

# Gluten Free Menu



## Appetizers

### Pan Roasted Wild Blue Mussels

White wine, garlic, tomatoes and parmesan

### Seared Hawaiian Ahi Tuna\*

Sticky rice, pickled cucumbers and wasabi

## Oysters & Raw Bar\*\*

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

### 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

## 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

Romaine lettuce, parmesan, creamy caesar dressing

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 Shrimp Salad

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

### Seared Tuna Salad\*

Skewers of salt 'n pepper tuna, fresh greens, sliced egg, green beans, olives and roasted fingerling potatoes

We do our best and take every possible care to provide you with a gluten free meal. The ingredients of all foods on our gluten free menu have been researched and confirmed gluten free by On The Menu, LLC. Our ordering system allows our wait staff to clearly mark gluten free orders. Our trained kitchen staff uses designated gluten free utensils and clean work surfaces to prepare your meal. However, please keep in mind, we are not a gluten free environment. Although we take every precaution to make sure your meals are gluten free, we cannot guarantee that the foods we serve are actually gluten free due to the changes in brand, supplier, ingredient formulation and/or cross contact caused from human error. In the event that an error occurs, our staff has been trained to replace your entire plate of food. Neither Mitchell's nor On The Menu, LLC assume any liability for the foods ofered.

*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

Steamed with ginger and scallions, sticky rice, and spinach

### Simply Grilled or Broiled

Served with roasted fingerling potatoes, sweet shallot butter, market vegetables

### Blackened

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

### Salad

Served grilled, broiled or blackened over your choice of house, spinach or caesar salad

## Specialties & Combinations

### "House Specialty" Cedar Plank Salmon\*

Oven roasted Roma tomatoes, Crimini mushrooms, shaved fennel and red onion, goat cheese, sauteed asparagus and sun-dried tomato pesto

### Grilled Shrimp and Scallops

Fresh market vegetables and roasted fingerling potatoes

### Shang Hai Seafood Sampler

Atlantic salmon, scallops and shrimp, sticky rice, spinach

### The Fish Market Trio

Blackened Tilapia, cedar-roasted Atlantic salmon, Shang Hai sea scallops, jambalaya rice, asparagus

## 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 roasted fingerling potatoes

### Cold Water Rock Lobster Tail

4 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