

GLUTEN-FREE MENU

Appetizers

Edamame

Whole soybeans steamed and served hot (plain, without green tea salt)

Spicy Tuna Roll

(served with organic, gluten-free tamari)

Salads

Mixed Greens Salad

With grape tomatoes, toasted seeds and balsamic dressing

Baby Spinach Salad

With seasonal fruit, crumbled blue cheese, toasted pine nuts and balsamic dressing

Kalymnos Greek Salad

With feta cheese, cucumbers, tomatoes, red onions, kalamata olives and light Greek dressing

Entrées

All beef, lamb, chicken, fish, or seafood can be made to order using salt, pepper, and olive oil

Grilled Boneless Rainbow Trout (without vegetable glaze)

With new potatoes, fresh roasted asparagus, sweet carrots and broiled lemon

Cedar Plank Atlantic Salmon

Mustard basted salmon with fresh roasted asparagus, sweet carrots and parsley roasted red potatoes

Wood-Roasted Pork Tenderloin (without sherry glaze)

Soft corn polenta, fresh leaf spinach, cremini mushrooms

Grilled Rack of New Zealand Lamb (without Dijon sauce)

Grilled lamb in garlic herb marinade, red bliss potatoes, asparagus and balsamic red onions

Sandwiches without bun (accompanied by fresh greens salad)

Turkey Burger (without Dijon mustard)

With grilled Portobello mushroom under melted Mozzarella cheese and sliced tomato

Blackened Fish

With tomato, chipotle-lime rémoulade and fresh lemon

Western Buffalo Burger

With guacamole, tangy roasted pepper salsa and chipotle sour cream

Desserts

Fresh Seasonal Fruit Mini