



COASTAL FLATS

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...10

Salads

Field Greens...grape tomatoes, sun dried cranberries & champagne vinaigrette ... blue cheese or Laura Chenel 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, garlic croutons & buttermilk herb dressing...8

Warm Goat Cheese & Spiced Pecan Salad...with field greens, sun dried cranberries, tomatoes and 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

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

Naked Sandwiches

Gluten free bread available, add \$1

Veggie Burger...brown rice, rainbow quinoa, black beans & beets with chipotle mayo tomato, Havarti, guacamole & fries...13

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

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

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

Brunch Burger*...CAB®, bacon, American cheese, wicked sauce, a fried egg & fries...16

All Food is Available To Go

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

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COASTAL FLATS

Fresh Seafood & Pasta

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

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

Louisiana Pasta*...chicken, andouille sausage, tomato, scallions & gluten free
penne pasta in a spicy creole cream sauce.....add shrimp, \$4...19

Steak & Ribs

Hickory Grilled Marinated Hanger Steak*...Certified Angus Beef® with
fries & roasted cremini mushrooms...21

Wood Grilled Filet Mignon*...cremini mushrooms & fries...8 oz...30, 6 oz...25

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

Sides

Cucumber, Tomato & Corn Salad...4 **Sauteed Spinach**...4 **Great American Fries**...4

Cauliflower Mash...4 **Sweet Potato Fries**...4 **Grilled Broccolini**...4

Crispy Brussels Sprouts with Bacon & Spiced Pecans...5

Coastal Kids Under 12 ...served with milk, fountain soda, juice or lemonade

Gluten free bread available, add \$1

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

Desserts

Warm Flourless Chocolate Waffle...with vanilla ice cream & toasted almonds...8

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