

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.

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

Harold's Inn Celiac Friendly Menu

The Really Good News!!

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

Flame Grilled Steaks, Ribs & Chicken

Flame Grilled

6oz. Filet 24.99**

12oz. Delmonico 22.99**

Outer Banks Sirloin Steak**

6oz. 14.99

Flame Grilled Boneless Breast Duo two boneless breasts, mesquite grilled & seasoned with our Mountain Style Seasoning **14.25**

BBQ Baby Back Ribs full rack with our homemade BBQ sauce **16.99**

BBQ Ribs & BBQ Chicken one boneless breast & half rack of ribs **14.50**

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

**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 15.50 BBQ Grilled Shrimp 15.50

Lobster Boat 17.99

All above dinners served with your choice of 2 sides.

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

Grilled Chicken Salad fresh garden greens & vegetables topped with an egg & two kinds of cheese 11.50

BBQ Chicken 12.00

Grilled Shrimp 14.50

Dressings:

Captains * Balsamic Vinaigrette * Light Raspberry Vinaigrette

Sweet & Sour * Oil & Vinegar

Sandwiches

Half Pound Burger** 9.99

Grilled Chicken Sandwich 9.99

on a rice bun with coleslaw.

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

Ask about our gluten-free dessert!

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

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