



Masks must be worn except when seated at your table.

Please keep a six-foot distance at all times and respect other's personal space.

Thank you for your cooperation and support.

FOOD MENU & BAR MENU  
AVAILABLE FOR DINE IN & PICKUP

★★★

To Order Food For Pick Up  
Place Your Order By Phone

Pick Up At The Outdoor Pick Up Window

★★★

860-662-4224

www.sirenkitchenandbar.com

## Starters

**GLUTEN FREE CLAM CHOWDER** 8.  
creamy new england style

## Salads

**GLUTEN FREE SIREN BLUE** 10.  
blue cheese crumbles, sweet walnuts, red onion, field greens, balsamic vinaigrette

**GLUTEN FREE CAESAR** 11.  
romaine hearts, shaved parmesan, creamy caesar dressing (no croutons)

**GLUTEN FREE AHI TUNA\*** 19.  
pepper crusted ahi tuna served rare (chilled), mango salsa, pickled red onion, (no fried wontons), field greens, honey lime dressing

**GLUTEN FREE MEAN GREEN** 14.  
baby kale and arugula, blueberries, (no farro), red onion, pepitas, shaved parmesan, basil and mint chiffonade, green goddess dressing

**add hormone- and antibiotic-free grilled chicken\*** (served chilled) 6.

**add pepper-crusted ahi tuna\*** (cooked rare served chilled) 9.

**DRESSINGS:** balsamic vinaigrette, caesar, green goddess, honey lime, blue cheese

## Sandwiches

all sandwiches served on gluten free bread with a bag of chips  
upgrade to field greens 2.

**GLUTEN FREE CALIFORNIA TURKEY** 17.5.  
smoked turkey breast, cheddar, guacamole, lettuce, pickled red onion, on gluten free bread

**GLUTEN FREE VEGGIE** 18.5.  
grilled eggplant, zucchini, red and yellow bell peppers, whipped ricotta, fresh basil, parmesan pesto aioli, balsamic glaze, on gluten free bread

**GLUTEN FREE HOT LOBSTER ROLL\*** 26.5.  
quarter pound of warm buttered lobster meat, griddled gluten free roll

**GLUTEN FREE LOBSTER GRILLED CHEESE\*** 23.5.  
lobster meat and cheddar pressed between griddled gluten free bread

## Plates

**GLUTEN FREE ISLAND FISH TACOS\*** 19.  
blackened mahi-mahi, mango salsa, pickled red onion, guacamole, spicy chili aioli, on yellow corn tortillas, bag chips

**GLUTEN FREE GRILLED SALMON\*** 27.  
hickory and molasses dry rubbed salmon, apple pineapple pico de gallo, maple roasted sweet potatoes

## Sides

**BAG CHIPS** 3.5

**FIELD GREENS** 5.

**GRILLED GREEN BEANS** 7.

Many of our fried items are also gluten free, however they are not included on this menu.

We do not have separate fryers for gluten free items.

Depending on the level of intolerance, some may still decide to order them.

These Items Are:

**Starters**

Crispy Brussel Sprouts

Chicken Wings

**Sides**

House Chips

Fries

Baby Potatoes

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

# GLUTEN FREE MENU

### FOUNTAIN & TAP

**FOUNTAIN DRINKS** 3.5  
coke/diet coke/sprite/ginger ale  
lemonade/ barq's

**RISE NITRO COLD BREW COFFEE** 6.5

### CANS & BOTTLES

**SAN PELLEGRINO** 4.

**SMART WATER** 4.

**HUBERT'S LEMONADE** 4.

**HONEST ORGANIC TEA** 4.  
honey green tea  
just black unsweetened

**FAIRLIFE YUP! MILK** 4.  
white or chocolate

## Beverages