

GLUTEN SENSITIVE MENU

FOR THOSE WITH MINOR GLUTEN SENSITIVITIES ONLY

SHAREABLES

SCAMPI PRAWNS 16.5 - PLEASE ASK TO SUBSTITUTE A GLUTEN-FREE BUN INSTEAD OF FOCACCIA FOR \$1. Six Tiger prawns served sizzling in our house-made Sambuca chili butter, served with focaccia bread.

GOMASHIO TUNA 17 - Sesame-crust Ahi tuna, seared rare and sliced thin, served with our house-made sesame lime sauce, finished with green onions.

MEDITERRANEAN CRAB DIP 22 - PLEASE ASK FOR THIS ITEM WITH THE CORN TORTILLA CHIPS, NOT THE GLUTEN-CONTAINING PITA. ALSO, TRACE AMOUNTS OF GLUTEN CAN BE FOUND IN OUR FRYER OIL. A blend of rock crab, sun-dried tomatoes, roasted garlic, cream cheese, and spices topped with pico de gallo; served with fried corn tortilla chips.

GREEK-CAESAR SALAD 23 - PLEASE ASK FOR THIS ITEM WITHOUT THE GLUTEN-CONTAINING CROUTONS. The perfect blend of bell peppers, tomatoes, red onions, kalamata olives, feta cheese and cucumbers tossed in our house-made Caesar dressing with croutons, romaine lettuce and Parmesan cheese.

POACHED PEAR SALAD 27.5 - TRACE AMOUNTS OF GLUTEN CAN BE FOUND IN OUR FRYER OIL. Spring mix, tomatoes, goat cheese, candied walnuts, red onion, yam chips, house poached pear and blackberry vinaigrette with your choice of chicken breast or sesame-crusted tuna, seared rare.

BURGERS SERVED WITH GARDEN SALAD, BACON BUTTERNUT SQUASH SOUP, OR UPGRADE TO SWEET POTATO FRIES FOR \$2 EXTRA. TRACE AMOUNTS OF GLUTEN CAN BE FOUND IN OUR FRYER OIL.

PORTOBELLO BURGER 20 - PLEASE ASK FOR NO BREADING AND TO SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA. Panko-breaded, fried Portobello mushroom patty topped with goat cheese, beets, mixed greens and Jake's lemon herb aioli.

ADD: MUSHROOMS 3 | ONIONS 3 | AGED WHITE CHEDDAR CHEESE 3 | SWISS CHEESE 3 | BACON 4 | GOAT CHEESE 4 | JALAPEÑOS 2

SWEET POTATOES 12 - TRACE AMOUNTS OF GLUTEN CAN BE FOUND IN OUR FRYER OIL. A basket of crispy-fried sweet potatoes served with our house-made chipotle aioli to dip.

SPICY COCONUT CREAM MUSSELS 23 - PLEASE ASK FOR THIS ITEM WITHOUT FOCACCIA BREAD AND SUBSTITUTE A GLUTEN-FREE BUN FOR \$1. Mussels simmered in our house-made spicy coconut cream sauce; finished with fresh cilantro and served with grilled focaccia bread.

CRAIG STREET NACHOS 23 - TRACE AMOUNTS OF GLUTEN CAN BE FOUND IN OUR FRYER OIL. House-fried corn tortilla chips topped with corn and black bean salsa, pico de gallo, jalapeños, black olives, cheddar and mozzarella with salsa and sour cream. ADD: CAJUN-SPICED CHICKEN 9 | MEXI BEEF 8 | SOUR CREAM 4 | GUACAMOLE 4 | SALSA 4

SOUP & SALADS

BACON BUTTERNUT SQUASH SOUP 9 Creamy butternut squash soup with a hint of spice, maple and bacon.

GARDEN SALAD 17.5 Spring mix, carrots, tomatoes, beets and cucumbers with your choice of creamy yogurt dill, ranch, bleu cheese, blackberry, sesame lime or balsamic.

TACO SALAD 26 - TRACE AMOUNTS OF GLUTEN CAN BE FOUND IN OUR FRYER OIL. Romaine, corn tortillas, pico de gallo, corn and black bean salsa, cheddar and mozza with spicy southwest ranch and your choice of Mexi ground beef, taco-spiced chicken, steak strips, or onions and bell peppers.

HOT NASHVILLE CHICKEN BURGER 24 - PLEASE ASK FOR GRILLED CHICKEN INSTEAD OF CRISPY-COATED AND SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA. Crispy-coated, fried chicken breast loaded with our house honey hot sauce, aged white cheddar, lettuce, dill pickles, tomato and mayo.

GRILLED CHICKEN BURGER 23 - PLEASE ASK FOR GRILLED CHICKEN INSTEAD OF CRISPY AND SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA. Chicken breast baked with mozzarella and cheddar cheese, finished with lettuce, tomato and chipotle aioli.

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HANDHELDS

SERVED WITH GARDEN SALAD, BACON BUTTERNUT SQUASH SOUP, OR UPGRADE TO SWEET POTATO FRIES FOR \$2 EXTRA. TRACE AMOUNTS OF GLUTEN CAN BE FOUND IN OUR FRYER OIL.

LOADED VEGGIE SANDWICH 17 – PLEASE ASK TO SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA. Crunchy cucumber, tomato, red onion, Havarti cheese, leaf lettuce, alfalfa sprouts and Jake's lemon herb aioli.

TURKEY HAVARTI SANDWICH 20 – PLEASE ASK TO SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA. Roasted turkey, cucumber, tomato, red onion, Havarti cheese, leaf lettuce, alfalfa sprouts, mayo and mustard.

BOWLS & ENTREES

POKE BOWL 24 – TRACE AMOUNTS OF GLUTEN CAN BE FOUND IN OUR FRYER OIL. Ahi tuna, sushi rice, cucumbers, carrots, edamame beans and fried yam chips, drizzled with our house unagi sauce and wasabi aioli.

GINGER SOY SALMON BOWL 25 – PLEASE ASK TO SUBSTITUTE SUSHI RICE INSTEAD OF THE GLUTEN-CONTAINING RICE PILAF. A grilled 6oz wild Sockeye salmon fillet, rice pilaf and a stir-fry mix of bok choy, broccoli, carrots, bell peppers, and red onions in our house-made ginger soy sauce.

THAI GREEN CURRY BOWL 27 – PLEASE ASK TO SUBSTITUTE SUSHI RICE INSTEAD OF THE GLUTEN-CONTAINING RICE PILAF. ALSO, PLEASE SUBSTITUTE A GLUTEN FREE BUN INSTEAD OF PITA FOR \$1 EXTRA.. Choice of steak, chicken or prawns sauteed with bok choy, broccoli, carrots, red onions, bamboo shoots and bell peppers simmered in our Thai green curry sauce, served over rice pilaf with pita bread.

**ADD: SAUTEED VEGETABLES 7 | GRILLED PRAWNS 9
MEXI BEEF 8 | STEAK STRIPS 12 | CHICKEN BREAST 9
SOCKEYE SALMON FILLET 16 | GOMASHIO AHI TUNA 14**

TUNA OR FISH TACOS 21 – PLEASE ASK TO SUBSTITUTE LETTUCE INSTEAD OF THE GLUTEN-CONTAINING TORTILLAS.

Three tacos loaded with crispy slaw, mango fruit salsa, cilantro crema and taco-seasoned cod or Ahi tuna, finished with green onions.

JAKE'S CLUB 24 – PLEASE ASK TO SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA. Ham, bacon, chicken, cheddar, lettuce and tomato with mustard and our Jake's lemon herb aioli.

PHILLY CHEESE STEAK 25 – PLEASE ASK TO SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA. Tenderloin steak strips, sauteed peppers and onions baked with aged white cheddar and chipotle aioli.

SPICY COCONUT ROASTED VEGETABLE PENNE 22

PLEASE ASK FOR THIS ITEM WITHOUT PENNE PASTA AND TO SUBSTITUTE SUSHI RICE. ALSO INSTEAD OF GARLIC TOAST, PLEASE ASK TO SUBSTITUTE A GLUTEN-FREE BUN FOR \$1.

Roasted portobello mushroom, zucchini, onions and bell peppers in our house-made spicy coconut cream sauce, served with penne pasta and garlic toast.

COD NEPTUNE 28 – PLEASE ASK TO SUBSTITUTE SUSHI RICE INSTEAD OF THE GLUTEN-CONTAINING RICE PILAF.

Pan-seared cod topped with a shrimp and cream cheese Neptune, finished with green onions, served with rice pilaf and seasonal vegetables.

LEMON DILL SALMON 30 – PLEASE ASK TO SUBSTITUTE SUSHI RICE INSTEAD OF THE GLUTEN-CONTAINING RICE PILAF.

Grilled Sockeye salmon fillet with crispy-fried capers and creamy lemon dill butter, served with rice pilaf and seasonal vegetables.

CHICKEN LAFLEUR 34

Grilled chicken breast topped with Tiger prawns, scallops and mushrooms in roasted garlic herb butter, served with mashed potatoes and seasonal vegetables.