

# W&G Gluten free option

GALLERY, APRIL 21, 2016, SEBASTIEN ROBILLARD



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Following the mention of Gluten-Free options on my previous post [Wienstein & Gavino](#) I received a few message asking for more information. This is the follow up to your request and here more details about their menu please note as stated below that this menu is not for those who suffer from Celiac disease. Making eating out a great experience for gluten-free enthusiasts in Montreal, Wienstein & Gavino's is expanding the Italian culinary experience by creating a menu with a varied choices of gluten-free dishes.

The new menu consists of a variation of fresh pasta dishes, a wide choice of oven cooked pizzas and traditional Italian dishes revisited to be gluten-free. The menu also includes heart-warming dishes such as Filetto di Manzo, a filet de boeuf served with a cheese filled sauce. Let's not forget the Italian Dolci list that involve a gluten-free chocolate cake, indulgent yet light!

This menu below was created for those who prefer to follow a gluten-free lifestyle and not for those who suffer from Celiac disease. W&G cannot guarantee against possible cross-contamination or traces of gluten.

◆ PIZZA ◆		
<p><b>CAPRINA</b> _____ 18.5</p> <p>Pesto de basilic, épinards, fromage de chèvre, tomates séchées, noix de pins Basil pesto, spinach, goat cheese, sundried tomatoes, pine nuts</p>	<p><b>PROSCIUTTO E ARUGULA **</b> _____ 18.5</p> <p>Sauce tomate, prosciutto, roquette, huile d'olive, fior di latte Tomato sauce, prosciutto, arugula, olive oil, fior di latte</p>	<p><b>PAESANA</b> _____ 17.5</p> <p>Sauce tomate, pepperoni, champignons, poivrons, mozzarella Tomato sauce, pepperoni, mushrooms, peppers, mozzarella</p>
<p><b>GIARDINIERA</b> _____ 17.5</p> <p>Sauce tomate, poivrons, zucchini, oignons, aubergines, tomates séchées au four, mozzarella, ricotta, huile d'olive Tomato sauce, peppers, zucchini, onions, eggplant, oven-dried tomatoes, mozzarella, ricotta, olive oil</p>	<p><b>MARGHERITA</b> _____ 15.5</p> <p>Sauce tomate, basilic, mozzarella Tomato sauce, basil, mozzarella</p>	<p><b>STROMBOLI **</b> _____ 18.5</p> <p>Sauce tomate, volaille grillée, saucisses italiennes, légumes rôtis, champignons, mozzarella Tomato sauce, grilled chicken, Italian sausage, roasted vegetables, mushrooms, mozzarella</p>
<p><b>CINQUE FORMAGGI</b> _____ 18.5</p> <p>Mozzarella, provolone, gorgonzola, pecorino romano, cheddar fort Mozzarella, provolone, gorgonzola, pecorino romano, cheddar tort, aged cheddar</p>	<p><b>RUSTICA</b> _____ 18.5</p> <p>Fromage à la crème, bacon, pommes, noix de Grenoble, fromage feta Cream cheese, bacon, apples, walnuts, feta cheese</p>	<p><b>DONNA SARAH</b> _____ 18.5</p> <p>Pesto de roquette, mozzarella, ricotta, figes, tomates raisin, oignons caramélisés Arugula pesto, mozzarella, ricotta, figs, grape tomatoes, caramelized onions</p>
<p><b>MEDITERRANEO</b> _____ 21.5</p> <p>Sauce tomate, crevettes, pétoncles, origan, parmigiano, mozzarella Tomato sauce, shrimp, scallops, oregano, parmigiano, mozzarella</p>		

◆ SECONDI ◆	
<p><b>COSTATTA DI MANZO</b> _____ 36</p> <p>Côte de boeuf certifié angus (16 oz) grillée Grilled certified angus rib eye (16 oz)</p>	<p><b>SALMONE ALLA GRIGLIA</b> _____ 26</p> <p>Filet de saumon de l'atlantique grillé, pesto puttanesca Grilled Atlantic salmon, puttanesca pesto</p>
<p><b>FILETTO DI MANZO</b> _____ 33</p> <p>Filet de boeuf, sauce au gorgonzola Grilled beef tenderloin, gorgonzola sauce</p>	<p><b>OSSO BUCO</b> _____ 28</p> <p>Jarret de veau braisé, gremolata, penne sans gluten Braised veal shank, gremolata, gluten free penne</p>
<p><b>GAMBERI ALLA GRIGLIA</b> _____ 28</p> <p>Crevettes tigrées grillées Grilled black tiger shrimp</p>	
<p>** Contient du porc / ** Contains pork</p>	

