



Fresh Chef

GLUTEN FREE MENU

Starters

SHRIMP COCKTAIL \$10

Chilled shrimp cooked with Old Bay and served with our home made cocktail sauce

TOMATO FETA SAUTÉ \$7

Cherry tomatoes seasoned and seared in extra virgin olive oil with feta cheese served with crostini and a balsamic drizzle

SPINACH ARTICHOKE DIP \$7

Creamy spinach, jalapenos, tender artichokes and melted cheeses, served with corn chips.

FRESH MADE GUACAMOLE \$7

Topped with pico de gallo and served with corn chips.

*SMOKED SALMON BITES \$8

House-smoked salmon served on cucumber slices and dollop our fresh Herb Aioli.

FRENCH FRIES AND CORN CHIPS ARE FRIED IN A GLUTEN FREE FRYER.

Salads

SUBSTITUTE A KALE OR CAESAR SALAD FOR AN ENTRÉE SALAD. PLEASE REQUEST CROUTONS BE LEFT OFF THE KALE.

*BLACK & BLUE FILET SALAD \$17

Beef tenderloin grilled with blackening seasoning on a bed of mixed greens and topped with blue cheese crumbles, red onion, mushrooms, cucumbers and tomatoes.

*GRILLED OR SMOKED SALMON SALAD \$17

Grilled or Smoked salmon on a bed of mixed greens and topped with feta cheese, red onion, mushrooms, cucumbers and tomatoes.

HERB SHRIMP SALAD \$17

Jumbo shrimp grilled with our herb marinade on a bed of mixed greens and topped with feta cheese, red onion, mushrooms, cucumbers, and tomatoes.

SHRIMP LOUIE SALAD \$17

Chilled shrimp lightly seasoned and served on a bed of greens with boiled egg, tomatoes and your choice of dressing

BLACKENED CHICKEN SALAD \$14

Grilled blackened chicken breast on a bed of mixed greens and topped with blue cheese crumbles, red onion, mushrooms, cucumbers and tomatoes..

SOUP AND SALAD \$10

A bed of mixed greens, cheddar cheese, red onions, mushrooms, cucumbers and tomatoes served with our soup of the day. (Not all soups are gluten free).

SALAD DRESSINGS

Caesar, Creamy Garlic, Blue Cheese, Herb Vinaigrette, Catalina, Honey Mustard.

WE DO NOT ADD ANY GLUTEN TO OUR DRESSINGS. HOWEVER, ANY VINEGAR USED MAY CONTAIN GLUTEN, EVEN THOUGH IT IS NOT SPECIFIED ON THE LABEL. BOTH CREAMY GARLIC AND HERB VINAIGRETTE CONTAIN DIJON MUSTARD WHICH CONTAINS VINEGAR.

Lunch Entrées

*BLACK & BLUE FILET \$21

Premium center-cut filet, blackened, grilled and topped with bleu cheese crumbles served with fries.

BLACKENED CHICKEN \$12

Blackened chicken breast served with cilantro rice topped with pico de gallo.

*GRILLED SALMON \$17

Fresh Atlantic salmon simply grilled and served with cilantro rice topped with pico de gallo.

GRILLED HERB SHRIMP \$16

Jumbo shrimp grilled with our herb marinade and served with cilantro rice topped with pico de gallo.

CAJUN TROUT \$17 ADD SHRIMP \$2

Fresh grilled Cajun Trout served with cilantro rice topped with pico de gallo.

SHRIMP AND GRITS \$17

A combination of Nola and Charleston styles

Dinner Entrées

*BLACK & BLUE RIBEYE \$33

Blackened Ribeye cut and cooked to order, topped with blue cheese and Burgundy mushrooms and fresh fries and asparagus.

*BLACK & BLUE FILET \$30

Premium center-cut filet, blackened grilled and topped with bleu cheese crumbles served with fresh fries and grilled asparagus.

BLACKENED CHICKEN \$16

Two grilled blackened chicken breasts served with cilantro rice topped with pico de gallo and broccoli.

*GRILLED OR SMOKED SALMON \$20

Fresh Atlantic salmon simply grilled or smoked and served with cilantro rice topped with pico de gallo and broccoli.

GRILLED HERB SHRIMP \$18

Jumbo shrimp grilled with our herb marinade and served with cilantro rice topped with pico de gallo and broccoli.

CAJUN TROUT \$18

Fresh grilled Cajun North Carolina trout served with cilantro rice topped with pico de gallo and broccoli.

**These items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions .*

Please inform your server of any allergies.

