

## Gluten Free

Those who have searched the city for restaurants serving not only gluten-free cuisines but, items that are rich in taste and enjoyable look no further. Carmelo's Ristorante offers numerous gluten-free dishes that accommodate to every taste bud without losing the authenticity. All the dishes presented on the menu are superb, and for those who love wine, can always be paired with the precise complexion of wine.

One of my favorite items that I've yet to stumble upon at various restaurants is the zesty SICILIAN PIZZA, topped with tomatoes and Bufala Mozzarella adding sweet delicate flavors. Great dominant aromas from the pizza mixed with the fruity flavors of the Chianti Classico Riserva, Banfi is a superb match.

The CHEESE RAVIOLI, made with rice pasta is another mouth-watering dish. The savory ravioli sits on a bed of mixed spinach, sweet peas and Parmigiano Reggiano. The texture and the jade green color of the spinach coincides with the tasty filling cuisine. Paired along with Cum Laude, Castello Banfi adds a soft tannin texture enhancing the flavors of the course.

You will not be able to pass up this appetizing dish, the AVOCADO FILLED WITH SEAFOOD. The delicious mixture of fresh shrimp, crabmeat and wild salmon is a mouth-watering dish that's to die for! This appetizer is perfectly matched with the Pinot Grigio, Castello Banfi "San Angelo", Tuscany. The wine itself is light and refreshing usually served before main meals, in addition to its full and persistent taste makes this pair a match made in heaven.