

Gluten Free Menu



Appetizers

Pan Roasted Wild Blue Mussels

White wine, garlic, tomatoes ~ **REQUEST NO CROUTONS**

Seared Hawaiian Ahi Tuna*

Sticky rice ~ **REQUEST NO SAUCES OR CRACKERS**

Oysters & Raw Bar**

All oysters are gluten free, please see menu for oyster selections

REQUEST NO CRACKERS

Today's Oyster Selections* ~ 4 oysters per order, please see menu for today oyster selections

Oyster Samplers Large 2 of each Small 1 of each

Louisiana Style Charbroiled Oysters

Bayou cajun butter & parmesan ~ **REQUEST NO BREAD**

Salads

All our dressings are gluten free

"Titanic" Wedge of Iceberg

Blue cheese, tomato, egg, bacon

The Market's Famous House Salad

Carrots, cucumbers, cherry tomatoes, dates, pine nuts, poppy seed vinaigrette

Our Classic Caesar ~ **REQUEST NO CROUTONS**

Romaine lettuce, parmesan, garlic croutons

With grilled marinated chicken breast

Grilled salmon or spicy grilled shrimp

Spinach Salad

Granny Smith apples, red onion, bacon, goat cheese, spiced pecans, maple-bacon vinaigrette

Blackened Salmon Spinach Salad

Georgia pecans, red onion, Granny Smith apples, blue cheese

Grilled Harpoon Shrimp Salad

Bacon, egg, red onion, blue cheese, sweet and sour dressing

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**Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness. Please inform your server of any food allergies.*

***Please use the daily Lunch or Dinner menu for oyster and fresh catch availability as well as pricing.*

Today's Fresh Catch**

All Fresh Catch Species are gluten free and can be prepared any of the ways listed below; please see menu for daily selections

Shang Hai ~ **REQUEST NO RICE WINE SAUCE**

Steamed with ginger and scallions, sticky rice, and spinach

Simply Grilled or Broiled

Served with scallion mashed potatoes, sweet shallot butter, market vegetables

Blackened ~ **REQUEST NO ETOUFFEE**

Shrimp and andouille jambalaya rice, green beans and mushrooms, cane syrup

Specialties & Combinations

"House Specialty" Cedar Plank Salmon*

Balsamic eggplant, roasted vegetables, asparagus, portabella relish, goat cheese

Grilled Shrimp and Scallops Skewers

Fresh market vegetables and scallion mashed potatoes
REQUEST NO FLOUR

Shang Hai Seafood Sampler

Atlantic salmon, scallops and shrimp, sticky rice, spinach
REQUEST NO RICE WINE SAUCE

The Fish Market Trio

Blackened Tilapia, cedar-roasted Atlantic salmon, Shang Hai sea scallops, jambalaya rice, asparagus
REQUEST NO ETOUFFEE OR RICE WINE SAUCE

Steaks & Shellfish

Char-broiled at 1200°, served with a sea salt baked potato and asparagus

Filet Mignon

"Our Finest" 8 oz. filet, béarnaise sauce

Maple-Bourbon Glazed Pork Chop

Sweet glazed carrots, sea salt baked potato

Grilled Chicken Breast

Fresh market vegetables and scallion mashed potatoes

Cold Water Rock Lobster Tail

6 oz. South African lobster tail, available as entree or a la carte

Live Maine Lobster

Steamed & cracked

Alaskan Red King Crab Legs

Lemon & drawn butter, available as entree or a la carte, sold by the pound

Oscar Style

Smothered with crab and hollandaise

Desserts

Mini Creme Brulee ~ macerated strawberries

Daily Sorbet ~ ask your server for availability