



Fresh Chef

GLUTEN FREE MENU

Starters

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 CAESAR OR KALE.

***BLACK & BLUE FILET SALAD \$18**

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 \$18**

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.

PORTOBELLO SALAD \$18

Portobello mushroom basted in our herb vinaigrette, on a bed of mixed greens, feta cheese, red onions, cucumbers and tomatoes.

BLACKENED CHICKEN SALAD \$15

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- Please ask your server).**

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

SERVED WITH ONE SIDE.

***BLACK & BLUE FILET \$23**

Premium center-cut filet, blackened, grilled and topped with blue cheese crumbles.

BLACKENED CHICKEN \$13

Blackened and grilled chicken breast.

***GRILLED SALMON \$17**

Fresh Atlantic salmon simply grilled and served with herb aioli and a lemon wedge.

GRILLED HERB SHRIMP \$16

Jumbo shrimp grilled with our herb marinade and served with herb aioli and a lemon wedge.

CAJUN TROUT \$17 (ADD SHRIMP \$2)

Fresh grilled Cajun Trout served with herb aioli.

SHRIMP AND GRITS \$18

A combination of Nola and Charleston styles.

Dinner Entrées

SERVED WITH TWO SIDES.

***GRILLED RIBEYE \$35**

Grilled 12 oz USDA Certified Angus Ribeye
Make it Black & Blue for +\$3

***GRILLED FILET \$33**

Premium center-cut 7 oz filet mignon.

BLACKENED CHICKEN \$17

Two blackened and grilled chicken breasts.

***GRILLED OR SMOKED SALMON \$21**

Fresh Atlantic salmon simply grilled or smoked and served with herb aioli and a lemon wedge.

BONE IN PORK CHOP \$17

12 oz grilled pork chop topped with our herb butter.

GRILLED HERB SHRIMP \$18

Jumbo shrimp grilled with our herb marinade and served with herb aioli and a lemon wedge.

CAJUN TROUT \$19 (ADD SHRIMP \$2)

Fresh grilled Cajun North Carolina trout served with herb aioli and a lemon wedge.

Sides

Fresh fries \$4

Cilantro rice \$4

Vegetable medley \$4

Broccoli \$4

Mashed potatoes \$4

White cheddar grits \$4

Premium Sides

Hot honey brussels sprouts \$5

House salad \$5

Caesar salad (*no croutons*) \$5

Grilled asparagus \$6

Kale salad (*no croutons*) \$5

**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.