	<i>lasagna with house made meat sauce</i>	
<i>parsley, garlic and white wine</i>		PASTA AL FORNO	18
PENNE AL FROMAGGIO	16	<i>creamy meat sauce, mozzarella, parmesan cheese</i>	
<i>fresh mozzarella, basil, garlic, tomato sauce, parmesan</i>		FETTUCCINI ARRABBIATA	15
FETTUCCINI ARRABBIATA	15	<i>spicy tomato sauce</i>	

housemade meatballs..7 Italian Sausage..7 clams/mussels.. 12

Gale's Restaurant only uses antibiotic free chicken

STARTERS Lunch and Dinner

ANTIPASTI PLATTER (FOR 2)	16
<i>salami, marinated vegetable, cheese</i>	
PROSCIUTTO AND MELON	15
<i>imported prosciutto, cantaloupe</i>	
BEEF CARPACCIO	17
<i>thin beef tenderloin, arugula, shaved parmesan</i>	
STEAMED ARTICHOKE	12
<i>tomato basil salsa, parmesan butter</i>	
GARLIC BREAD	8
<i>garlic and parmesan, butter</i>	
SCAMPI FRITTI	17
<i>large breaded shrimp, pesto remoulade</i>	
MUSSELS IN WHITE WINE SAUCE	18
<i>mussels, white wine, garlic, shallots</i>	
BRUSCHETTA	9
<i>garlic toast, tomato basil, garlic. EVO</i>	
WARM ROASTED OLIVES	9
<i>marinated olives and herbs</i>	
EGGPLANT SICILIANA	13
<i>roasted eggplant, tomato, mozzarella, pesto</i>	

SALADS

"THE ORIGINAL" SIMPLE SALAD	9/15
<i>romaine, cherry tomat, parmesan red onion, herb vinaigrette</i>	
ORGANIC GREENS	9/15
<i>organic mix green, pine nuts, parmesan, balsamic</i>	
ARUGULA SALAD	9/15
<i>tomato, mushroom, parmesan cheese, lemon vinaigrette</i>	
CAPRESE SALAD	15
<i>fresh mozzarella, roma tomatoes, basil, EVO</i>	
CHOPPED ANTIPASTO SALAD	11/17
<i>Italian meats, cheese, romaine, marinated vegetables, herb vinaigrette</i>	
BABY SPINACH & GORGONZOLA	10/16
<i>organic spinach, imported gorgonzola, sweet peacan pear, balsamic vinaigrette</i>	
RUSTIC CAESAR SALAD	9/15
<i>romaine lettuce, parmesan, tomato, bruschetta, caesar dressing add shrimp .10 add chicken 8</i>	
PESTO CHICKEN SALAD	17
<i>pine nut, tomato, cheese, focaccia bread and cantaloupe</i>	
BURRATA WITH PROSCIUTTO	17
<i>local made burrata cheese, tomato, basil, prosciutto, roasted peppers, EVO</i>	
ROASTED BEET SALAD	17
<i>arugula, goat cheese, sweet peacan balsamic dressing add shrimp..10 add chicken..8 (add salmon.. 12 lunch only)</i>	

DINNER MENU

MEATS AND FISH

served with choice of two side dishes:

roasted potatoes, sautéed spinach, Yukon Gold mashed potatoes, daily vegetable or penne marinara, substitute small simple salad...3

CHICKEN PICCATA	28	CHICKEN MILANESE	28
<i>chicken breast lightly floured lemon, parsley caper sauce</i>		<i>chicken breast, seasoned bread crumbs, parmesan cheese.</i>	
TUSCAN STYLE STEAK	36	CHICKEN PARMESAN	29
<i>new york steak, garlic & herbs</i>		<i>chicken milanese with marinara and melted mozzarella</i>	
COUNTRY STLYE STEAK	38	CHICKEN CACCIATORE	28
<i>New York steak sliced, arugala and Parmesan</i>		<i>Mary's chicken, roasted bell pepper, mushroom, onion,</i>	
ROSEMARY LAMB CHOPS	38	FRESH SALMON SAUTE	28
<i>seasoned with garlic and rosemary</i>		<i>salmon lightly sautéed and served with a garlic yogurt aioli</i>	
HERB ROASTED CHICKEN	28	FRESH FISH OF THE DAY	M/P
<i>oven roasted Mary's free range chicken seasoned with fresh herbs</i>		<i>brought in daily from Fish King Seafood..</i>	
SOUP		MINESTRONE SOUP	6/10
		<i>vegetables soup with pasta, pesto, vegetarian broth</i>	
		SOUP OF THE DAY	6/10
		<i>daily selection</i>	
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		gluten free pasta available	
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