



GLUTEN FRIENDLY MENU



APPETIZERS

Caprese 9

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

Burrata Tower 10

Grilled portabella, radicchio, silky smooth creamy mozzarella, Roma tomato, fresh basil, arugula, balsamic glaze

Prince Edward Island Mussels 8

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

SALADS

Apple & Walnut Salad with Pan Fried Egg and steak medallions 17

Crisp romaine hearts, fuji apple, avocado, walnut, gorgonzola, cranberry vinaigrette fried egg and seared steak medallions

Romaine Wedge 8

Hearts of Romaine, topped with blue cheese dressing, crumbled gorgonzola, bacon, walnuts, grape tomatoes

Mediterranean Greek Salad 10

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

Tuscan Salad 8

Mixed greens, arugula, grape tomato, cucumber, walnut, grilled vegetables, feta, balsamic vinaigrette & olive oil

ENTRÉES

Served with a side salad

Baked Cod with Butternut Risotto 18

Local cod, brushed with olive oil, fresh herbs, baked, over butternut & spinach risotto

Stir Fry Vegetables with Shrimp and Rice Noodles 19

Seasonal vegetables, gluten free stir fry sauce, shrimp rice noodle

Grilled Chicken with a Tomato, Pineapple & Avocado Salsa 16

Marinated chicken breast, wood grilled served over a mushroom risotto with grilled vegetables topped with a pineapple, tomato & avocado salsa

Roasted Sweet Pepper Steak with Yukon Mashed & Grilled Vegetable 24*

Secret rub, grilled yukon mashed grilled vegetables

Grilled Salmon with Spinach & Wild Mushroom Risotto 18

Oyster, crimmini & porcini mushrooms, baby spinach

Frutti Di Mare 17

Mussels, clams, shrimp, calamari, plum tomato sauce over rice noodles

**\$5 up charge with Wednesday night special*