



## GLUTEN SENSITIVE LUNCH MENU

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**...13

### *Salads*

**Field Greens**...grape tomatoes, sun dried cranberries & champagne vinaigrette...9 blue cheese or Laura Chenel goat cheese, add \$1

**Caesar Salad**...hearts of romaine with Reggiano parmesan...10

**Chop House Salad**...mixed greens, fresh corn, tomato, scallions, Tillamook white cheddar, tossed with buttermilk herb dressing...11

**Goat Cheese & Spiced Pecan Salad**...field greens, sun dried cranberries, tomatoes, crumbled goat cheese & champagne vinaigrette...12

**Mango Chicken & Spiced Pecans**...mixed greens, grapes, toasted almonds, mint & sun dried cranberries with ginger vinaigrette...20

**Coastal Roast Chicken Salad**...chicken, field greens, avocado, grape tomatoes, fresh corn off the cob, sun dried cranberries, toasted almonds & champagne vinaigrette...20

#### **Sesame Crusted Grilled Tuna Salad\***

drizzled with cilantro ginger sauce...thin beans, kalamata olives & grape tomatoes over field greens w. champagne vinaigrette...28

#### **Lobster Club Salad\***

lobster salad from a fresh Maine lobster....with field greens, tomatoes, avocado, fresh corn off the cob, sugar cured bacon, a deviled egg & champagne vinaigrette...market

### *Naked Sandwiches*

Gluten free bread available, add \$1.50

**Veggie Burger**...brown rice, rainbow quinoa, black beans & beets with chipotle mayo tomato, Havarti, guacamole & fries...17

**Grilled Chicken & Havarti Cheese**...chicken, citrus mayo & roasted peppers with fries...18

**Cheddar Cheeseburger\***...CAB®, Tillamook cheddar, ketchup, pickle, mustard mayo & fries...19

**Bacon Cheeseburger\***...Certified Angus Beef®, pecanwood smoked bacon, American cheese, wicked sauce & fries...20



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### *Beef & Ribs*

**Low Country Beef Back Ribs**...hickory smoked, mustard bbq, fries and cole slaw...35

**Wood Grilled Filet Mignon\***...roasted cremini mushrooms & fries.....8 oz...49, 6 oz...42

### *Fresh Seafood, Chicken & Pasta*

**Hickory Grilled Fresh Fish\***...on cauliflower mash & asparagus...market

**Penne Primavera**...gluten free penne pasta, broccolini, mushrooms, asparagus, tomato & basil, garlic, olive oil & Reggiano parmesan...20  
add chicken..\$4, add shrimp...\$4, add both...\$7

**Crispy Fish Tacos**...habanero slaw & corn tacos with sweet potato fries...three...20, two...15

**Hickory Grilled Chicken Breast**... with thin green beans, roasted cremini mushrooms & brown butter sauce on penne pasta...22

**Sauteed Filet Mignon Tips\***...tequila lime cream & gluten free penne pasta...  
while it lasts...24

**Louisiana Pasta**...chicken, andouille sausage, tomato, scallions & gluten free penne pasta in a spicy creole cream sauce...23, add shrimp...\$4

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

**Cheeseburger**...with choice of fries, unsweetened applesauce or carrots...7

### *Sides*

**Cucumber, Tomato & Corn Salad**...6 | **Grilled Broccolini**...7

**Roasted Cremini Mushrooms**...6 | **Great American Fries**...6 | **Sweet Potato Fries**...7

**Sauteed Spinach**...6 | **Cauliflower Mash**...7

### *Dessert*

**Warm Flourless Chocolate Waffle**...with vanilla ice cream...10

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**Mango Chicken & Spiced Pecans**...mixed greens, grapes, toasted almonds, mint & sun dried cranberries with ginger vinaigrette...20

**Coastal Roast Chicken Salad**...chicken, field greens, avocado, grape tomatoes, fresh corn off the cob, sun dried cranberries, toasted almonds & champagne vinaigrette...20

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drizzled with cilantro ginger sauce...thin beans, kalamata olives & grape tomatoes over field greens w. champagne vinaigrette...28

**Lobster Club Salad\***...lobster salad from a fresh Maine lobster with field greens, tomatoes, avocado, fresh corn off the cob, sugar cured bacon, a deviled egg & champagne vinaigrette...market

### *Naked Sandwiches*

Gluten free bread available, add \$1.50

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## COASTAL FLATS

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### *Beef & Ribs*

**Low Country Beef Back Ribs**...hickory smoked, mustard bbq, fries and cole slaw...38

**Wood Grilled Filet Mignon\***...roasted cremini mushrooms, mashed potatoes & a field greens salad.....8 oz...53, 6 oz...46

### *Fresh Seafood & Chicken*

**Hickory Grilled Fresh Fish\***...on garlic mashed potatoes & asparagus...market

**Penne Primavera**...gluten free penne pasta, broccolini, mushrooms, asparagus, tomato & basil, garlic, olive oil & Reggiano parmesan...20  
add chicken..\$4, add shrimp...\$4, add both...\$7

**Crispy Fish Tacos**...habanero slaw & corn tacos with sweet potato fries...20

**Hickory Grilled Chicken Breast**...with thin green beans, roasted cremini mushrooms & brown butter sauce on penne pasta...22

**Jambalaya Pasta**...sautéed shrimp, chicken, andouille sausage, tomato, scallions & gluten free penne pasta in a spicy creole cream sauce...28

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

**Cheeseburger**...with choice of fries, unsweetened applesauce or carrots...7

### *Sides*

**Cucumber, Tomato & Corn Salad**...6 | **Grilled Broccolini**...7 | **Mashed Potatoes**...6

**Great American Fries**...6 | **Sweet Potato Fries**...7 | **Roasted Cremini Mushrooms**...6

**Sautéed Spinach**...6 | **Cauliflower Mash**...7

### *Dessert*

**Warm Flourless Chocolate Waffle**...with vanilla ice cream...10

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