



Gluten Free Menu

Starters and Snacks

G.F. Tuna Stack

finely chopped Yellow fin tuna stacked with diced fresh tomatoes and homemade Guacamole served with sliced English cucumbers and all drizzled with a Lime and Garlic Vinaigrette 14

G.F. Grilled Chicken Wings

one dozen freshly grilled bone in Chicken wings char grilled and tossed in either Mild Buffalo, Hot Buffalo, Ghost Chili, or BBQ sauce served with celery sticks, baby carrots and Blue cheese or Sour cream for dipping 14

G.F. BBQ Shrimp

Char grilled black tiger shrimp glazed in homemade BBQ sauce and served over a warm Roasted corn and black bean salad finished with a bit of wilted baby spinach 14

Salads

G.F. Goat Cheese Salad

mixed greens tossed in fresh lemon vinaigrette topped with poached and chilled green bean beans, roasted beets, diced pimentos, and crumbled Goat cheese 12

G.F. Turkey Cobb Salad

sliced fresh roasted turkey breast on top of chopped romaine lettuce with diced tomatoes, chopped bacon, cucumbers, hard boiled egg, blue cheese crumbles, and fresh guacamole 16

G.F. House Salad

baby mixed greens , fresh tomatoes, cucumbers, shaved red onion, shredded cheddar cheese 8

G.F. Chicken Salad Plate

homemade all white meat chicken salad, served with fresh fruit and a mini G.F. mixed green salad

G.F. Southwest Caesar Salad

chopped romaine lettuce, shredded cheddar, fresh guacamole, diced tomatoes, black bean corn salsa all tossed in a Chipotle Caesar dressing 11

Add to Any Salad

Grilled Chicken, Chicken Salad, Sliced Fresh Turkey Breast 4

Grilled Salmon, Shrimp, Yellow Fin Tuna 6

G.F. Dressing Options: Blue Cheese, Fresh Lemon and Herb, Key Lime and Garlic, Fat free Raspberry, S.W. Caesar

Main Dishes

G.F. Turkey and Avocado Melt

sliced fresh turkey breast, bacon, tomato, fresh avocado, and pepper jack cheese all baked in the oven then served over Jasmine rice and finished with a touch of toasted garlic cream sauce 16

G.F. Thai Lettuce Wraps

diced chicken breast glazed in a sweet and spicy Thai sauce served with shredded Napa cabbage slaw mixed with Key Lime and Garlic dressing along with Bibb lettuce cups, pickled ginger and Wasabi cream 14
Substitute chopped Shrimp 3

G.F. Blackened Salmon or Chicken

your choice of either Blackened Salmon filet or Blackened Chicken breast which will be served over a bed of grilled vegetables and topped with baby spinach and fresh diced tomatoes all dressed with a Balsamic reduction and fresh made Pesto sauce 16

G.F. Avocado Chicken

sautéed chicken breast simmered in a fresh made Avocado cream sauce and served over Jasmine rice with grilled garden vegetables 17

G.F. Cedar Plank Salmon

fresh salmon filet, roasted potato medley, and roasted beets all baked on high heat and served directly on a Cedar plank then topped with warm wilted baby spinach tossed in a warm lemon vinaigrette 19

G.F. Shrimp Scampi

sautéed shrimp with toasted garlic deglazed with white wine and simmered in a light lemon and butter sauce served over Jasmine rice finished with a touch of baby spinach 19

G.F. N.Y. Strip Steak

16 oz hand cut and trimmed N.Y. Strip steak cooked to your liking and topped with a garlic and herb butter served with mashed potatoes and grilled vegetables 25

G.F. House Sides

Jasmine Rice, Mashed Potatoes, G.F. Side Salad, G.F. Side Caesar, Sautéed Green Beans, Coleslaw, Grilled Vegetables, Chilled Black Bean and Corn Salsa

G.F. Premium Sides

(\$2 upcharge applies)

Fresh fruit, Steamed Broccoli, Green Bean Almondine, Mini G.F. Goat cheese Salad, Mini G.F. Cobb Salad, Mini G.F. Southwest Caesar