

GLUTEN-FREE MENU | SALTY DOG BLUFFTON

Casting Off

PEEL & EAT SHRIMP*

wild american peel & eat shrimp, chilled and covered in captain john's secret spices ¼ lb // ½ lb // 1 lb

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 GF 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 10 oz. prime beef burger with lettuce, tomato and onion.

GRILLED FLOUNDER SANDWICH*

a grilled flounder filet with lettuce, tomato and onion

SMOKED PORK & PIMENTO SANDWICH*

our house smoked pork covered with melted pimento cheese

GRILLED CHICKEN CLUB SANDWICH*

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

*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 GROUPEL*

a grilled grouper filet covered with pineapple salsa, citrus cream and served with sauteed vegetables

GLUTEN FREE SHRIMP ENTREE*

wild american shrimp served grilled or blackened with GF fries, superslaw, cocktail sauce and lemon

SHRIMP & FLOUNDER*

wild american shrimp and flounder served grilled or blackened with GF fries, superslaw, cocktail sauce, remoulade and lemon

From the Turf

all entrees are served with french fries and steamed vegetables. add a house salad for \$5.

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

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

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.