



COASTAL FLATS

GLUTEN SENSITIVE DINNER MENU

These menu options are based on the most current ingredient information from our suppliers. During normal operations involving shared cooking and preparation areas the possibility exists for food items containing gluten to come into contact with other food products. We are unable to guarantee that any menu items can be completely gluten free.

Please let us know the level of your gluten sensitivity and a manager will consult with you to ensure your exceptional dining experience.

Starters

Deviled Eggs w. Spiced Pecans & Sugar Cured Bacon...10

Salads

Antibiotic-free, local chicken

Field Greens...with grape tomatoes, sun dried cranberries and champagne vinaigrette ...
blue cheese or goat cheese, add \$1...7

Caesar...hearts of romaine & baby kale with Reggiano Parmesan...8

Chopped Salad...mixed greens, fresh corn off the cob, tomatoes, scallions,
Cabot aged white cheddar & buttermilk herb dressing...8

Goat Cheese & Spiced Pecan Salad...field greens, sun dried cranberries, tomatoes
& champagne vinaigrette...9

Coastal Roast Chicken Salad...mixed greens, fresh corn off the cob, sun dried cranberries,
dates, tomato, sesame almonds, goat cheese & champagne vinaigrette...16

Sesame Crusted Grilled Tuna Salad*...drizzled w. Cilantro ginger sauce...thin beans,
kalamata olives & grape tomatoes... with field greens & champagne vinaigrette...19

Waldorf Steak Salad*...grilled filet tips, blue cheese, apples, walnuts, celery & dates with
field greens & champagne vinaigrette...19

Lobster Club Salad...lobster salad from the meat of a one pound Maine lobster...with field greens,
tomato, avocado, fresh corn, sugar cured bacon, a deviled egg & champagne vinaigrette...market

Naked Sandwiches...Gluten free bread available, add \$1

Veggie Burger...brown rice, rainbow quinoa, black beans, beets & chipotle mayo served
w. tomato, havarti, guacamole & fries...13

Grilled Chicken & Havarti Cheese...citrus mayo & roasted peppers with fries...14

Cheddar Cheeseburger*...Certified Angus Beef®, Tillamook, mustard mayo, ketchup,
pickle & fries...14

Bacon Cheeseburger*...Certified Angus Beef®, pecanwood smoked bacon, American cheese,
wicked sauce & fries...15

* Consuming raw or undercooked meat, fish or shellfish may increase your risk of contracting a foodborne illness, especially if you have certain medical conditions.
The asterisked items may be cooked to order upon request.



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Fresh Seafood, Chicken & Pasta

Hickory Grilled Absolutely Fresh Fish*...hand filleted in house daily...market

Jambalaya Pasta*...sautéed shrimp, chicken, andouille sausage, tomato, scallions & gluten free penne pasta in a spicy creole cream sauce...22

Crispy Fish Tacos...habanero slaw & corn tortillas with sweet potato fries...16

Steak & Ribs

Hickory Grilled Marinated Hanger Steak*...mashed potatoes, roasted cremini mushrooms & a field greens salad...25

Wood Grilled Filet Mignon*...with roasted cremini mushrooms & mashed potatoes & a field greens salad...8 oz...31, 6 oz...27

Low Country Beef Back Ribs*...hickory smoked, mustard bbq, fries & cole slaw...23

Sides

Cucumber, Tomato & Corn Salad...4 Sautéed Spinach...4 GAR Fries...4

Cauliflower Mash...4 Sweet Potato Fries...4 Mashed Potatoes...4 Grilled Broccolini...4

Crispy Brussels Sprouts with Bacon & Spiced Pecans...4

Kids Under 12...fountain soda, milk, juice or lemonade

Gluten free bread available, add \$1

Cheeseburger...choice of fries, unsweetened applesauce or carrots...6

Dessert

Warm Flourless Chocolate Waffle...topped with vanilla ice cream, cherries & almonds...8

All Food is Available To Go.



BBBC, our Shirlington Bakery,
offers Gluten Sensitive Cookies

Please let us know the level of your gluten sensitivity and a manager will consult with you to ensure your exceptional dining experience. Our staff and loved ones also have varying degrees of gluten sensitivity. We will continue to modify recipes to expand the items on this menu.

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