

Gluten Free Lunch Menu

Starters

Shrimp Cocktail

Gulf Shrimp with Cocktail Sauce 16.75

Seared Rare Ahi Tuna

Pickled Cucumber, Wasabi and Ginger 14.95

Trio of Hummus

Kalamata Olive, Sun Dried Tomato & Traditional Hummus. Served with Sliced Cucumbers 9.50

Soups and Salads

Manhattan Clam Chowder

Eastern Chopped Clams with Vegetables in a rich Tomato Broth
Small 5.50 Large 6.75

Gazpacho

Tomatoes, Cucumbers, Onions and Oregano.
Chilled, served with Avocado and Chives
Small 5.50 Large 6.75

Mixed Green Salad

Served with choice of Dressing 7.95

The Grill Chopped Salad

Iceberg, Tomatoes, Bacon & Bleu Cheese 8.95

Cobb Salad

Tossed with Diced Chicken, Lettuce, Tomato, Bleu Cheese, Bacon, Egg, Avocado and Scallions in our Creamy House Dressing 15.95

Shrimp Louie

Five Jumbo Shrimp on a bed of Mixed Greens, Avocado, Tomatoes, Egg and Thousand Island Dressing 22.75

Charbroiled Chicken Caesar Salad

Romaine Hearts and Parmesan Cheese, tossed in our Caesar Dressing 14.75
with Charbroiled Salmon 18.50

Fresh Seafood

Pan-Seared Salmon

With Sautéed Spinach, Mushrooms and finished with a Lemon Butter Sauce 19.75

Charbroiled Trout

Fresh Idaho Trout simply grilled served with choice of Vegetable 17.75

Charbroiled Salmon

Simply grilled served with Salsa Fresca And choice of Vegetable 19.75

Cedar Plank Salmon

With a Citrus BBQ Glaze, Served with choice of Vegetable 19.75

Grill Classics

All our Steaks are simply grilled and served with Yukon Gold Mashed Potatoes

Petite Filet Mignon

8 oz USDA Prime Filet 34.50

Grilled Herb Chicken Breasts

With Fresh Fruit and Tomatoes 18.75

New York Pepper Steak

16 oz USDA Prime Steak with Cracked Black Pepper, Chopped Bacon and Onion 44.75

Pan Seared Chicken Piccata

Topped with a Lemon Butter Caper Sauce. with Mashed Potatoes and Vegetable 18.75

Double Cut Pork Chop

Served with Yukon Gold Mashed Potatoes, Sautéed Zucchini, Onions and Apples 32.50

Grilled Vegetable Plate

Served with Steamed Spinach, Broccoli, Asparagus and Jasmine Rice 12.95

Sides and Sauces

to compliment any Entree above

Yukon Gold Mashed Potatoes	Garlic Mashed Potatoes	Baked Potato	Jasmine Rice
Spinach - Steamed or Sautéed	Grilled Asparagus	Carrots	Broccoli
Lemon Butter Sauce	Beurre Blanc Sauce	Salsa Fresca	Pomodoro Sauce

Desserts

Sorbet and Berries

Today's Selection of Sorbet, topped with Market Fresh Berries 8.00

All Natural Vanilla Ice Cream

Choice of Raspberry Sauce, Hot Fudge or Caramel Sauce topping 8.00



This Menu and the information on it is provided by The Grill On The Alley, in cooperation with the Gluten Intolerance Group® (GIG®), as a service to our guest. The Grill On the Alley and GIG® assume no responsibility for its use and information which has not been verified by The Grill On The Alley. Guests are encouraged to consider this information in light of their individual requirements and needs to their own satisfaction.