

# Allergen Free Menu

The following items do not contain Gluten,  
Dairy or Nuts

## Chicken Breast

8 oz. boneless chicken breast grilled plain  
with olive oil. Served with Baked  
potato ....15.99

**or** topped with a sauce of tomatoes, peppers  
onions garlic vinegar and spices.  
Served with baked potato.. \$16.99  
add garden salad for 1.50

## Salisbury Steak

12 oz. of Angus beef, grilled and  
served with baked potato ... 14.99  
add garden salad for 1.50

## Boiled Lobster

1 ¼ pound local lobster Single or Twins  
boiled and served with baked potato  
“market price”  
add garden salad for 1.50

## Pork Chops

One pound of boneless loin chops, grilled  
and served with baked potato ... 18.99  
add garden salad for 1.50

## Sirloin Steak

8 oz choice sirloin grilled and served with  
potato ... 10.99 add garden salad for 1.50

## The Burger

6 oz. Angus burger grilled served on a bed of  
lettuce with tomato and onion ...10.99

## Turkey Wrap

Two corn tortillas filled with sliced turkey,  
lettuce, tomato and onion. ... 5.99

## Pasta

Gluten free penne served with olive oil or  
marinara sauce ... 10.99  
add garden salad for 1.50

# Gluten Free Only

The following items may contain dairy

## Lobster Newburg

One half pound lobster tails out of the shell  
with classic Newburg sauce and topped with  
GF Panko crumbs.

Served with baked potato ... 29.99  
add garden salad for 1.50

## Broiled Scrod

10 oz. scrod fillet topped with margarine or  
olive oil, GF Panko crumbs and broiled. **or**  
topped with a sauce of tomatoes, peppers  
onions garlic vinegar and spices.

Served with baked potato ... 19.50  
add garden salad for 1.50

## Broiled Scallops

Local scallops topped with margarine or olive  
oil, GF Panko crumbs and

Served with baked potato ... 26.99  
add garden salad for 1.50

## Pizza

GF dough with tomato sauce and cheese  
**Cheese** ... 9.99

**Combination** ... 13.95

Pepperoni, Linguica, onion, mushroom,  
green and red peppers

### Add to any Pizza

Extra cheese ... 2.00 Grilled Chicken ... 2.75

Peppers ... 1.50 Linguica ... 2.50

Sliced Tomato ... 1.75 Hanburger ... 2.50

Onions ... 1.50 Meatball ... 2.50

Mushrooms ... 1.50 Pepperoni ... 2.50

Pineapple ... 1.75 Bacon ... 2.50