



Gluten Free Fact Sheet

What is gluten?

Gluten is a protein found naturally in several types of grains such as wheat, barley and rye. Gluten can also be found in farina, farro, spelt, and semolina.

Common foods containing gluten – pizzas, pastas, noodles, breads, breadcrumbs and coating mixes, flour tortillas, croutons, crackers, baked goods such as pastries, cakes, cookies, pie crusts, and brownies, cereal, sauces, soups and gravies thickened with flour.

What can people on gluten free diets eat?

- Fresh meats, fish and poultry with no breading, marinades, sauces, or batter coating that is not gluten free
- Dried beans, peas, lentils, olives, anchovies and capers
- All unflavored dairy products: milk, butter, sour cream, cottage cheese and yogurt
- All types of unprocessed cheeses: Parmesan, Ricotta, Swiss, Bleu, Cheddar, Mozzarella, Goat's and sheep's milk cheese
- Olive oil, canola oil, and other pure vegetable oils, balsamic vinegar, butter and some brands of mayonnaise
- Most vinegars excluding malt vinegar
- Jams, jellies, honeys, sugars, molasses, maple syrups and corn syrups
- Plain nuts and peanut butter
- Rice: all types such as white, brown, Arborio, Jasmine and Basmati
- Corn products such as cornmeal, polenta, grits, cornstarch and corn tortillas
- Gluten free grains, seeds, roots and flours: amaranth, arrowroot, buckwheat (does not contain wheat), flax, millet, potato starch, potato flour, rice starch, rice flour, brown rice flour, tapioca flour, cassava flour, chickpea flour, coconut flour, almond flour, sorghum, teff and quinoa
- Pasta made from rice, corn, buckwheat, quinoa, amaranth, potato, bean, or chickpea flours; mung bean and Asian rice noodles

Common "hidden" foods containing gluten

- Soy Sauce
- Some processed meats
- Malt/malt flavoring- Malt/malt flavoring is commonly derived from barley
- Rice or corn cereals containing malt flavoring
- Some distilled vinegars
- Items labeled as "wheat free" but not "gluten free". An item that is only labeled "wheat free" does not necessarily mean that item is gluten free, do to the fact that gluten is derived from several different grains, not only wheat, which the item could contain
- Condensed soup

Common Gluten Free Foods/Items/Products found at Joe Leone's (Subject to Availability)

Boar's Head Gluten Free Deli Meats:

- Roast beef
- Turkey: honey smoked, oven roasted, maple glazed, hickory smoked, low sodium, all natural, salsalito, cajun, cracked pepper mill, mesquite wood smoked
- Ham – maple glazed honey, black forest, lower sodium, deluxe, cappy brand ham, Virginia, apple cured
- Beef or pork bologna
- Oven roasted chicken breast/buffalo chicken breast
- Salami: hard salami, cooked salami, Genoa salami natural casing, beef salami
- Cappicola, hot
- Mortodella (both with or without pistachios)
- Prosciutto
- Sandwich style pepperoni
- Lite Braunschweiger Liverwurst
- Soppressata grande
- Pastrami
- Brisket

Common Gluten Free Foods/Items/Products found at Joe Leone's (Subject to Availability)

GF Salads

Potato salad, Coleslaw, Tuna Salad, Chicken Salad, Buffalo Chicken Salad, Greek Salad, Catherina Salad, Italian Antipasto Salad, Tossed Salad

GF Salad Dressings

Honey Balsamic Dressing, Caesar Dressing, Raspberry Vinaigrette

Cold Antipasto Case

Roasted Red Bell Peppers, Italian Antipasto Salad, Mediterranean Chickpea Salad, Asiago & Provolone Bruschetta, Sundried Tomatoes, Caponata, Calabrian Hot Chili Peppers, Sicilian Green Olive Salad, Cipolle Onions w/ Balsamic Vinegar, Sicilian Air and Sundried Peppers, Mild Muffuleta, Tri Color Sweet Peppers, Health Salad, Marinated White Beans, Mediterranean Beet Salad, Mushroom Salad, Marinated Grilled Artichokes, Imported Artichokes, Semi Sundried Cherry Tomatoes, Marinated White Anchovies, Octopus Salad, Calamari Salad, Bruschetta, 1st Choice Imported Porcini Mushrooms, Scungili Salad (seasonal), Traditional Baccala Salad (seasonal)

Mozzarella Case

Finger Peppers Stuffed w/ Prosciutto & Provolone Cheese, Peppers Stuffed w/ Prosciutto & Provolone Cheese, Ciliegine, Red Kardoula Peppers, Peppers Stuffed w/ Sweet Soppressata & Provolone Cheese, Cherry Peppers Stuffed w/ Monterey Jack Cheese and Chorizo, JL Fresh Ricotta Cheese, JL Handmade Mozzarella

Olive Bar

All olives on our olive bar are gluten free. Lupini Beans, Ortiz Tuna (all) , Ortiz Sardines, Ortiz Anchovies, Tonnino Tuna in Olive Oil & in Water, Pastene Tuna, Zarotti Baby Clams in Brine, Cuoco Sardines, La Monica Scungilli, Agostino Recca Anchovies

Packaged Cheese & Meats

All Joe Leone's labeled packaged cheese, Burrata, Mascarpone, & Montchevre Goat Cheese
JL Individual Loose Peperoni, JL Fuet Catalan Sweet Salame, Licini Hot Soppressata Salami, Licini Sweet Soppressata Salami, Licini Dry Sweet Sausage, Licini Dry Hot Sausage, Licini Dry Hot & Sweet Sausage combo pack

Gluten Free Pasta/Bread

Conte frozen Cheese Ravioli, Conte frozen Cheese & Spinach Ravioli, Conte frozen Cheese Stuffed Shells, La Fabrica dry pasta (orange label)
Individually packaged Gluten Free Hoagie Rolls

Joe Leone's GF Sauces

JL Marinara, JL Bolognese, JL Pesto, JL White Clam

Hot Table Items

GF Turkey & Asiago Meatballs, GF Chicken Milanese, Sausage & Peppers Bianco, Sausage & Peppers Red, Grilled Chicken, Grilled Vegetables, Sautéed Broccoli Rabe, Oven Roasted Tomato Petals. Our hot table monthly menu also happily features 2 additional GF items daily

***Green GF sticker on description label denotes that item is gluten free**

GF Sandwiches

Our sandwich department team members are happy to prepare your sandwich on a gluten free hoagie roll. Please notify our team members of allergy.

Soups

Many of our soups on our hot soup bar are naturally gluten free as well as our chili that is sold in the winter months. Please check our monthly soup menu for our GF soup options.

Bakery/Baked Goods/Desserts

Tate's GF Chocolate Chip Cookies (white & green bag, labeled gluten free), JL Rice Pudding

Packaged items

Glutino Original GF Crackers, Marcona Almonds, All Jarred Pesto, All Olive Oil

***Please note that Joe Leone's is NOT a designated/certified gluten free facility. While every effort is made to avoid any cross contamination (with gluten or any other allergens) in our kitchens we cannot guarantee that no contact will be made. Please advise a JL team member of any allergies when placing your order**