

Gluten Free Menu



Appetizers

Pan Roasted Wild Blue Mussels

White wine, garlic, tomatoes and Parmesan
REQUEST NO CROUTONS

Shrimp Cocktail

Traditional or spicy, cocktail and Crab Louis sauces

Seared Hawaiian Ahi Tuna*

Sticky rice, pickled cucumbers and wasabi
REQUEST NO CRACKERS OR SAUCES

Oysters & Raw Bar**

All oysters are gluten free, REQUEST NO CRACKERS

Today's Oyster Selections* ~

please see menu for today oyster selections

Oyster Sampler 3 of each

Charbroiled Oysters

Bayou cajun butter & Parmesan

Salads

"Titanic" Wedge of Iceberg

Blue cheese, tomato, egg, bacon

Our Classic Caesar

Romaine lettuce, Parmesan, creamy caesar dressing
With grilled marinated chicken breast
With grilled salmon or grilled shrimp
REQUEST NO CROUTONS

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, bacon, goat cheese, maple-bacon vinaigrette

Seared Tuna Salad*

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

Desserts

Mini Crème Brûlée ~ macerated strawberries

Daily Sorbet ~ ask your server for availability

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 offered.

Today's Market Catch**

All Market 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 sesame spinach
SUBSTITUTE TAMARI FOR RICE WINE SOY SAUCE

Simply Grilled or Broiled

Served with smashed redskin potatoes, sweet shallot butter, market vegetables

Blackened

Shrimp and andouille jambalaya rice, green beans and mushrooms, cane syrup
REQUEST NO ETOUFFEE SAUCE

Salad

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

Specialties & Combinations

"House Specialty" Cedar Plank Salmon*

Balsamic glazed and oven roasted, grill zucchini and peppers, sautéed asparagus, goat cheese and sun-dried tomato pesto

Grilled Shrimp and Scallops

Fresh market vegetables and smashed redskin potatoes

Shang Hai Seafood Sampler

Atlantic salmon, scallops and shrimp, sticky rice, sesame spinach
SUBSTITUTE TAMARI FOR RICE WINE SOY SAUCE

The Fish Market Trio

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

Steaks & Shellfish

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

Filet Mignon

"Our Finest" 8 oz. filet, hollandaise sauce

USDA Prime Ribeye

10 oz, Char-grilled

Grilled Chicken Breast

Fresh market vegetables and smashed redskin potatoes

Twin Cold Water Rock Lobster Tail

4 oz. lobster tails, available as entree or a la carte

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

**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.*