

\*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.



**HOLD  
THE  
GLUTEN  
MENU**

## CAPTAIN JOHN'S RAW BAR

**Oysters on the Half Shell**  
served by the half & full dozen

**Peel & Eat Shrimp**  
wild caught American peel and eat shrimp, steamed or chilled and covered in Captain John's secret spices  
[ ½ lb • 1 lb ]

**Ceviche Stack**  
wild caught American shrimp marinated in fresh lime juice, pico de gallo and spices, stacked on sweet mango and topped with smashed avocado, drizzled with chipotle aioli and served with a side of crisp tortilla chips

## ENTREE SALADS

### The Cafe Garden Salad

fresh mixed greens and crisp romaine lettuce topped with cucumbers, carrots, tomatoes, onions and peppers

add chicken • shrimp • fresh catch [grilled or blackened]

### Jake Shake Salad

shrimp with our very own Jake Shake seasoning over mixed greens and crisp romaine, sweet cranberries, candied pecans, feta cheese and heirloom tomatoes tossed in balsamic vinaigrette

### Seared Ahi Tuna Salad

fresh ahi tuna seared rare and chilled, served over a bed of mixed greens and crisp romaine, wakame seaweed salad, cucumbers and tomatoes. served with a side of cucumber wasabi dressing

### Grilled Shrimp Caprese

juice, wild caught American shrimp, seasoned with our very own Jake Shake and served over mixed greens and crisp romaine. topped with a bruschetta mix of heirloom tomatoes and fresh mozzarella. finished with a balsamic reduction

salad dressings: french | balsamic vinaigrette | chunky bleu cheese | buttermilk ranch | honey dijon mustard | raspberry walnut vinaigrette | classic caesar

[ note: none of the Salty Dog's salad dressings contain gluten ]

## GF BUNS

Salty Dog sandwiches can be made with a gluten-free bun and are served with lettuce, tomato, onion and a dill pickle spear.

Served with your choice of: coleslaw | thick cut fries | fruit

• **Grilled Chicken**  
seasoned and grilled

• **Prime Burger**  
a half pound prime beef burger  
grilled over an open flame

• **Turkey  
Burger**

add american, cheddar,  
provolone or swiss | **on us!**

ADD: bacon • pimento or blue cheese

## FROM THE TURF

[ served with mashed potatoes & fresh veggies ]

**Fire Grilled Filet Mignon**  
a seven ounce cut of beef tenderloin brushed with garlic butter, grilled to your liking and served topped with chimichurri.

**Country Captain**  
half roasted chicken topped with a curried creole sauce and toasted almonds

**Pesto Grilled Chicken & Shrimp**  
grilled chicken breast and a grilled shrimp skewer topped with our mozzarella basil pesto mix

## FROM THE SURF

**Lowcountry Boil**  
peel & eat wild caught American shrimp, andouille sausage, potatoes & corn on the cob - steamed up with Old Bay butter

**Island Fresh Catch**  
our daily fresh fish grilled or blackened and brushed with local rum butter & finished with pineapple salsa. served with mashed potatoes & veggies

**The Cast Net**  
blackened or grilled to perfection.  
served with mashed potatoes & fresh veggies  
Wild Caught American Shrimp • Scallops • Flounder • Oysters

**Pick 1 | Pick 2 | Pick 3**

**The Whole Cast Net**

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.