

Gluten-Free Menu

Appetizers

Mussels

7.95

One dozen mussels, sautéed in extra virgin olive oil, white wine, garlic, and lemon-butter with diced roma tomatoes and green onions

Wood-Fired Wings

8.95

Marinated chicken wings dipped in our sweet & spicy BBQ sauce, baked in our wood fired oven, and topped with green onions. Served with celery strips and bleu cheese dressing

Salads

House Salad

5.95 / 8.95

Spring mix, carrots, tomatoes, bleu cheese crumbles, candied pecans, grapes and balsamic vinaigrette

Caesar Salad

4.95 / 7.95

Crisp romaine lettuce tossed in our Caesar dressing and parmesan with cherry tomatoes

Fresh Spinach

5.95 / 8.95

Topped with parmesan cheese, bacon, hard-boiled egg, carrots, and diced tomatoes, served with your choice of dressing

Mediterranean

5.95 / 8.95

Spring mix, carrots, tomatoes, feta, kalamata olives, onions, capers and Italian dressing

Grilled Chicken

9.95

Spring mix, carrots, tomatoes, marinated chicken breast and parmesan with honey mustard

Tropical Salmon

13.95

6-oz grilled Atlantic salmon over spring mix with carrots, tomatoes, bleu cheese crumbles, mandarin oranges, dried cranberries and candied pecans, served with a side of tangerine balsamic vinaigrette

Dressings

Balsamic Vinaigrette, Blue Cheese, Caesar, Golden Italian, Honey Mustard, Raspberry Vinaigrette, Tangerine Balsamic

Veggies

Asparagus
Bell Pepper
Black Olives
Broccoli
Carrots
Kalamata Olives
Mushrooms

Onions
Peas
Sundried Tomatoes
Spinach
Roma Tomatoes
Zucchini & Squash

Baked Entrées

Rotisserie Chicken

10.95

Half chicken seasoned with fresh herbs, slowly roasted and served with our roasted Yukon gold house potatoes

Smothered Rotisserie Chicken

12.95

Skinless half rotisserie chicken with sautéed peppers, onions, mushrooms and melted provolone, served with our Yukon gold house potatoes

Grilled Chicken Parmesan

14.95

Grilled chicken breast wood-fired with marinara and mozzarella cheese, served with a side of gluten-free penne pasta and marinara sauce, topped with parmesan

Pastas

Served over Shär Gluten-Free Penne or your choice of vegetables. Please allow for additional time to cook your pasta.
Add Grilled Chicken / 5 • Sautéed Shrimp / 5 • Rotisserie-Spiced Chicken / 3 • Grilled Salmon / 7

Penne-Goat

15.95

Fresh spinach, mushrooms, sundried tomatoes, kalamata olives and pine nuts, sautéed in herb-infused olive oil and baked with fresh goat cheese

Chicken Marinara

13.95

Rotisserie-spiced chicken, fresh zucchini, yellow squash and black olives tossed in our homemade marinara sauce, topped with fresh parmesan cheese

Spicy Shrimp & Scallops

16.95

Shrimp, scallops, fresh garlic, red onions, and mushrooms tossed in a spicy marinara sauce, topped with fresh parmesan cheese

Seafood TRIO

17.95

Shrimp, scallops, mussels, fresh mushrooms, diced tomatoes, green onions, and garlic tossed in our homemade marinara sauce, topped with fresh parmesan cheese

Desserts

Raspberry Sorbet

5.25

With whipped cream and blackberry compote

Crème Brûlée

5.25

Baked custard topped with caramelized sugar

Ask about our gluten-free beer!

Disclaimer: While we strive to ensure our gluten-free items are safe for your diet, we cannot guarantee with 100% confidence that cross-contamination between ingredients will not occur.