

GLUTEN-FREE TO GO MENU



1713 Riverview Dr
Salem, VA 24153
www.lydiasitaliankitchen.com
(540) 387-2885



APPETIZERS

Italian Nachos 10.99

A mixture of spicy ground beef and Italian sausage served on corn tortilla chips topped with tomatoes, onions, black olives, melted Mozzarella, jalapeños, and lettuce. Served with sour cream.

Spinach & Artichoke Dip 7.99

A creamy, cheesy, bubbling hot dip served with a side of corn tortilla chips.

SALADS

Dressing choices: Ranch, Italian, Balsamic, Blue Cheese, Caesar, Thousand Island, Honey-Mustard.

House Side Salad 3.49

Lettuce medley topped with shredded carrots, grape tomatoes, red onions, black olives.

Grilled Chicken Salad 9.99

Strips of grilled chicken breast on a bed of lettuce with tomatoes, artichokes, black olives, roasted red peppers and Mozzarella cheese.

Caesar Chicken Salad 9.99

Romaine lettuce blend tossed with shredded Parmesan cheese and caesar dressing and topped with grilled chicken strips.

Italian Antipasto 10.99

Salami, pepperoni, ham, Provolone cheese, roasted red peppers, black olives, artichokes and tomatoes served on a bed of lettuce.

DINNER ENTRÉES

Spaghetti with Meat Sauce 8.99

House-made tomato-based meat sauce with onions, garlic and Italian spices.

Spaghetti Marinara 6.99

Slow-simmered house-made marinara sauce over spaghetti.

Penne Alfredo 13.99

Authentic creamy Alfredo sauce tossed with penne pasta.

Add chicken 3.00 Add shrimp 5.00

Penne Alla Vodka 13.99

Vodka-infused creamy marinara sauce with sautéed onions over penne pasta.

Penne Italiane 13.99

Creamy tomato-based meat sauce and a blend of Italian seasonings tossed with penne pasta.

Chicken Parmigiana 13.99

Grilled chicken breast topped with marinara sauce and melted Mozzarella cheese. Served with a side of spaghetti.

Shrimp Marinara 17.99

Succulent shrimp sautéed in garlic, tomatoes, wine and marinara sauce. Tossed with spaghetti.

Penne Alla Rosa 14.99

Grilled chicken, sautéed onions and our signature pink Rosa Sauce over penne pasta.

Spaghetti San Gennaro 15.99

Chicken, Italian sausage, green peppers and onions in a spicy marinara wine sauce tossed with spaghetti pasta.

Scallops Leggero 19.99

Large sautéed scallops with spinach, bacon crumbles, roasted garlic, and spaghetti pasta tossed in a delicate butter-wine sauce.

SANDWICHES

All gluten-free sandwiches are served on a bed of lettuce with a bag of chips. Please see regular menu for full selection of sandwiches.

Cheesesteak Supreme 8.99

Mushrooms, onions, green peppers, lettuce, tomatoes, mayonnaise.

Italian Cheesesteak 7.99

A classic cheesesteak sub with Provolone cheese and marinara sauce.

Grilled Chicken Supreme 7.99

Grilled chicken strips, mushrooms, onions, green peppers, lettuce, tomatoes, mayonnaise.

SPO Sub 7.99

Sliced Italian sausage grilled with green peppers and onions.

Lydia's Special 7.99

Pepperoni, salami, Provolone cheese, lettuce, tomatoes, banana peppers, mayonnaise.

BEVERAGES

Coca-Cola® Products 2.29

Freshly Brewed Iced Tea 1.99

Sweet or Unsweet

SIDES

Sautéed Mushrooms 4.99

Sautéed Spinach 3.99

Sautéed Broccoli 3.99

GLUTEN-FREE PIZZA

Gluten-free dough with house-made pizza sauce, baked to perfection in our authentic wood-fired brick oven.

10-inch Cheese Pizza 11.99

Each additional topping 1.25

Pizza Toppings

Extra Cheese	Artichokes	Fresh Basil	Black Olives
Pepperoni	Mushrooms	Roasted Red Peppers	Banana Peppers
Italian Sausage	Jalapeños	Onions	Spinach
Ham	Pineapple	Fresh Tomatoes	Ricotta
Salami	Green Peppers	Broccoli	Side of Anchovies 2.00
Grilled Chicken 2.50			

SPECIALTY PIZZA

All topped with Mozzarella cheese.

Lydia's Pizza 16.99

Pizza sauce, pepperoni, Italian sausage, mushrooms, onions.

Veggie Pie 17.49

Pizza sauce, broccoli, tomatoes, mushrooms, artichokes, onions.

Meatlover's Dream 16.99

Pizza sauce, pepperoni, Italian sausage, ham, salami.

Italian Works 17.99

Pizza sauce, salami, Italian sausage, onions, green peppers, fresh mushrooms.

Tuscan Pizza 16.99

Pizza sauce, artichokes, mushrooms, black olives, roasted red peppers.

Pizza Margherita 12.99

Pizza sauce, tomato slices, fresh basil.

Hawaiian Pizza 12.99

Pizza sauce, ham, pineapple.

White Pizza 15.99

Olive oil, Ricotta cheese, spinach, tomatoes.

Buffalo Chicken Pizza 13.99

Pizza sauce, Frank's Hot Sauce®, grilled chicken.

Barbeque Chicken Pizza 13.99

Pizza sauce, barbeque sauce, grilled chicken.

Pizza Rustica 16.99

Olive oil, pepperoni, roasted red peppers, black olives, fresh basil.

BUILD YOUR OWN PASTA 8.99

Lunch-sized portion. Add a side salad for 2.00.

1. PASTA

Spaghetti
Penne

2. SAUCE

Marinara
Meat Sauce
Alfredo
Rosa Sauce
Garlic & Oil

3. TOPPING

Grilled Chicken
Italian Sausage
Sautéed Vegetables