



COASTAL FLATS

GLUTEN SENSITIVE LUNCH 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...9

Yucatan Shrimp Cocktail...gulf shrimp, mango, jicama and avocado in a traditional tomato, orange & lime sauce...10

Salads

Our chicken is antibiotic free

Field Greens...grape tomatoes, sun dried cranberries & champagne vinaigrette...7
blue 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...chicken, field greens, avocado, grape tomatoes, fresh corn off the cob, sun dried cranberries, 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...18

Lobster Club Salad*

lobster salad from a fresh 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

Veggie Burger...brown rice, rainbow quinoa, black beans, beets & chipotle mayo with tomato, havarti, guacamole & fries...12

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

Cheddar Cheeseburger*...CAB®, Tillamook, 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.

050919-14L



COASTAL FLATS

GLUTEN SENSITIVE LUNCH 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.

Beef

Low Country Beef Back Ribs...hickory smoked, mustard bbq, fries and cole slaw...21

Wood Grilled Filet Mignon* ...roasted cremini mushrooms & fries...8 oz...27, 6 oz...23

Fresh Seafood, Chicken & Pasta

Hickory Grilled Absolutely Fresh Fish*

hand filleted in house daily...cauliflower mash & asparagus...market

Hickory Grilled Chicken Breast...with thin green beans, roasted cremini mushrooms & brown butter sauce on penne pasta...17

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

Hong Kong Style Sea Bass*

steamed with fresh leaf spinach in a soy sherry broth with sesame ginger, scallions & sticky rice...26

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

Gluten free bread available, add \$1

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

Sides

Cucumber, Tomato & Corn Salad...4 | **Grilled Broccolini**...4 | **Roasted Cremini Mushrooms**...4

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

Cauliflower Mash...4

Dessert

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



BEST
BUNS
BREAD CO.

BBBC, our Shirlington Bakery, now 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.

050919-14D