

# LANCASTER

## \*\* GLUTEN FREE MENU \*\*

GLUTEN-FREE\*\* ALCOHOLIC DRINKS- Redbridge, Omission IPA\*\* & Angry Orchard Crisp Apple Cider

### STARTERS

Seared Ahi Tuna \$13.5 - *request Light soy sauce. There may be trace amounts of flour particles in fry oil. Severe allergies should avoid.*

Twisted Shrimp \$10.7 – *request no panko breading. There may be trace amounts of flour particles in fry oil. Severe allergies should avoid.*

Sweet & Spicy Island Wings \$10.9 - *There may be trace amounts of flour particles in fry oil. Severe allergies should avoid.*

Roadside Sliders \$10.5 – *request no bun & no frizzled onions*

### SALAD ENTREES

Field Green or Caesar Salad \$9 – *request no croutons*

Crispy Noodle Chicken Salad \$13.9 - *request no peanut sauce and crispy noodles*

Tower of Cobb \$14.9

Southern Salad \$14.5 – *request no croutons or tenders. Add a hot 6oz grilled chicken breast.*

Apple Walnut Salad \$14.5

Vegetable Platter \$13.9 – *request no garlic toast, black beans & garlic butter dipping sauce*

*Dressings: Honey Lime Vinaigrette, Bleu Cheese, Caesar, Traditional Vinaigrette, Strawberry Vinaigrette, 1000 Island , Apple Vinaigrette, Garlic Peppercorn Ranch, Honey Mustard, Lo-Cal Italian (contains yeast), Thai*

### CHOICE MEATS

8oz Filet Oscar \$31.7 – *request no sauce*

6oz Filet Oscar \$28.2 – *request no sauce*

Prime Rib \$24.7 – *have it heated in oven, NOT in au jus & with no side of au jus*

Cajun Ribeye \$24.5

Strip Steak \$24.9

8oz Filet Mignon \$25.7      6oz Filet Mignon \$22.2

### PASTA AND FRESH FISH

THESE PASTAS ARE MADE WITH A BROWN RICE GLUTEN FREE PENNE PASTA

Shrimp Pasta Sauté \$17.9 – *request Gluten-free pasta*

Chicken Bruschetta Pasta \$17.5 – *request no bread crumbs & Gluten-free pasta*

Roasted Vegetable Pasta \$16.9 - *request no bread crumbs & Gluten-free pasta*

Crab Alfredo Pasta \$17.9 – *request no garlic cream sauce & Gluten-free pasta*

Grilled Chicken Marsala \$17 – *request no sauce & Gluten-free pasta*

Salmon Oscar \$27.9 – *request no sauce*

Grilled Salmon or Cajun Salmon \$21.9

Dinner Tilapia \$18.9

Grilled Shrimp & Scallops \$21.9

### CHICKEN-N-RIBS

Chicken Oscar \$20.9 – *request no sauce*

Chicken-N-Ribs Combo \$19.9

Baby Back Ribs \$23.5

½ Rack Baby Back Ribs \$16.9

Smoked Pulled Pork \$16.9 - *request no corn bread*

\*\* Consuming raw or undercooked meats, poultry, seafood, shellfish and eggs may increase your risk of foodborne illness

\*\*Omission beer is fermented from grains containing gluten and crafted to remove gluten, the gluten content cannot be verified

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### HAND HELDS

- Cheeseburger \$11.9 – *request no bun or a Gluten-free bun for an additional \$1*  
Cajun Chicken Sandwich \$11.9 – *request no bun or a Gluten-free bun for an additional \$1*  
Prime Rib Sandwich \$13.7 – *NOT heated in au jus & with no side of au jus.*  
*Also, request no bun or a Gluten free bun for an additional \$1*  
Pulled Pork Sandwich \$10.9- *request no bun or a Gluten-free bun for an additional \$1*  
Grilled Tilapia Sandwich \$10.9- *request no bun or a Gluten-free bun for an additional \$1*  
Twisted Burger \$11.9- *request no frizzled onions & no bun or a Gluten Free bun for an additional \$1*  
Baja Fish Tacos \$13.9 – *request no flour tortillas or request corn tortillas*  
Chicken Ciabatta \$11.9- *request no bun or a Gluten-free bun for an additional \$1*

### MISCELLANEOUS ADD-ONS

- Sautéed mushrooms and / or onions \$3  
2 Skewers of Grilled Marinated Filet Tips \$6.9/Hot Grilled Chicken Breast \$4.5/Cajun Shrimp Skewer \$5.5

### HOUSE SIDES

- French Fries or House Made Chips \$2.5 – *There may be trace amounts of flour particles in fry oil.*  
*Severe allergies should avoid*  
Cole Slaw    Garlic Whipped Potatoes    Baked Beans    Brown Rice    Mandarin Oranges    (Each is \$2.5)

### PREMIUM/DELUXE SIDES

- Caesar or Field Green salad \$5.5 – *request no croutons*  
Green Beans Almondine \$4.5  
Asparagus \$5.5  
Steamed Broccoli \$4.5  
Baked Potato (after 4 p.m. except on Sundays which is all day) \$4.5

### DESSERTS

- Flourless Double Chocolate Brownie –\$6.5  
Ice Cream Sundae \$6.5  
Scoop of Ice Cream \$1.49  
Chocolate or Chocolate Peanut Butter Mousse \$2.5/\$2.25/2

### KIDS MENU

- Mini Dogs (2) \$6 – *request no bun or put them on a Gluten-free bun for an additional \$1*  
Cheeseburger \$6 – *request no bun or a Gluten-free bun for an additional \$1*  
Chicken Sandwich \$6 – *request no bun or a Gluten-free bun for an additional \$1*  
Mac & Cheese \$6.5 – *request Gluten free pasta*  
Tilapia \$6  
Pizza Mini's \$7 – *request Gluten-free bun (will receive 2 mini pizzas)*

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