

GLUTEN FREE MENU

Appetizers

SCALLOPS WRAPPED IN BACON 14.99
with maple dipping sauce

OYSTERS ON THE HALF SHELL 2.75
served with cocktail sauce

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LOCAL STEAMERS MARKET
with broth and drawn butter

BAKED ONION SOUP
onions simmered in beef broth, topped with
layers of melted cheese 8.99

Salads

GARDEN SALAD 7.99
medley of fresh lettuce, tomatoes, cucumbers and onions with your choice of dressing

CAESAR SALAD 8.99
chopped romaine lettuce, parmesan cheese and tossed with our caesar dressing
add anchovies for \$1

ROASTED BEET AND BLUE CHEESE SALAD 14.99
roasted beets with crumbled blue cheese over a bed of baby greens

GREEK SALAD 10.99
mixed lettuce topped with tomatoes, cucumbers, red onions, feta, kalamata olives, and whole pepperoncini,

SPINACH SALAD 10.99
baby spinach, chopped crispy bacon, hard boiled egg, berry tomatoes and red onions, topped with crumbled blue cheese

add any of these toppings to one of our delicious salads...
grilled chicken 8. grilled buffalo chicken 8. salmon 10. steak tips 10. grilled scallops 12.

LOBSTER SALAD PLATE
a generous portion of lobster salad, lightly tossed in mayonnaise, lemon and seasonings
and served on a bed of field greens with fresh garden vegetables market

CITRUS LIME SHRIMP AND CUCUMBER SALAD
baby shrimp marinated in citrus lime, oven roasted and
served with chopped cucumber, tomato and onions over baby greens 18.99

CAPRESE CHICKEN SALAD
sliced boneless breast of chicken, fresh mozzarella, tomato and basil
on a bed of fresh greens served with balsamic dressing 14.99

HERBED CHICKEN SALAD
parsley, dill and chives give our salad a lively flavor, served on a fresh bed of greens,
cucumbers, shredded carrots, and berry tomatoes 13.99

Dressing options...
house italian, oil & vinegar, ranch, thousand island,
blue cheese, caesar, balsamic vinaigrette, citrus
vinaigrette and greek

Sandwiches and Burgers

served on a gluten free bun

***TAVERN BURGER** a classic 13.99

***CHEESEBURGER** topped with cheddar cheese 15.99

LOBSTER SALAD ROLL

fresh lobster meat tossed lightly in mayonnaise, lemon and seasoning served on a grilled bun market price

BLT SANDWICH

a classic... with bacon, lettuce and tomato served on toasted white bread 12.99

GOODY COLE CHICKEN

grilled chicken breast topped with cheddar cheese and bacon 14.99

Entrees

Land...

* TAVERN TIPS

flame broiled and cooked to your liking 24.99

* NEW YORK SIRLOIN

12 ounces of lean, well flavored steak cut from the center of the sirloin 32.99

HERBED HALF CHICKEN

half of a fresh chicken, marinated in our herb rub for 24 hours, slow roasted to perfection. 21.99

Sea...

FRESH NEW ENGLAND BOILED LOBSTER

lobster caught in local waters served with warm butter market

NEW ENGLAND CLAMBAKE

local steamers, and a boiled lobster market

BAKED LEMON PEPPER HADDOCK

tender and flaky haddock filet, baked with a lemon pepper seasoning 23.99

HADDOCK AU GRATIN

a tender filet of fresh haddock, oven baked and topped with a creamy, cheddar parmesan sauce 25.99

NORTH ATLANTIC SALMON

fresh salmon basted in lemon butter and grilled to perfection 26.99

FRESH BROILED SEA SCALLOPS

sweet sea scallops topped with tomato and melted swiss cheese market

Pasta...

PASTA AND SAUCE

with your choice of drawn butter or marinara sauce 12.99
prefer a creamy, cheddar parmesan sauce... add \$2

CHICKEN PARMESAN

boneless chicken breast, breaded and pan fried, topped with marinara sauce
and melted provolone cheese served over gluten free pasta 21.99

CHICKEN AND BROCCOLI ALFREDO

tender chicken breast tossed with broccoli in a parmesan cream sauce tossed with gluten free pasta 24.99

Desserts

ICE CREAM SUNDAE
topped with fresh strawberries

BROWNIE SUNDAE
TAHITIAN CHEESECAKE

FRESH FRUIT
with raspberry coulis