

Tutoriso ristorante e café  
36 RICHMOND TERRACE  
718-273-7644  
GLUTEN FREE MENU

Wheat Free      Corn Free      Gluten Free  
PASTA/RISOTTO/ENTREES  
All pasta/rice/bread on this menu is gluten free

SPAGHETTI MARINARA.....\$10.95	BRN RICE BOLOGNESE W/MELTED PEPPER JACK CHEESE..\$10.95
SPAGHETTI & MEATBALLS.....\$12.95	RISOTTO MILANESE..... \$12.95
FUSILLI BOLOGNESE.....\$12.95	RISOTTO TRE FORMAGGI..... \$12.95
PENNE PESTO.....\$12.95	TAMARI GINGER CHICKEN w/BRN RICE.....\$11.95
LENTIL SOUP.....\$ 7.95	TIBETAN VEGGIES/BRN RICE(+grilled chicken \$2) .....\$ 8.95

BURGERS: SAUTEED POTATOES, POTATO SALAD, LETTUCE AND TOMATOES.....\$9.00  
SALMON (ALASKAN)  
CHICKEN (PORTOBELLO MUSHROOM)  
TURKEY  
ANGUS BEEF (8 OZ)

HEROS/SANDWICHES: all gluten free white/brown rice, sweet potato, tapioca flour breads  
ITALIAN gf HERO; baby greens, mozzarella, salami, mortadella, tomatoes, and oregano on gf baguette..... \$8.95  
MEATBALL; meatballs with melted mozzarella on gf baguette..... \$9.95  
GRILLED CHEESE ON gf WHITE BREAD (Swiss/American/cheddar).....\$6.00  
WHITE gf BREAD SANDWICH (choice of salami, peppermill turkey, mortadella, cheese, tuna, chicken).....\$8.00  
ROAST BEEF (lettuce/tomato).....\$8.00  
BACON/LETTUCE/TOMATO.....\$7.00  
SALADS; small: \$6.50 Large: \$7.50  
Iceberg, romaine, red/green peppers, olives, mushroom, carrots and choice of grilled chicken, tuna or chicken salad  
Sides: \$2.75 (ingredients to sides: Hellman's mayonnaise/diced carrots/celery/turmeric, green/red peppers, brown rice, salami, onions, tomato sauce, hot peppers, canola oil, rice pasta)  
Potato salad, sautéed potatoes

Fruit salad: small\$4.95/large\$5.95

Rotisserie meats available: (2 hr notice) whole (\$6.00) or ½ chicken (\$3.50), roast beef (priced according to quantity)

GLUTEN FREE BEVERAGES:

BOYLAN, MANHATTAN SPECIAL, SAN PELLIGRINO LIMONATA/ARANCINA.....	\$2.25
SNAPPLE WHITE/RED TEA, ENG BRKFST/H.A.ORGANIC,ICE TEA/COFFEE.....	\$2.25
JUICES, HERBAL TEAS.....	\$1.75
TEA/COFFEE/MILK.....	\$1.50

Gluten Free Breakfast

Omelets (up to 3 fillings) red/green peppers,onions,mushroom,cheese,spinach,tomatoes.....	\$6.00
Egg white omelets (3 egg whites).....	\$7.00
FRENCH TOAST: 3 gf Texas toast style bread with eggs, buttermilk, cinnamon, nutmeg, natural vanilla.....	\$5.00
Pancakes: a five stack freshly prepared white rice batter, eggs, milk, cinnamon, nutmeg, natural vanilla.....	\$5.00
gf Cinnamon/raisin, date toast.....	\$4.00
Bacon, eggs and cheese on a ½ gf baguette .....	\$6.00
Potato and Eggs on a ½ gf baguette.....	\$6.00

CEREALS UPON REQUEST AND VARY ACCORDING TO AVAILABILITY  
Sides: \$2.00  
Bacon, cheese, potatoes, fruit in season

This menu and information on it is provided by Tutoriso Inc. in cooperation with the Gluten Intolerance group(GIG) as a service to our customers. Tutoriso Inc. and GIG assume no responsibility for its use and information which has not been verified by Tutoriso Inc. Patrons are encouraged to their own satisfaction to consider this information in light of their individual requirements and needs.

**TUTORISO RISTORANTE E CAFE**  
36 RICHMOND TERRACE  
718-273-7644  
**PASTA/RICE/ENTRÉE'S**

RIGATONI BOLOGNESE..... \$ 9.95	SPAGHETTI MARINARA..... \$8.95
SPAGHETTI AND MEATBALLS .....\$9.95	LENTIL/CHICKEN SOUP.....\$7.95
RISOTTO MILANESE(after 4pm).....\$12.95	BRN RICE BOLOGNESE
RISOTTO TRE FORMAGGI(after 4.pm)... \$12.95	W/melted pepper jack cheese.....\$10.95
TAMARI/GINGER CHICKEN..... \$11.95	PENNE PESTO.....\$9.95
MAHI MAHI BRN RICE/VEGGIES.....\$11.95	(add grilled chicken additional \$2.00)
SALMON VEGGIE/BRN RICE.....\$11.95	TUNA WITH BALSAMIC/ BRN RICE.....\$11.95
	VEGGIE SHEPARD'S PIE , dinner roll/salad....\$8.95

Delivery with \$8.00 minimum

**PANINI: \$ 8.00**

Choice of: roast beef, chicken, turkey  
With mozzarella, lettuce, tomato  
ITALIAN: mozzarella, salami, olive loaf, greens, tomatoes

**ANGUS BURGERS**

Plain burger.....	\$6.95
Burger with Cheese	
(American, swiss, cheddar, provolone, pepperjack)....	\$7.95
Bacon cheeseburger.....	\$8.50
Turkey burger plain/add cheese.....	\$7.95/\$8.95
w/all burgers sauté d potatoes (On Request)	
Salmon Burger/mayo or mustard w/lettuce/tomatoes..	\$7.95
Chicken Portobello Mushroom w/lettuce/tomatoes.....	\$7.95

**Italian Hero :**

(baby greens, mozzarella,  
Olive loaf,Salami,tomatoes).....\$7.95  
Meatball Hero.....\$5.95 (w/cheese \$6.95)  
Mini Meatball Hero.....\$4.95 (w/cheese \$5.95)

**CULTURAL ROLL UP: \$8.00**

VEGAN: rice, saute'ed vegetables  
STATEN ISLAND: CHICKEN CHEESE ROLL-UP  
ITALIAN ROLL-UP: mozzarella, salami, mortadella  
TIBETAN: grilled vegetables, greens, turmeric  
(with chicken: \$1.00 additional)

**SALADS: (small: \$5.95/large \$6.95)**

Grilled chicken	add \$ 2.00
Tuna	add \$2.00
Salmon	add \$ 2.00

Sides: potato salad, sautéed potatoes \$ 2.75  
fruit salad: small: \$4.95/large:\$5.95

**BEVERAGES:**

**BOYLAN SODA'S**

Black cherry, Ginger ale, Orange, Birch beer, Rootbeer, Cola (\$2.00)  
COFFEE (\$1.00, \$1.50, \$2.00) Ice Coffee/Ice tea \$2.00/ Tea \$1.25, Herbal Tea 1.75  
Snapple(\$2.00), Milk(\$1.25),Orange Juice(\$1.50 sm/\$2.50 lg), Bottled Water(\$1.25 small/\$1.75 large)  
Honest Ade: Peach oo-long,Mangosteen

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"I found 1837 web sites about 'alternative medicine' but none of them recommend pizza or chocolate for lowering our cholesterol."