

# [HTG] HOLD THE GLUTEN | SALTY DOG BLUFFTON

## Casting Off

### BLACKENED MAHI MAHI BITES\*

a generous portion of our bite size mahi mahi, served blackened with fresh lemon and zesty remoulade sauce

## Sandwich Board

sandwiches prepared on our HTG buns made with tapioca flour, rice flour, chickpea flour and potato starch. served with a dill pickle spear and choice of coleslaw, french fries or fruit.

### FLAME GRILLED BURGER\*

a flame grilled Angus burger served over lettuce, tomato and onion [add cheese](#) | [add bacon](#)

### GRILLED FLOUNDER SANDWICH\*

a grilled flounder filet served over lettuce, tomato and onion

### BIG BBQ CHICKEN\*

a seasoned and grilled chicken breast with melted cheddar cheese, crisp bacon and BBQ drizzle

## Entree Salads

none of the Salty Dog salad dressings contain gluten. select from balsamic vinaigrette, chunky blue cheese, buttermilk ranch, honey dijon mustard, raspberry walnut vinaigrette or classic caesar

**THE CAFE GARDEN SALAD\*** fresh mixed greens and romaine lettuce topped with cucumbers, carrots, tomatoes, onions and peppers [add chicken, shrimp or fresh catch]

### THE JAKE SHAKE SALAD\*

shrimp, grilled with our very own Jake Shake seasoning over mixed greens, sweet cranberries, candied pecans, feta cheese and roma tomatoes with a side of balsamic vinaigrette



THE JAKE SHAKE SALAD

\*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.

## From the Surf

### KEY WEST SALMON\*

a grilled salmon filet covered with pineapple salsa, cilantro cream and a side of mixed vegetables

### HOLD THE GLUTEN SHRIMP ENTREE\*

wild american shrimp served grilled or blackened with HTG fries, coleslaw, cocktail sauce and lemon

### HOLD THE GLUTEN COMBO\*

shrimp and flounder served grilled or blackened with HTG fries, coleslaw, cocktail sauce, remoulade and lemon

## From the Turf

all entrées are served with french fries and steamed vegetables. add a house salad.

### JERK CHICKEN\*

jerk-rubbed, flame grilled chicken breast topped with fresh pineapple salsa

### CHICKEN BRUSCHETTA\*

a wood-fired chicken breast covered with roma tomatoes, fresh basil, parmesan cheese and a balsamic drizzle



## Jake's Pizza

our individual, thin crust pizzas are made with buckwheat flour, potato starch and rice flour.

crusts are 100% gluten free and served with your choice of the following toppings:

TOMATOES  
SPINACH  
JALAPENOS  
ROASTED GARLIC  
MUSHROOMS  
BELL PEPPERS  
RED ONION  
PINEAPPLE  
BLACK OLIVES

ARTICHOKES  
ROASTED  
RED PEPPERS  
PEPPERONI  
SAUSAGE  
GROUND BEEF  
SMOKED PORK  
CANADIAN BACON  
GRILLED CHICKEN  
ANCHOVIES

10 inch cheese  
additional toppings

Chef Herb has crafted our HTG (Hold the Gluten) menu for our gluten sensitive guests. Please be aware that all menu items are prepared in a common kitchen. We cannot guarantee that cross-contamination with products containing gluten does not occur. Although there is no gluten in our HTG recipes, we make no guarantee regarding the gluten content of these items.