

# GLUTEN FREE MENU

## STARTERS & SALADS

### CHICKEN GUMBO SOUP

roasted chicken, okra, "holy trinity", tomatoes, rice 4.<sup>5</sup>/5.<sup>5</sup>

### STUFFED DATES

goat cheese, serrano ham, balsamic drizzle 5.<sup>5</sup>

### CRAB AND SPINACH DIP

creamy spinach, crab, red pepper, parmesan, celery sticks 10

### BUFFALO WINGS

hot, mild, or inferno, celery, chunky blue cheese dressing 10

### STRAWBERRY KALE SALAD

baby kale, strawberries, sunflower seeds, feta cheese, yogurt poppy seed dressing 9.50

### CAESAR SALAD

romaine lettuce, house made dressing, locatelli cheese 6

### CHOPPED GREEK

feta cheese, pepperoncini, red onion, kalamata olives, artichoke hearts, tomatoes, greek dressing 9

## MUSSELS & FRITES

sourced from canadian waters

house cut idaho potatoes, roasted garlic chive aioli

andouille, spanish smoked paprika tomato broth

white wine, garlic, tarragon cream

korean style, red chili & soy bean broth

12

## MAIN

### JAMBALAYA

shrimp, chicken, andouille, "holy trinity", creole rice 17.<sup>5</sup>

### SCOTTISH SALMON

warm tropical fruit salsa, cinnamon spiced yam, kale, marshmallow, toasted coconut 23

### BBQ BRISKET

texas smoked brisket, tennessee BBQ sauce orange ipa brussel & cabbage slaw, buttermilk whipped potatoes 19

### BBQ BABY BACK RIBS

Bourbon crimini mushrooms, frizzled onion rings, buttermilk whipped potatoes 28

## BIG SALADS

### QUINOA

Quinoa, black beans, corn, roasted peppers, baby spinach, spiced pepita, charred tomato vinaigrette 11  
with chicken 14    with Salmon 18    with Shrimp 16

### MEDITERRANEAN CHICKEN\*

feta cheese, pepperoncini, red onion, tomatoes, kalamata olives, artichoke hearts, baby greens 14.<sup>5</sup>  
with Salmon 18.<sup>5</sup>    with Shrimp 16.<sup>5</sup>

### CHICKEN CAESAR\*

smoked bacon, house made caesar dressing, cherry tomatoes, romaine lettuce, locatelli cheese 12.<sup>5</sup>  
with Salmon 17.<sup>5</sup>    with Shrimp 15.<sup>5</sup>

### BLACKENED CHICKEN & BLUE

blue cheese crumbles, charred roma tomatoes, cucumbers, romaine, blue cheese dressing 12.<sup>5</sup>

