

GLUTEN SENSITIVE MENU

appetizers

JUMBO SHRIMP COCKTAIL	13
cold poached; cocktail sauce	
OYSTERS ON THE HALF SHELL*	14
east & west coast; 1/2 dozen; cocktail sauce	
MUSSELS A LA MUER	11.5
garlic butter, sherry, fresh herbs	

salads

(Gluten Free Dressing Options: Caesar, Blue Cheese, Parmesan Vinaigrette, Oil & Vinegar, Raspberry Vinaigrette)

CAPE CODDER	7
read leaf, bibb, pine nuts, blue cheese, red onion, maple-raspberry vinaigrette	
CAESAR SALAD	7
house made dressing; parmesan, anchovy	
WEDGE OF ICEBERG	7.5
bacon, tomato, red onion, blue cheese crumbles & dressing	
HOUSE SALAD	7
crisp greens, kalamata olive, hearts of palm, cucumber, tomato, pepperoncini, red onion; parmesan vinaigrette	
CHOPPED COBB SALAD	11.5
mixed greens, grilled chicken, bacon, avocado, tomato, eggs, blue cheese crumbles; blue cheese dressing	

sides & toppings

STEAMED FRESH VEGETABLES	3
HERB ROASTED REDSKIN POTATOES	4
COCONUT GINGER RICE	3
SEASONAL FRESH FRUIT	3.5
SCALLOPED POTATOES	5
ROASTED VEGETABLES	5
DYNAMITE TOPPING	7
AVOCADO-PICO TOPPING	3
AVOCADO-PICO & JUMBO LUMP CRAB TOPPING	6

— today's catch —

please reference main menu
for daily selections & pricing

all fresh fish species are gluten free and can be prepared simply grilled, baked, pan-seared or blackened; served with coconut ginger rice & steamed vegetables

fish & seafood

POTATO ENCRUSTED TILAPIA	19.5
sautéed, hash brown potato crust, steamed vegetables	
PLANKED SALMON	26
tarragon mustard glaze, roasted vegetables & redskins	
OVEN ROASTED TWIN LOBSTER TAILS	29
roasted redskins, asparagus	
JUMBO GRILLED SHRIMP	19
lemon beurre blanc, steamed vegetables, coconut ginger rice	
SNOW CRAB LEGS	30
1 1/4 lb., coconut ginger rice, steamed vegetables	

steaks & chicken

TOP SIRLOIN*	26
scalloped potatoes, steamed vegetables	
FILET MIGNON*	32
scalloped potatoes, grilled asparagus	
GRILLED CHICKEN BREAST	15
herb roasted potatoes, steamed vegetables	
LEMON CHICKEN	17
grilled, artichoke hearts, mushrooms, lemon butter, coconut ginger rice	

desserts

CRÈME BRÛLÉE	6.5
VANILLA ICE CREAM	3.5

We have prepared this menu based on the most current information available from our suppliers and their stated absence of gluten within these items. While we use caution in preparing our gluten-sensitive menu items, our kitchen is not gluten-free. Since our dishes are prepared-to-order, during normal kitchen operations, we cannot guarantee that cross-contamination with foods containing gluten will not occur. We encourage you to carefully consider your dining choices and your individual dietary needs when dining with us.

When placing your order, please let your server know that you are ordering a gluten-sensitive menu item.

*CAUTION: These items may be served raw or cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illnesses. If you have a chronic illness of the liver, stomach, blood or have immune disorders, you are at a greater risk of serious illness from raw oysters & should eat oysters fully cooked. If you are unsure of your risk, consult your physician.