



## Gluten-Free Menu

*served all day*

### Appetizers

|   |                |  |    |
|---|----------------|--|----|
| Littleneck Clams<br><i>six</i>  | 10             | Tomato Basil PEI Mussels<br><i>white wine, garlic, butter &amp; clam broth</i> | 13 |
| Jumbo Shrimp  | 3 <sup>5</sup> | Prosciutto Wrapped Sea Scallops<br><i>white bean cumin salad</i>               | 14 |
| Jumbo Lump Crab Cocktail<br><i>coconut milk, cilantro, lime &amp; mango</i> | 15             | Seared Yellowfin Tuna<br><i>sesame seed encrusted over baby bok choy</i>       | 15 |

### Salads

|   |   |  |    |
|---|---|--|----|
| Wedge Salad<br><i>aji amarillo blue cheese dressing</i>                                     | 8 | Roasted Vegetable Salad<br><i>asparagus, yellow squash, portabella mushroom, red peppers &amp; spanish onions over mixed greens with roasted shallot vinaigrette &amp; feta cheese</i> | 12 |
| Garden Salad<br><i>artisan greens, carrots &amp; tomatoes tossed in a lemon vinaigrette</i> | 7 |  |    |

### Entrees

|  |    |  |         |
|--|----|--|---------|
| Dayboat Cod Loin<br><i>lemon butter pan sauce served over wilted spinach &amp; whipped potatoes</i>                      | 25 | Slow Roasted Chicken<br><i>Pennsylvania amish farm raised topped with red onion, cilantro &amp; tomato slaw served with whipped potatoes</i> | 21      |
| Faroe Island Salmon<br><i>honey lime sriracha served over a Chinese black rice risotto with pan seared baby bok choy</i> | 25 | Filet Mignon 5oz / 8oz<br><i>pan roasted served with a poblano &amp; pepperjack cheese twice baked potato</i>                                | 26 / 42 |
| Jumbo Shrimp Scampi Risotto<br><i>roasted seasonal squash</i>  | 25 | Bouillabaisse<br><i>lobster, mussels, shrimp, calamari, salmon, swordfish &amp; tuna in a savory tomato stew</i>                             | 30      |
| Pan Seared Swordfish<br><i>over julienne vegetables topped with mango salsa served with coconut ginger rice</i>          | 26 |  |         |

### Sides

|                           |       |                            |   |
|---------------------------|-------|----------------------------|---|
| Roasted Vegetable Risotto | 8     | Chinese Black Rice Risotto | 8 |
| Oven Roasted Asparagus    | 5 / 9 | Pan Seared Baby Bok Choy   | 5 |
| Whipped Potatoes          | 5     | Citrus Slaw                | 5 |
| White Bean Cumin Salad    | 5     | Coconut Ginger Rice        | 4 |

### Desserts

|              |   |                          |   |
|--------------|---|--------------------------|---|
| Crème Brûlée | 7 | Flourless Chocolate Cake | 7 |
|--------------|---|--------------------------|---|



## Vegan Menu

*served all day*

Garden Salad 7

*artisan greens, tomatoes & carrots tossed with a lemon vinaigrette*

Rocket Salad 11

*arugula, red & green grapes, jicama, avocado & walnuts  
tossed with an agave white balsamic vinaigrette*

Roasted Vegetable Salad 12

*asparagus, yellow squash, portabella mushroom,  
red pepper & Spanish onions over mixed greens  
with roasted shallot vinaigrette\**

Bulgur Wheat & Kale Salad 9

*chick peas, red peppers & cucumbers*

Vegan Grits 14

*baby carrots, portabella mushroom, shallots, cherry tomatoes, asparagus  
& butternut squash layered over baby arugula*

Vegetable Tacos 12

*flour tortillas, eggplant, squash, red peppers, Spanish onion, black bean, corn, avocado*

Vegetable Pasta 20

*bucatini, butternut squash, tri-colored peppers & baby spinach  
in herb-infused olive oil*

Sautéed Vegetables over Coconut Rice 15

*sautéed broccoli, asparagus, red pepper & Spanish onion over coconut rice*

## Sides

Oven Roasted Asparagus 5/9

White Bean Cumin Salad 5

Baby Bok Choy 5

Bulgur Wheat Salad 4

Citrus Slaw \* 5

\* includes honey