



GLUTEN FRIENDLY MENU



APPETIZERS

Caprese 9

Roma tomato, fresh mozzarella, arugula, olive oil and balsamic glaze

Guacamole, Salsa, Burrata and Chips 12

Guacamole, tomato & basil salsa, creamy burrata, homemade corn chips

Prince Edward Island Mussels 8

Chopped tomato, celery, garlic, scallions, butter, wine, dijon, touch of cream

SALADS

Apple Walnut Salad 10/5

Crisp greens, sun-dried cranberries, gorgonzola, apples, avocado, walnuts & cranberry vinaigrette

Crazy Wedge 8/4

Iceberg, smoked bacon, walnuts, grape tomato, crumbled gorgonzola dressing

Mediterranean Greek Salad 10/5

Crisp romaine, feta cheese, pepperoncini, Kalamata olive, tomato, red onion, and Greek dressing

Artisan Greens & Berries 10/5

Artisan greens, berries, gorgonzola, fuji apple, toasted pumpkin seed, balsamic fig glaze

Radicchio Misto 8/4

Mixed greens, radicchio, grape tomato, caramelized onions, bacon, gorgonzola, orange poppyseed dressing

Add any of the following to a dinner salad:

Grilled Chicken 5

Burrata 6

Grilled Vegetable 5

Sirloin Burger 6

Fried Eggs 3

Grilled Shrimp Skewer 7

ENTRÉES

Served with a side salad

Roasted Haddock with Sundried Tomato Risotto 19

Brushed with olive oil, fresh herbs, baked, over sundried tomato & spinach risotto

Zucchini Noodle Puttanesca 14

Mushrooms, olives, garlic, crushed grape tomato, fresh plum tomato, basil, olive oil, capers, zucchini noodles

Grilled Chicken & Vegetables 16

Marinated chicken breast, wood grilled, served with fresh vegetables, portabella mushroom, wild rice blend

Roasted Sweet Pepper Steak with Yukon Mashed & Grilled Vegetable 26*

Secret rub, grilled yukon mashed, grilled vegetables

Grilled Salmon with Wild Rice 18

Topped with tomato, pineapple, avocado scallion salsa, over sautéed spinach & wild rice

Adriatic Stew 22†

Mussels, clams, shrimp, scallops, haddock, calamari, scallion, garlic, tomato broth

Cauliflower Steak V/GT 15

Brushed with herbs, oven roasted, served with quinoa, with sautéed mushrooms, spinach & green beans

Carbonara with Grilled Chicken 17

Spinach, prosciutto, bacon, peas, broccoli, romano, light cream, zucchini noodles, topped with fried egg and grilled chicken

*\$5 up charge with Wednesday night special

†Market price up charge with Wednesday or Sunday night specials