

COASTAL GRILLE'S

** GLUTEN FREE MENU **

GLUTEN-FREE** ALCOHOLIC DRINKS- Redbridge, Omission IPA** & Angry Orchard Crisp Apple Cider

STARTERS

Edamame \$5.5

Seared Ahi Tuna \$13.5 - *request Light soy sauce & no dressing in Asian slaw. There may be trace amounts of flour particles in fry oil. Severe allergies should avoid.*

“Off The Hook” Shrimp \$10.9 - *request grilled shrimp or request no panko breading for the fried shrimp. There may be trace amounts of flour particles in fry oil. Severe allergies should avoid Choice of Twisted, Sweet & Spicy or Mango Jalapeno sauce.*

Sweet & Spicy Island Wings \$11.7 - *There may be trace amounts of flour particles in fry oil. Severe allergies should avoid.*

Roadside Sliders \$10.5 – *request no bun & no frizzled onions*

Shrimp Cocktail \$11.9

Steamed Clams \$11.9

New Orleans Style Grilled Oysters \$12.7-*request no bread*

SALADS & BOWLS

Coastal House Salad \$5

Whole Leaf Caesar Salad \$5 – *request no croutons*

Tower of Cobb \$15.5

Grilled Shrimp & Strawberry Salad \$14.3

Ahi Tuna Bowl \$13.9-*request no wonton noodles & substitute brown rice*

Dressings: Citrus Vinaigrette, Strawberry Balsamic Vinaigrette, Garlic Peppercorn Ranch, Caesar, Blue Cheese

GRILLED SPECIALTIES

8oz Filet Mignon \$25.7

6oz Filet Mignon \$22.2

House Grilled or Cajun Ribeye \$25.3

Key West Grilled Chicken \$16.9 – *request no sauce and substitute brown rice*

Baby Back Ribs with our “Kicked Up” sauce \$23.5

½ Rack Baby Back Ribs with our “Kicked Up” sauce \$16.9

Surf & Turf \$34.5

SIMPLY GRILLED FISH

Fish Styles: Mango Salsa, Toluca Spiced, Blackened, or House Grilled

Salmon Sm \$19.4 Lg \$21.9

Ahi Tuna \$21.5

Chilean Sea Bass \$29.5

Longfin Tilapia \$16.5

Mahi Mahi \$20.5

Rainbow Trout \$17.9

Shrimp & Scallops \$21.9

Cold Water Lobster Tails \$29.9

Seasonal Catch - Market Price

*** Consuming raw or undercooked meats, poultry, seafood, shellfish and eggs may increase your risk of foodborne illness*

***Omission beer is fermented from grains containing gluten and crafted to remove gluten, the gluten content cannot be verified*

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FISH SPECIALTIES

Pan Seared Scallops \$23.9 – *request no sauce in bed of Arugula*
Baked Boston Haddock \$19.5 – *request no panko and no garlic cream sauce*
King Crab \$35.9
Broiled Seafood Platter \$26.9 - *request no Crab Cake and request add crab meat*

PASTA

THESE PASTAS ARE MADE WITH A CORN GLUTEN FREE FUSILLI PASTA
Seafood Medley Pasta \$20.4 – *request Gluten-free pasta & Gluten-free Alfredo sauce.*
Blackened Chicken Alfredo Pasta \$18 - *request Gluten-free pasta & Gluten-free Alfredo sauce.*
Shrimp Alfredo Pasta \$19.4 - *request Gluten-free pasta & Gluten-free Alfredo sauce.*

HAND HELDS

Coastal Cheddar Cheeseburger \$11.9 – *request no bun or a Gluten-free bun for an additional \$1*
Ahi Tuna Burger \$12.9 – *request no dressing in Asian slaw & no bun or a Gluten-free bun for an addl \$1*
House-made Veggie Burger \$10.9 – *request no glaze & no bun or a Gluten-free bun for an additional \$1*
Turkey Fajita Burger \$11.9 – *request no bun or a Gluten-free bun for an additional \$1*
Grilled Tilapia Sandwich \$10.9- *request no bun or a Gluten-free bun for an additional \$1*
Baja Fish Tacos \$13.9 – *request no flour tortillas or request corn tortillas*
Twisted Tacos \$13.9 – *request no flour tortillas or request corn tortillas & ask for shrimp to be grilled*
Lobster Roll \$16.9 - *request no bun or a Gluten-free bun for an additional \$1*
Chicken Ciabatta \$11.9- *request no bun or a Gluten-free bun for an additional \$1*
Lobster Grilled Cheese \$16.9 *served with a Gluten-free bun*

MISCELLANEOUS ADD-ONS

Add a skewer of Shrimp or Scallops \$8.9/ Add 1 split grilled Lobster Tail \$13.3

SIGNATURE SIDES

French Fries or House Made Chips \$3 –*There may be trace amounts of flour particles in fry oil. Severe allergies should avoid*
Carolina Cole Slaw \$3 Homestyle Mashed Potatoes \$4 Steamed Broccoli \$4
Mandarin Oranges \$3 Brown Rice \$3

DESSERTS

Flourless Double Chocolate Brownie \$6.9/ The Chocolate Bag \$8.5/ Scoop of Ice Cream \$1.49

KIDS MENU

Grilled Cheese \$7 – *request Gluten-free bun*
Cheeseburger \$6 – *request no bun or a Gluten-free bun for an additional \$1*
Chicken Sandwich \$6 – *request no bun or a Gluten-free bun for an additional \$1*
Grilled Shrimp \$6
Butter or Alfredo Pasta \$6.75 – *request Gluten free pasta*
Tilapia \$6

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