

GLUTEN FREE MENU



While we offer gluten free menu options, we are not a gluten free environment.

APPETIZERS

NACHOS O' PLENTY – Tri-colored fried tortilla chips loaded with our 3 bean angus beef chili, cheddar cheese sauce, olives, jalapeño peppers, diced tomatoes, mild salsa and sour cream. Large 11.99 Small 9.99

*** BROILED SHRIMP** – Sea-A-QT seasoned broiled shrimp served with balsamic vinaigrette. 11.99

WINGS 10.99 – **Sauce Choices:** Cajun Ranch

- Mild • Hot • Sweet BBQ • Old Bay
- Parmesan Peppercorn • Garlic Parmesan

STUFFED BAKED POTATO

All potatoes are served with a salad.

*** BACON CHEESEBURGER POTATO** – 8 oz. prime ground beef, bacon and melted American cheese. Garnished with chopped leaf lettuce, diced tomatoes and a drizzle of mayo 15.99

PORK STUFFED POTATO – Slow cooked pulled pork splashed with sweet bbq sauce, sprinkled with cheddar jack cheese and spring onions 16.99

BROCCOLI & CHEESE POTATO – Steamed fresh broccoli with cheddar cheese sauce. 13.99

VEGGIE STUFFED POTATO – Fresh from the garden sauteed vegetables in garlic butter and white wine 14.99

SALADS

WHERE'S WALDORF? – Grilled, sliced chicken breast, sliced fresh apples, crumbled bleu cheese, raisins and candied walnuts 14.99

GRILLED CHICKEN – Available plain, blackened or “Sea a QT” rub. 13.99

*** FILET O SALMON** – Grilled Faroe Island Salmon available plain, “Sea a QT” rub or blackened. 17.99

TAVERN GREEN SALAD

Mixed baby salad greens with grape tomatoes, red onions, sliced cucumbers and sprinkled with seasoned croutons. 3.99/7.99

TAVERN CAESAR SALAD

Crisp romaine lettuce and shredded Italian cheese blend, sprinkled with seasoned croutons. 3.99/7.99

TAVERN SPINACH SALAD

Fresh baby spinach garnished with grape tomatoes, croutons and red onions. 3.99/7.99

Dressings . . . Apple Cider Vinaigrette • Caesar
1,000 Island • Light Italian • Athena Greek • French
Parmesan Peppercorn • Bleu Cheese
Ranch • Balsamic Vinaigrette

SOUPS

Ask your server if the soup of the day is gluten-free! Cup 4.99 Bowl 5.99

CHILI

Cup 4.99 Bowl 5.99

All items with the exception of appetizers are subject to a \$2 split charge

**Consuming raw or under-cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness. Especially if you have certain medical conditions.*

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BURGERS

All of the burger, none of the bun

JUST A BURGER*

Half pound fresh prime beef burger. Comes with lettuce and tomato. 9.99

GOING BACK TO CALI*

Prime beef burger with mayo, lettuce, tomato, red onion and bell pepper. 10.99

STINKY CHEESE* – Prime beef burger covered in melted blue cheese and aged provolone with lettuce and tomato. 13.99

REUBURG*

Hot corned beef, topping a half pound prime beef burger with sauerkraut, thousand island dressing and melted swiss cheese. 12.99

SUBSTITUTE GRILLED CHICKEN BREAST FOR ANY BURGER.

ENTREES

All entrees served with two sides

*** NEW! N.Y. STRIP** – 12 oz. center cut choice grade. Flame broiled to your liking. 20.99

*** BAKED HADDOCK** – Lightly dusted in Sea-a-QT seasonings then butter baked. 15.99

*** BROILED SHRIMP DINNER** – A baker's dozen Sea-A-QT seasoned broiled jumbo shrimp. 18.99

*** OH BABY! BABY BACK RIBS*** – A full rack of melt in your mouth slow cooked baby back ribs. Available with our "Meat a QT" rub, General Tso's, or Sweet bbq sauce. Half 17.99 | Full 23.99

*** BARE BREASTED DINNER** – Boneless, naked chicken breast, grilled and seated on a bed of long grain wild rice. 16.99

PREMIUM SIDES

Mac & Cheese 3.99- 2.00 *with entree*
Garlic wilted spinach 3.99-2.00 *with entree*
Onion Rings 2.99-1.00 *with entree*
Sweet Potato Fries 2.99-1.00 *with entree*

VEGETABLE SIDES

• Baked Potato • French Fries • Cole Slaw • Tavern Salad
• Vegetable of the Day • Steamed Broccoli • Applesauce
• Red skin whipped potatoes • Long Grain Rice

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