

GLUTEN FREE LUNCH

Starters

Wood-Fired Avocado Grilled Hass avocado filled with chimichurri sauce on top of a bed of sweet corn salsa.

Palo Alto Dip Sun-dried tomatoes, artichokes, and green onions blended with ricotta and cream cheese. *Ask for gluten free bread.*

Sesame Crusted Tuna Sushi grade tuna crusted in sesame seeds. Accompanied by fresh avocado, wasabi, soy and ginger Asian sauce. *Order without soy sauce and wasabi.*

Mussels Sustainably grown, Prince Edward Island mussels steamed with white wine, herbs, tomato, garlic, and extra virgin olive oil. *Ask for gluten free bread.*

Hummus Homemade, topped with feta, kalamata olives, and garlic oil. *Ask for gluten free bread.*

Salads

Ask for no croutons.

Grilled Filet and Asparagus Salad Black Angus filet and grilled asparagus, hard boiled egg, carrots, green onions, and bleu cheese crumbles with our house-made bleu cheese dressing.

Tomato Caprese Fresh made mozzarella, vine ripened tomato, extra virgin olive oil, balsamic glaze, and fresh basil. *Add Prosciutto.*

Arugula Beet Salad Arugula, beets, mandarin oranges, pears, red onions, toasted pecans, and goat cheese with a red wine vinaigrette.

Spinach Lemonette Organic spinach tossed in lemonette with sliced apple, dried cranberries, walnuts, goat cheese, and bacon.

Chopped Baby Kale Salad A refreshing blend of dried cranberries, green apples, roasted almonds, oven roasted tomatoes, feta cheese, and baby kale tossed in our house balsamic vinaigrette.

California Cobb Mixed greens and romaine lettuce with avocado, bacon, hard boiled egg, tomato, bleu cheese crumbles, and all-natural, grilled chicken with your choice of dressing.

Dressings: Creamy Parmesan, Ranch, Balsamic Vinaigrette, Bleu Cheese, Lemonette, Cilantro Lime Vinaigrette

Add-ons: All-natural chicken breast (5 oz.) | Salmon (5 oz.) | Seared shrimp (5 pcs.)
Hand-Cut Beef Tenderloin (4 oz.) | Ahi Tuna

Pizza

*Ask for our rosemary garlic gluten free crust
custom designed for Napa Flats
by local Taylor Made Gluten Free Bakery.*



Prepared in a dedicated gluten free oven.

Cheese Tomato sauce, mozzarella, hand-grated parmigiano, and fontina.

Margherita Tomato sauce, homemade mozzarella, fresh basil, and oven roasted cherry tomatoes.

Truffle & Date Prosciutto, dates, fontina, mozzarella, red onion, and white truffle oil.

Brazos BBQ Chicken All-natural chicken, homemade BBQ sauce, mozzarella, parmigiano, red onions, and garnished with cilantro. *Order without BBQ sauce.*

Mush n' Spin Mushroom, spinach, caramelized onion, whipped ricotta, mozzarella, and fried brussel sprout leaves garnished with white truffle oil.

Pepperoni Tomato sauce, mozzarella, parmigiano, and pepperoni.

Prosciutto Arugula Fontina, mozzarella, prosciutto, and baby arugula in lemonette with shaved parmigiano.

Carnivore Tomato sauce, mozzarella, parmigiano, steak, meatballs, pepperoni, red peppers, and prosciutto. *Order without Meatballs.*

Add-ons: Jalapeño | Egg in the center, old-world style

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Lunch Pasta

*Prepared in a dedicated pasta cooker.
Ask for gluten free pasta.*

Zucchini Primavera Fresh cut zucchini noodles with peas, mushrooms, asparagus, sun-dried tomatoes, garlic, and red onions in a marinara sauce.

Tony's Bow Tie All-natural, wood-fired grilled chicken, farfalle pasta, sun-dried tomatoes, prosciutto, peas, and red onions, sautéed in alfredo sauce.

Add a small salad. Ask for no croutons.

Wood-Fired Lunch Entrée

Red Fish Tropicale Red fish with sliced avocado and tomato, with a roasted corn salsa, drizzled with cilantro citrus vinaigrette.

Citrus Chicken All-natural, frenched breast of chicken, pan-seared and finished in our wood-burning oven, then topped with a lemon white wine butter sauce.
Served with sautéed spinach and mashed potatoes.

Costa Rican White Fish Traceable, responsibly farmed from the Costa Rican rainforest.
Served over sautéed zucchini, red peppers, mushrooms, spinach, and topped with a creamy alfredo sauce.

Chicken Sonoma All-natural chicken with sautéed artichoke, green onions, and sun-dried tomatoes under a spread of goat cheese and lemon wine butter sauce.
Served with green beans and a side of pasta. *Ask for gluten free pasta.*

Filet Kabob* Skewered tenderloin grilled with zucchini, red onion, and red pepper.
Served with garlic mashed potatoes and roasted green beans.

Add a small salad. Ask for no croutons.

Sides

House Salad, Caesar Salad, or Creamy Parmesan Salad *Ask for no croutons.*

Green Beans • Spinach & Kale • Brussel Sprouts • Fiesta Grilled Corn

Napa Kids

For kids 12 and under

Includes a drink and small gelato

Grilled Chicken *Ask for a side of green beans.*

Gluten Free Pizza

Gluten Free Pasta with alfredo or marinara.

*Please be aware that during normal kitchen operations involving shared cooking and preparation areas, the possibility exists for food items to come into contact with other food products.
We are not able to guarantee that your menu item has not come into contact with potential allergens.*

**These items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may contain harmful bacteria which may increase your risk of foodborne illness, especially if you have certain medical conditions*