



# GLUTEN FREE MENU

## STARTERS

**Pickarel Cheeks** **15**

Lake Winnipeg Pickarel cheeks, sautéed with Cremini mushrooms, garlic confit, lemon and white wine, finished with butter, tomatoes, and a balsamic reduction, served on gluten free bread.

**Shrimp Scampi** **15**

Sautéed jumbo shrimp with fresh garlic, chili flakes, white wine and capers, finished with fresh parsley and butter, served with gluten free bread

**5 Cheese Spinach Artichoke Dip** **14**

Roasted artichoke, baby spinach and fresh garlic with parmesan, Swiss, feta, smoked Gouda and cream cheese, served with fresh tortilla chips.

**Nachos Grande** **16**

Tortilla chips baked with tomatoes, red onion, mixed peppers, green onions, jalapeño peppers and melted cheese. Topped with guacamole and served with salsa and sour cream.

*Add chicken or mexi-beef | 5*

## KIDS MENU

*For Children 12 & under*

**Kid's Burger** **7**

Served on a gluten-free bun with a garden salad

**Grilled Cheese Sandwich** **7**

Served on gluten free bread with a garden salad

**Spaghetti** **7**

Gluten free Penne noodles tossed in butter or our house-made tomato basil sauce.

*Add Bolognese sauce or baked cheese | 3*

### Add-On Options to any Meal

Starter Garden Salad	5
Starter Caesar Salad	5
House-made Coleslaw	3

Chicken Breast	5
Jumbo Shrimp	8
Pickarel Fillet	8
Half Avocado	4

Gravy	2
Mushrooms or Bacon	3
Cheddar/Swiss/Gouda cheese	2
Feta cheese	3

## SOUPS

**Soup of the Day** **Cup | 5 Bowl | 8**

Great soups made daily by our kitchen team!

**Baked French Onion** **10**

Caramelized onions and fresh herbs, deglazed with red wine, house made beef stock. Topped with a gluten free crouton and melted Bothwell Swiss Cheese.

## SALADS

**Cobb Salad** **19**

Romaine lettuce with Cajun chicken, avocado, hardboiled egg, Feta cheese, tomatoes, red onion, and crispy bacon, with our house-made honey ginger vinaigrette on the side.

**Oriental Chicken Salad** **18**

Spring mix lettuce and shaved cabbage tossed in our house-made oriental peanut dressing, with carrots, green onions and chicken breast, topped with toasted sesame seeds.

**Cranberry Cashew Salad** **Half | 9 Full | 17**

Spring mix lettuce tossed in our house-made honey ginger vinaigrette with carrots and red onions, topped with candied cashews, dried cranberries and Feta, served with fresh avocado and a gluten free bread.

**Greek Salad** **Half | 8 Full | 14**

Romaine lettuce tossed in our house-made Greek dressing topped with diced cucumbers, tomatoes, Kalamata olives, red onions, bell peppers, and feta cheese, served with a gluten free bread.

## PASTA

**Chicken Fettuccine Alfredo** **22**

Gluten free Penne Noodles with fresh cream, garlic confit, Cremini mushrooms with parmesan cheese and parsley, with grilled marinated chicken breast, served with a gluten free toast.

**Some Like it Hot** **24**

Gluten free Penne Noodles tossed with sautéed mushrooms, garlic, corn, jumbo shrimp and smoked bacon in a sambal cream sauce, served with gluten-free toast.

**Pasta Rosé** **24**

Gluten free Penne Noodles tossed with mushrooms, peppers, fresh tomatoes and spinach with jumbo shrimp, in rosé sauce, served with gluten free toast.

**Spaghetti** **15**

Gluten free Penne Noodles with our house-made tomato basil sauce topped with parmesan cheese, served with gluten free toast.

*Add Bolognese sauce or baked cheese | 5*

**Veg Head Pasta** **16**

Sautéed bell peppers, onions, sundried tomatoes, capers and fresh spinach in a white wine and butter sauce tossed with gluten free penne noodles and topped with shredded parmesan, served with gluten free toast

An 18% gratuity will be applied to groups of 8 or more

# GLUTEN FREE MENU

## SANDWICHES AND MORE

*Served with your choice of soup of the day, garden salad, Caesar salad, or house-cut fries.  
Substitute French Onion soup | 5                      Substitute Poutine | 5*

***Please be advised that we do not have a dedicated gluten free deep fryer. If you have a severe allergy our French fries should be avoided as there may be cross contamination from items prepared in our deep fryer.***

**Steak Sandwich** **22**  
AAA strip loin steak, hand cut to 7oz, cooked to your liking with sautéed Cremini mushrooms served on gluten free bread.

**Marble Rye Rueben** **16**  
Thinly sliced Montreal smoked meat with sautéed sauerkraut, Bothwell Swiss cheese, and 1000 Island dressing served on toasted gluten free bread.

**Ultimate Chicken Grilled Cheese** **16**  
Cajun chicken with Bothwell smoked Gouda, bell peppers and red onions with roasted pepper aioli, served on toasted gluten free bread.

**Classic Burger** **14**  
A ¼ pound charbroiled beef patty topped with lettuce, tomato, red onions, pickles, mustard and mayo on a butter gluten free bun.  
**(Add a second patty + 5)**

**Bacon Apple Smoked Gouda Burger** **16**  
A ¼ pound charbroiled beef patty topped with lettuce, bacon marmalade, grilled apple, Bothwell smoked Gouda, and roasted pepper aioli on a butter gluten free bun.  
**(Add a second patty + 5)**

**Seagulls Club Sandwich** **17**  
Chicken breast, smoked bacon, tomato, lettuce, Bothwell cheddar cheese and mayonnaise served on a gluten free bun.

## LAKE WINNIPEG'S FINEST

**Lake Winnipeg Pan Seared Pickerel** **23**  
Fresh herb marinated Pickerel fillets pan fried with olive oil, lemon, and butter, served with Manitoba wild rice pilaf and chef's vegetable.

**Fish 'n Chips** **19**  
Lake Winnipeg marinated Pickerel fillets pan fried and served with our house-made tartar sauce, lemon wedges, house-cut fries or garden salad and coleslaw.

## DINNER ENTREES

*Available after 4pm*

**Jambalaya** **24**  
Sautéed bell peppers, onions, tomatoes, and fresh garlic, with jumbo shrimp, chorizo sausage and grilled chicken, with white rice pilaf, simmered in our house-made chicken stock and topped with fresh green onions.

**Grilled Chicken Breast** **22**  
Marinated chicken breast grilled with butter sauce and fresh herbs topped with Cremini mushrooms, sundried tomato, and baby spinach, served with potato of the day and chef's vegetable.

**Baby Back Ribs** **Half Rack | 24   Full Rack | 30**  
Slow-braised baby back ribs with our house-made rub, charbroiled and cooked with our house-made BBQ sauce until tender, served with potato of the day and chef's vegetable.

**AAA New York Striploin** **9oz | 32**  
In-house cut striploin charbroiled to your liking topped with butter Cremini mushrooms, served with potato of the day and chef's vegetable.

		Chicken Breast	5	Gravy	2
		Jumbo Shrimp	8	Mushrooms or Bacon	3
Starter Caesar Salad	5	Pickerel Fillet	8	Cheddar/Swiss/Gouda cheese	2
House-made Coleslaw	3	Half Avocado	4	Feta cheese	3

An 18% gratuity will be applied to groups of 8 or more