

Gluten Free Suggestions

Suggested Beverage & Menu Options for WHEAT/GLUTEN Allergies

We have prepared this suggested list of beverage and menu options based on the most current ingredient information from our food suppliers and their stated absence of wheat/gluten within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu entrée can be completely free of allergens.

We are aware of and will make every effort to avoid cross contamination.

The Really Good News!!

There is no gluten listed in any of the ingredients that we use to season our:

Flame Grilled Ribs & Chicken

Flame Grilled Boneless Breast Duo two boneless breasts, mesquite grilled & seasoned with our Mountain Style Seasoning 14.50

BBQ Baby Back Ribs full rack with our homemade BBQ sauce 18.99

BBQ Ribs & BBQ Chicken one boneless breast & half rack of ribs 14.99

All above dinners served with your choice of 2 sides.

Choose from: Baked Potato * Fresh Grilled Zucchini * Coleslaw * Salad

Dressings: Captains * Balsamic Vinaigrette * Light Raspberry Vinaigrette *
Sweet & Sour * Oil & Vinegar

Prior to placing your order, please alert the manager to your food allergy or special dietary needs.

****Consuming raw or undercooked meat, poultry, shellfish or egg may increase your risk of food borne illness, especially if you have certain medical conditions.**

Seafood

Grilled Shrimp 15.75 BBQ Grilled Shrimp 15.75
Lobster Boat 18.99

All above dinners served with your choice of 2 sides.

Choose from: Baked Potato * Fresh Grilled Zucchini * Coleslaw * Salad

Salad

Grilled Chicken Salad fresh garden greens & vegetables topped with an egg & two kinds of cheese 11.99

BBQ Chicken 12.50

Grilled Shrimp 15.75

Dressings:

Captains * Balsamic Vinaigrette * Light Raspberry Vinaigrette

Sweet & Sour * Oil & Vinegar

Sandwiches

Half Pound Burger** 10.99 Grilled Chicken Sandwich 10.99

on a rice bun with coleslaw.

Toppings: Lettuce * Tomato * Cheese * Mayo * Mustard * Ketchup

**Don't forget to place your order
with a manager so that we can handle your order
with extra care.**

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