



NO FRILL

Bar and Grill

GLUTEN FREE MENU

APPETIZERS

- ARTICHOKE DIP - with tortilla chips instead of pitas
- NACHOS - regular or veggie
- TUNA SASHIMI - without Asian slaw
- HUMMUS - with extra veggies instead of pita bread
- PORTABELLA APPETIZER - with a non-marinated portabella mushroom and without crostini bread
- CHILI - cup or bowl

SALADS

*All salads served without pita bread and croutons.
All meats are cooked without teriyaki*

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|------------------------|---------------------|
| SPOTSWOOD SALAD | GREEK SALAD |
| TERIYAKI TUNA SALAD | CAESAR SALAD |
| LONDON BROIL SALAD | CHICKEN SALAD PLATE |
| SALMON SALAD | TUNA SALAD PLATE |
| FIELD GREEN SIDE SALAD | CAESAR SIDE SALAD |

*Dressings: Parmesan Pepper, Bleu Cheese,
1000 Island, Raspberry Vinaigrette, Balsamic Vinaigrette,
Orange Ginger Sesame Vinaigrette, Remoulade*

“SANDWICHES”

Gluten free bread \$2 extra.

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|---------------|--|
| OUR REUBEN | CLUB SANDWICH |
| CALI REUBEN | HAMBURGER |
| VEGGIE REUBEN | CHEESE BURGER |
| TUNA MELT | BACON BURGER |
| TUNA SALAD | MUSHROOM BURGER |
| CHICKEN SALAD | OVER THE TOPBURGER
- without onion ring |

PLATTERS

- SHRIMP & GRITS
- SALMON PLATTER
- MAHI TACO BOWL
- GRILLED RIBEYE - with Broccoli and
choice of one other side

SIDES

- CORN SALSA
- APPLESAUCE
- POTATO SALAD
- SAUTEED SPINACH
- STRING BEANS GARLIC
- HOUSEMADE COLE SLAW
- MASHED POTATOES

KIDS MENU

- Gluten free bread \$2 extra
Includes choice of side.*
- TUNA SALAD SANDWICH
 - TURKEY SANDWICH
 - GRILLED CHEESE
 - HAMBURGER
 - CHEESE BURGER

DESSERTS

- CRÈME BRÛLÉE
- CHOCOLATE TORTE
- VANILLA ICE CREAM
- VANILLA MILKSHAKE
- CHOCOLATE MILKSHAKE