

# GLUTEN FREE MENU

## STARTERS

### SPINACH & ARTICHOKE DIP - 10

creamy spinach and artichoke dip served with corn tortilla chips and toasted gluten free bread

### STUFFED MUSHROOMS - 10

crab, garlic shrimp, cream cheese, sour cream, and parmesan stuffed mushrooms

### WINGS - 13.5

one pound of seasoned wings - your choice of salt & pepper, lemon pepper, hot, buffalo, honey dill, sweet chilli, greek, or lemon pepper ranch  
+ make it a meal with a side \$4 +

### NACHOS - 15

tortilla chips topped with mozzarella & cheddar cheese, diced peppers, jalapeños, pico de gallo and bacon. Served with salsa & sour cream  
+ blackened chicken or steak, bbq pulled pork, or ground turkey + guacamole \$2.5 +

### FISH TACOS - 12.5

tempura battered cod on 3 soft corn tortilla's with apple cabbage slaw, pico de gallo, and chipotle aioli  
+ guacamole \$2 +

## SALADS, SANDWICHES, BURGERS & MAINS

SIDES INCLUDE FRENCH FRIES, WEDGES, CAESAR SALAD, CHIPS & SALSA, SIGNATURE SALAD +\$2, OR YAM FRIES +\$2.5

### SIGNATURE SALAD - 13

mixed greens, toasted almonds, dried cranberries, apples, and feta cheese with lemon thyme vinaigrette  
+ grilled or blackened chicken/shrimp \$5

### CAESAR SALAD - 12

romaine, parmesan cheese, real bacon bits, tossed in housemade creamy caesar dressing  
+ grilled or blackened chicken/shrimp \$5

### TURKEY TACO SALAD - 14

mixed greens, ground turkey, pico de gallo, black bean and corn salsa, crisp tortilla chips topped with salsa, sour cream and catalina dressing  
+ guacamole \$2

### CLASSIC BURGER - 13

6 oz burger, lettuce, tomato, pickle, red onion, chipotle aioli, gluten free bun  
+ cheese \$1 / bacon \$2

### JALAPENO MUSHROOM BURGER - 14

6 oz burger, lettuce, tomato, red onion, sautéed mushrooms, pickled jalapenos, mozzarella cheese, cajun aioli, gluten free bun  
+ bacon \$2

### SPOT ON BURGER - 16

6 oz burger, lettuce, tomato, bacon, sautéed mushrooms, sautéed onions, cheddar cheese, chipotle aioli, gluten free bun

### TURKEY CLUB - 12

roasted turkey breast, lettuce, tomato, bacon, and mayo on a toasted gluten free bun  
+ cheese \$1

### BEEF MELT - 13

slow roasted shaved beef, sautéed mushrooms, purple onion, mozzarella cheese and horseradish mayo served on a gluten free bun

### COCONUT CURRY RICE BOWL - 17

red coconut curry sauce, basmati rice, sautéed peppers, onions, mushrooms, & zucchini. Served with a toasted gluten free bun with your choice of grilled/blackened chicken or shrimp

### STEAK SANDWICH - 17 / 24

tender marinated steak, sautéed mushrooms on toasted gluten free bread with your choice of side  
+ 5 oz/10 oz

PLEASE LET YOUR SERVER KNOW THE SPECIFICATIONS OF YOUR GLUTEN FREE ORDER.

ALTHOUGH WE TAKE ALL GLUTEN FREE MATTERS VERY SERIOUSLY, WE MUST KNOW WHETHER IT IS A PREFERENCE OR ALLERGY. PLEASE BE ADVISED THAT OUR KITCHEN DOES CONTAIN GLUTEN, AND THERE IS POTENTIAL FOR CROSS CONTAMINATION IN FOOD ITEMS.