

LUNCH OPTIONS FOR GLUTEN SENSITIVITY

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...9

Tuna Tacos* ...Jicama "tacos", guacamole & Cilantro...10

SALADS

Field Greens...grape tomatoes, sun dried cranberries, dates, pine nuts & champagne vinaigrette...7
blue cheese or Laura Chenel goat cheese, add \$1

Baby Kale & Arugula Caesar Salad...with Reggiano parmesan...8

**Chop House Salad...mixed greens, fresh corn, tomato, scallions,
Cabot aged white cheddar, tossed with buttermilk herb dressing...8**

Goat Cheese & Spiced Pecan Salad

field greens, sun dried cranberries, tomatoes, crumbled goat cheese & champagne vinaigrette...9

**Mango Chicken & Spiced Pecans...mixed greens, grapes, toasted almonds,
mint & sun dried cranberries with ginger vinaigrette...16**

**Coastal Roast Chicken Salad...field greens, avocado, fresh corn off the cob,
sun dried cranberries, grape tomatoes, toasted almonds & champagne vinaigrette...16**

Sesame Crusted Grilled Tuna Salad*

drizzled with cilantro ginger sauce...thin beans, kalamata olives & grape tomatoes
over field greens w. champagne vinaigrette...19

Lobster Club Salad*

lobster salad from the meat of a one pound Maine lobster....with field greens, tomatoes
avocado, fresh corn off the cob, sugar cured bacon, a deviled egg & champagne vinaigrette...market

NAKED SANDWICHES

Gluten free bread available, add \$1

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

**Veggie Burger Wrap...brown rice, rainbow quinoa, beet & black bean burger with
tzatziki sauce & crisp romaine leaves for wrapping...cucumber, tomato & corn salad...14**

Cheddar Cheeseburger*...CAB®, Tillamook cheddar with mustard mayo, ketchup, pickle & fries...14

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

All Food is Available To Go

*May contain raw or undercooked ingredients. Written information is available on request regarding these items.



COASTAL FLATS

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BEEF, RIBS & CHOPS

Low Country Beef Back Ribs...hickory smoked, mustard bbq, fries and cole slaw...22

Wood Grilled Filet Mignon*...roasted cremini mushrooms & fries8 oz...30, 6 oz...25

FRESH SEAFOOD, CHICKEN & PASTA

Hickory Grilled Fresh Fish*...on garlic mashed potatoes & asparagus...market

Crispy Fish Tacos...habanero slaw & corn tacos with sweet potato fries...three...15, two...12

Penne Primavera... gluten free pasta, broccolini, mushrooms, asparagus, tomatoes, baby arugula, basil, garlic, olive oil & parmesan...17 add chicken...\$3, add shrimp...\$4

Filet Mignon Tips*...with tequila lime cream on gluten free penne pasta...while it lasts...17

KIDS UNDER 12...fountain soda, milk, juice or lemonade

Gluten free bread available, add \$1

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

Tenderloin Steak...with choice of fries, unsweetened applesauce or carrots...while it lasts...12

SIDES

Cucumber, Tomato & Corn Salad...4 | **Cauliflower Mash**...4 | **Grilled Broccolini**...4

Great American Fries...4 | **Sweet Potato Fries**...4 | **Sauteed Spinach**...4 | **Roasted Mushrooms**...4

DESSERT

Warm Flourless Chocolate Waffle...with vanilla ice cream...8

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.