





GLUTEN SENSITIVE MENU

NO SUBSTITUTIONS PLEASE

APPETIZERS

PIZZA DIPPERS

Rich's 10" gluten free crust topped with garlic butter and mozzarella, cut into strips, served with marinara

CRAB RANGOON DIP

Baked blend of surimi, cream cheese, and sweet chili.
Served with fried corn chips

VOLCANO NACHOS

Tostito corn chips layered with Monterey Jack & cheddar cheese. Served with jalapeño peppers, black olives, fresh diced tomatoes, green onions, fire-roasted salsa and sour cream

Add guacamole | Add fire-braised chicken

FEEL-GOOD FAVORITES

MARGARITA CHICKEN GRAIN BOWL

Grilled chicken breast, avocado, white corn, chipotle lime red quinoa pilaf, black beans, fire-roasted vegetables, poblano peppers, cilantro, Margarita dressing

V- Substitute extra avocado instead of chicken

TROPIC OF TUNA POKE STACK*

Marinated ahi tuna, avocado, mango, cucumber, seaweed salad, on mixed greens with chipotle aioli and gochujang BBQ

CHOPPED STEAK HOUSE*

Seasoned grilled steak, romaine, baby field greens, bacon, Gouda, hard cooked egg, avocado, tomato, red onion, chipotle cream, Parmesan peppercorn dressing

CLUB SALAD

Grilled chicken, Applewood smoked bacon, romaine lettuce, tomato, red onion and Cheddar Jack cheese, served with your choice of Ken's Ranch, French or Lite Italian dressing

PIZZA

SMALL 10"- TWO TOPPING PIZZA

Made on Rich's gluten free pizza crust

Topping choices:

Pepperoni • Italian Sausage • Canadian Bacon • Bacon • Jalapeños
Mushrooms • Onions • Tomatoes • Black Olives • Bell Peppers
Pineapple • Extra Cheese

SANDWICHES

LIL' MOLLY*

A 1/3 pound charbroiled Certified Angus Beef patty topped with your choice of cheese on an Udi's gluten free bun. Served with French fries, sweet potato fries, cottage cheese or coleslaw

ISLAND BUZZARD

Seasoned grilled chicken breast, cheddar cheese, bacon, tomato, lettuce, and guacamole on an Udi's gluten free bun. Served with French fries, sweet potatoes fries, cottage cheese, or coleslaw

**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. Please be advised that certain menu items contain ingredients that are potential allergens. Given the unique nature of allergies, we are able to provide you with information but are unable to make specific recommendations*

V - indicates item is a vegan option