

GLUTEN SENSITIVE MENU



Spicy Smoked Yellowfin Tuna Dip

APPETIZERS

Spicy Smoked Yellowfin Tuna Dip

Highest quality, wild caught yellowfin tuna smoked to perfection and kicked up with our fiery jalapeño ranch for the perfect blend of smoke and spice. Served with celery. \$10.95

Buffalo Roasted Cauliflower

No we don't actually have buffalo in the kitchen roasting cauliflower, but what we do have is fresh cauliflower roasted to order and tossed in a garlicky mild buffalo sauce. Served with your choice of homemade buttermilk ranch or bleu cheese for dipping, so grab a fork, it's about to get tasty! \$9.95

Basket of Gluten Free Island Fries

Awesome made easy. A basket of our crispy baked Island Fries lightly seasoned and served with two of our delicious dipping sauces. Choose your sauce combo! Magic jerk sauce, wasabi ranch, chipotle ranch, jalapeño ranch, or our homemade buttermilk ranch. \$6.95

Gluten Free Bacon Cheese Fries

What makes fries better? Cheese. What makes everything better? Bacon! So we give you both! Served with a side of our homemade buttermilk ranch or chipotle ranch dressing. \$8.95

Loaded Hummus

A scoop of hummus surrounded with crumbled feta, fresh tomatoes, Kalamata olives and veggies. Served with chips, cucumbers, or celery. \$8.95

Chips & Fire Roasted Salsa

Speaks for itself. \$5.95 Make it a trio! Add Queso. \$8.95

Bowl of Chili

A bowl of spicy, meaty goodness. \$5.95

The only way to make it better is to add cheese and all you'll have to add is a buck, as in \$1.

SANDWICHES

All gluten free with grilled chicken only. Request sandwiches with gluten free-bun.

GREENS

Your Choice \$12.95.

Add: Grilled or Blackened Shrimp \$4 | 6oz Mahi \$4 | 8oz Salmon \$6

Mainland Fix (contains nuts)

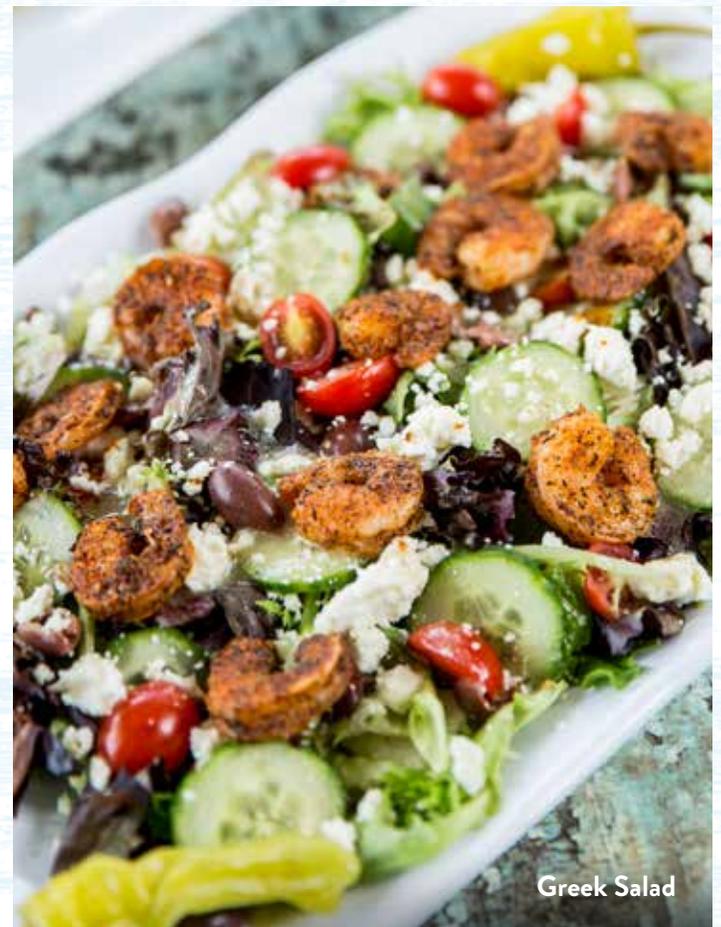
House greens topped with tender grilled chicken, crunchy apple chips, dried cranberries, feta cheese, sliced strawberries and candied pecan pralines with a side of our raspberry vinaigrette. It'll be your favorite new fix!

Greek Salad

House greens tossed together with fresh cherry tomatoes, tangy feta cheese, cucumbers and diced onions. Then, it's topped with a tender grilled chicken breast and served with pepperoncinis and a side of delicious Greek dressing.

Southwest Chicken Salad

House greens topped with shredded Colby-Jack cheese, cherry tomatoes, roasted corn, black beans, and grilled chicken breast. Served with a side of our homemade chipotle ranch.



Greek Salad

Items used are gluten free but are cooked and handled in an environment containing gluten.

GLUTEN SENSITIVE MENU



Caribbean Shrimp

KID'S MENU

Kids under 12. Served with choice of gluten free side and a kid's drink. \$6.95

Cheese or Pepperoni Pizza
(Request gluten free crust)

Burger
(Request gluten free bun)

SIDE ITEMS

\$3.49 Each

Gluten Free Island Fries

Steamed Broccoli

Steamed Seasonal Veggies

Sautéed Mushrooms

Jasmine Rice

Side Salad
(With gluten free dressing)

Reggae Rice

ENTRÉES

Island Chicken Grill (request gluten free sauce)

A marinated chicken breast grilled to perfection, served up with tender steamed veggies and our flavorful Reggae Rice. Comes with a side of our Sweet & Peppery Polynesian sauce. BIG in flavor, low in calories. \$9.95 Want more protein? Add an extra chicken breast for \$4.

Blackened Mahi Mahi

A juicy 6 oz filet of blackened fish deliciousness served with steamed seasonal veggies and your choice of our Reggae or Jasmine rice. Nuff said. \$15.95

Caribbean Shrimp

We start with a huge bed of our flavorful Reggae Rice and top it with a mix of sautéed red and green peppers, grilled onions and sweet, juicy pineapple. Then, the voodoo kicks in with a drizzle of our Magic Jerk sauce and plenty of delicious jerk shrimp. \$15.95

BURGERS

Request burgers with gluten free bun.

Classic Burger

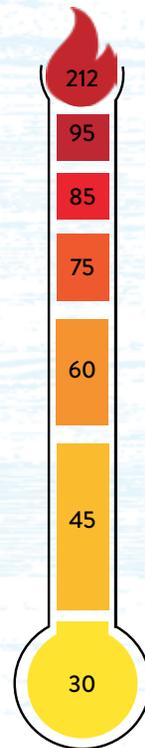
A half-pound slab of beef topped with cheddar cheese, lettuce, tomato and pickle slices. \$10.95

Buffalo Bleu

We start with a toasted brioche bun topped with lettuce and tomato and a juicy 8 oz grilled burger. Then, we top the burger with our tangy bleu cheese spread and drizzle the burger and the bun with our amazing new spicy buffalo mayo. \$11.95

The Trippy Hippy

A half-pound burger smothered with sautéed mushrooms and melted Swiss cheese, topped with lettuce, tomato and mayo. \$11.95



GET SAUCED

Island Inferno

Tiki Fire

Hot • Mango Habanero

Medium • Jerk Spice (Dry)
Red Thai Curry (Dry) • Buffalo Kiwi
Buffalo Lemon Pepper

Mild • Sweet & Peppery Polynesian
Sweet Caribbean • Lemon Pepper (Dry) •
Blackened (Dry) • Chipotle Cheddar Rub (Dry)

Garlic Parmesan (Dry)

DIPS/DRESSINGS

Homemade Buttermilk Ranch • Bleu Cheese
Wasabi Ranch • Jalapeño Ranch • Chipotle Ranch
Magic Jerk Sauce • Balsamic Vinaigrette • Pesto Aioli
Raspberry Vinaigrette • Greek

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