

FINS Gluten Free Item List- Dinner

Salad Selections:

- House Salad
- Caesar Salad (with the exclusion of croutons)
- Farmers Salad
- Arugula Salad
- Beet Salad

Soup Selections:

- Seafood Chowder
- Oyster Stew
- Soup of the day** (recipe dependent)

Appetizer Selections:

- Tuna Poke (with no sauce)
- Crab Dip- with substitution of carrots and celery for bread
- Guacamole
- Oysters Florentine
- Oysters Rockefeller

Entrée Selections

- Shrimp & Grits
- Paella
- Bouillabaisse
- Scottish Salmon
- Caribbean Mahi
- Local Swordfish
- Bluefin Tuna (when not encrusted)
- Australian Barramundi (when not encrusted)
- Chesapeake Blue Catfish (when substituting green beans)
- Local Flounder
- Chesapeake Rockfish
- All Fish (as long as not encrusted)
- All Fish sauces with exception of Crawfish Creole

Steamed Selections

- Oysters
- Clams
- Shrimp (with exclusion of Old Bay seasoning)

Sandwich Selections:

All non-fried protein sandwiches when made without bread, with the exception of Crab cakes

Sides

- Mashed Potatoes, Coleslaw, Saffron Rice, Grits, Vegetables, Purees