



GLUTEN FREE MENU

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

STARTERS

Pickarel Cheeks **16**
Lake Winnipeg Pickarel cheeks, sautéed with mushrooms, garlic confit, lemon and white wine, finished with butter, tomatoes, and a balsamic reduction, served on gluten free toast.

Shrimp Scampi **16**
Sautéed jumbo shrimp with fresh garlic, chili flakes, white wine and capers, finished with fresh parsley and butter with a balsamic reduction, served on gluten free toast

Beef Carpaccio **19**
Thinly shaved blue rare Certified Angus beef tenderloin drizzled with olive oil and balsamic vinegar, topped with fresh arugula, sundried tomatoes and shaved parmesan, served with crispy gluten free garlic toast.

Potato Chippers and Onion Dip **15**
Deep fried potato chippers tossed in a maple bacon seasoning, served with our warm onion cheese dip.

SOUPS

Soup of the Day **Cup | 6 Bowl | 8**
Great soups made daily by our kitchen team!

Baked French Onion **11**
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

Cranberry Cashew Salad **Half 10 | Full 18**
Spring mix lettuce tossed in our house-made honey ginger vinaigrette with carrots and red onions, topped with candied cashews, dried cranberries, fresh avocado, and feta cheese, served with crispy gluten free garlic toast.

Greek Salad **Half 10 | Full 16**
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 crispy gluten free garlic toast. *(Please be advised that the Kalamata olives are pitted but despite our best efforts, they may occasionally contain pits)*

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*

Steak Sandwich **25**
Certified Angus beef strip loin steak, hand cut to 7oz, cooked to your liking with sautéed mushrooms served with crispy gluten free garlic toast

Gluten Free Rueben **18**
Thinly sliced Montreal smoked meat with sautéed sauerkraut, Bothwell Swiss cheese, and 1000 Island dressing served on toasted gluten free bread.

Classic Burger **16**
A ¼ pound charbroiled Certified Angus beef brisket patty with lettuce, tomato, red onions, pickles, Dijon mustard and burger sauce on a butter toasted gluten free bun.
(Add a second patty + 5)

Seagulls Club Sandwich **18**
Chicken breast, smoked bacon, tomato, lettuce, Bothwell cheddar cheese and mayonnaise served on toasted gluten free bread.

Add-On Options to any Meal

Starter Garden Salad	7	Chicken Breast	6	Bacon	3
Starter Caesar Salad	8	Jumbo Shrimp	9	Mushrooms	3
House-made Coleslaw	3	Pickarel Fillet	9	Cheddar or Swiss Cheese	3

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



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PASTA

- Chicken Fettuccine Alfredo** 23
 Gluten free noodles tossed with fresh cream, garlic confit and mushrooms with parmesan cheese and parsley, with grilled marinated chicken breast, served with gluten free toast.
- Some Like it Hot** 25
 Gluten free noodles tossed with sautéed mushrooms, garlic, corn, jumbo shrimp and smoked bacon in a sambal cream sauce, served with gluten free toast.
- Veg Head Pasta** 17
 Sautéed bell peppers, mushrooms, onions, capers, sundried tomatoes and fresh tomatoes, in a white wine and butter sauce tossed with gluten free noodles and topped with shredded parmesan, served with gluten free toast.

LAKE WINNIPEG'S FINEST

- Lake Winnipeg Pan Seared Pickerel** 24
 Fresh herb marinated Pickerel fillets pan fried with olive oil, lemon, and butter, served with a medley of Manitoba wild rice and white rice and chef's vegetable.

DINNER ENTREES

Available after 4pm

- Bali Street Wok** 26
 Your choice of chicken, shrimp or beef with sautéed red onions, peppers, carrots and Napa cabbage in a refreshing peanut sauce tossed with rice, topped with peanuts and a fried egg.
- Chicken & Leek** 25
 Seared chicken breast in a creamy truffle & leek sauce, finished with parmesan, served with your choice of a medley of Manitoba wild rice and white rice or potato of the day and fresh wilted spinach.
- Baby Back Ribs** Half Rack | 26 Full Rack | 32
 Slow-braised baby back ribs with our house-made rub until tender, then charbroiled with our house-made BBQ sauce, served with your choice of a medley of Manitoba wild rice and white rice or potato of the day and chef's vegetable.
- Certified Angus New York Striploin** 9oz | 33
 In-house cut striploin charbroiled to your liking topped with Béarnaise sauce, served with your choice of a medley of Manitoba wild rice and white rice or potato of the day and chef's vegetable.
- Manitoba Arctic Char** 26
 Pan fried Arctic Char with white wine and saffron foam, served with a medley of Manitoba wild rice and white rice and fresh wilted spinach.

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