



## **GILLIGAN'S GLUTEN-FREE MENU**

We have researched these menu items to be gluten-free to the best of our ability. We do ask that you notify your server that you need your selections to be prepared gluten-free so they notify the kitchen and insure that your meal is cooked properly. Gluten-free options are offered daily at 11am at all locations.

### **SALADS**

#### **TUNA SALAD**

Crisp greens topped with tuna

#### **GRILLED OR STEAMED SHRIMP SALAD**

Choose from succulent grilled or steamed shrimp over crisp greens topped with fresh produce and sliced egg

#### **MAHI MAHI SALAD**

Crisp greens topped with grilled mahi mahi

### **ENTREE OPTIONS**

#### **STEAMED SHRIMP**

Seasoned with Old Bay

**GRILLED CHICKEN BREAST**

Ask your server for gluten-free sauce options

**CHICKEN WINGS**

Served without sauce, with side of celery

**SHRIMP AND CRAB DELUXE**

**SHRIMP**

Served grilled or steamed

**FISH**

Your choice of fish served grilled or steamed

**SHRIMP COCKTAIL**

**CRABLEGS**

Ask for butter or olive oil

**SEA SCALLOPS**

Grilled, served with choice of sides

**STIR-FRY**

Served without sauce

**STEAMED SHRIMP AND VEGETABLES**

**GILLIGAN'S BURGER**

Grain fed ground chuck patty, served without bread

## SIDES

**GREEN BEANS**

**CORN**

**SIDE SALAD**

**ASPARAGUS**

**BROCCOLI**

**BAKED POTATO**

(Our recommendation is served plain)

\*Our cajun spice, Gill spice, Old Bay, and ribeye steak seasoning are all gluten-free.