

*designates items which would need to be removed to be lactose free

Gluten Free at the Dine-ah

We have put together a "gluten free" menu because we have had many requests. First, we are doing our best but we need to caution that our kitchen is not gluten free. We do not have dedicated fry stations for gluten free. Because of this you will not see French Fries listed, they would be cooked in the same oil as breaded items. Different people will have different tolerances for gluten. Please use your discretion when ordering our recommended items. We can put together meals from items on our regular menu. You are the best judge of what you can eat.

Daily Dip - Spinach Artichoke 6.95

Nacho Platter for TWO - Fresh tortilla chips topped with *Jack cheese, onion, tomato, black olives and jalapenos. Served with salsa and *sour cream. 8.95

Chips are cooked in the fryer where breaded items are cooked as well.

1/2 Nacho Plate - 6.95

Salads, Steaks and such....

Blackened Chicken Salad-GF - Mixed greens topped with sliced blackened chicken, fresh strawberries, tomato, red onion. Served with a warm bacon tomato vinaigrette dressing. 9.55

House Salad - Mixed greens topped with cucumber, carrot, tomato, red onion and served with your choice of dressing. 5.45

Caesar Salad - Fresh chopped Romaine lettuce tossed to order with Caesar dressing and *grated parmesan cheese. (NO CROUTONS) 6.50

Top salad with Grilled Chicken - Add 3.00

Top salad with Shaved Prime Rib & *Cheese - with fresh mushrooms, peppers and onions. Add 4.00

Top salad with grilled shrimp - Add 5.00

Top Salad with flank steak - Add 4.45

Top with grilled salmon - Add 6.45

Grilled Salmon - grilled to your liking and served with your choice of potato or rice and your choice of vegetable. (with herbed butter) 16.95

Broiled Haddock - Served with your choice of potato or rice as well as your choice of vegetable. (*no sauce-no crumbs) 15.95

Broiled Scallops - Served with your choice of potato or rice as well as your choice of vegetable. 17.95

12 oz. New York Sirloin GF - Charbroiled to your liking and served with your choice of potato or rice as well as your choice of vegetable. (Hold the gravy and crispy fried onions!) 17.95

Roasted 1/2 Chicken - Oven roasted, herbed 1/2 chicken cooked to tender juicy perfection and topped with our chicken gravy. Served with choice of starch and vegetable. 14.95

Shepherd's Pie - Fresh ground beef, browned along with diced onions layered in your own casserole dish with whole kernel corn and cream style corn and topped with fluffy mashed potatoes. 9.95 (with salad \$10.95)

Gluten Free bread is kept frozen, ask for choices should you decide on a sandwich selection.