



COASTAL FLATS

DINNER 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...Our chicken is antibiotic-free

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

Baby Kale & Arugula Caesar...mildly spicy with Reggiano parmesan...8

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

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...13

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

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



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Beef

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

Wood Grilled Filet Mignon*

with roasted cremini mushrooms, mashed potatoes & a field greens salad....8 oz...31, 6 oz...27

Fresh Seafood, Chicken & Pasta

Antibiotic-free, local chicken

Hickory Grilled Absolutely Fresh Fish

hand filleted in house daily...on mashed potatoes & asparagus...market

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

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

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

Gluten free bread available, add \$1

Certified Angus Beef® Cheeseburger....served with choice of fries, unsweetened applesauce or carrots...6

Tenderloin Steak....with choice of fries, unsweetened applesauce or carrots...while it lasts...11

Sides

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

Mashed Potatoes...4 | **Great American Fries**...4 | **Sweet Potato Fries**...4

Roasted Mushrooms...4 | **Sauteed Spinach**...4

Dessert

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

All Food is Available To Go.



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.

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