

napa flats

wood-fired kitchen

GLUTEN FREE LUNCH

Starters

- Palo Alto Dip** Sun-dried tomatoes, artichokes, and green onions blended with cream cheese and ricotta cheese. Served with gluten free pizza crust
- Mussels** Prince Edward Island mussels steamed and sautéed with white wine, garlic, and pachino. Served with gluten free pizza crust
- Mediterranean Plate** Tzatziki, tapenade, garlic hummus, and hummus of the day. Served with gluten free pizza crust
- Hummus** Homemade garlic hummus topped with feta, kalamata olives, and olive oil. Served with gluten free pizza crust
- Guacamole** Fresh hand-pressed Hass avocado. Served with corn tortilla chips

Soups & Salads

**Request no croutons*

- Tomato Caprese** House made mozzarella, vine ripened tomato, extra virgin olive oil, fresh basil, and balsamic glaze
- Spinach Lemonette** Spinach tossed in lemonette with sliced apple, dried cranberries, walnuts, goat cheese, coconut, and pancetta crisp
- California Cobb** Mixed greens with avocado, bacon, hardboiled egg, cherry tomatoes, red onions, apples, and wood-fired grilled chicken.
Request to leave off Bleu cheese
- Chicken Caesar Salad** 5 oz. chicken breast on a bed of romaine lettuce tossed in our classic caesar dressing with parmigiano
- Asian Shrimp Salad** Napa cabbage, red cabbage, and romaine lettuce shredded and tossed in a siracha vinaigrette with carrots, red peppers, apples, and mangos. Topped with spicy garlic citrus shrimp
- Arugula Beet Salad** Arugula, roasted beets, mandarin oranges, pears, red onions, toasted pecans, and goat cheese with an orange red wine vinaigrette
- Add-ons:** Chicken breast (5 oz.) | Salmon (5 oz.) | Seared shrimp (5 pcs.)
Seared scallops (4 pcs.)

Add soup

HOMEMADE SOUPS

Some gluten free options available.

Soup of the Day We offer two homemade soups. *Ask your server for details*

GLUTEN FREE LUNCH

Pizza

Prepared in a dedicated gluten free oven.

Comes on a 10" Rosemary Garlic pizza crust custom designed for Napa Flats by Taylor Made Gluten Free Bakery.

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

Truffle & Date Prosciutto, dates, mozzarella, red onions, and white truffle oil

Brazos BBQ Chicken Wood-fired chicken, homemade espresso honey BBQ sauce, mozzarella, parmigiano, red onions, and garnished with cilantro

Cheese Tomato sauce, mozzarella, parmigiano, and fontina

Pepperoni Tomato sauce, mozzarella, parmigiano, and pepperoni

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

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

Carnivore Tomato sauce, mozzarella, parmigiano, steak, pepperoni, red peppers, and prosciutto

Add a cup of soup or a small salad

Lunch Pasta

Napa Primavera Gluten free Penne tossed with asparagus, mushrooms, peas, broccoli, and sun-dried tomatoes tossed in our tomato garlic cream sauce and topped with parmigiano, basil, and pine nuts

Lunch Entrée

Grilled Salmon With a braised tomato garlic sauce served with root hash and roasted green beans

Costa Rican White Fish Served over sautéed zucchini, eggplant, and red peppers, topped with a cream sauce

Mediterranean Chicken With hummus, and gluten free pizza dough

Steak Kabob Steak skewer with zucchini, red onions, and red peppers cooked over our wood-fired grill. Served with root hash and roasted green beans. With chimichuri sauce upon request

Add a cup of soup or a small salad