

FINs Gluten Free Item List- Dinner

Salad Selections:

- House Salad
- Caesar Salad (with the exclusion of seasoned crackers)
- Wedge Salad
- Chopped Salad
- Beet Salad

Soup Selections:

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

Appetizer Selections:

- Seafood Skins
- Crab Dip- with substitution of carrots and celery for chips
- Seared Tuna (when seared without soy sauce)
- Oysters Rockefeller

Entrée Selections

- Balsamic Salmon
- Paella
- Cioppino (with exclusion of pasta)
- Seafood Bake
- Shrimp and Grits
- Chicken Marsala (with exclusion of flour coating)
- Filet/ Filet Oscar
- Sirloin
- Pork Chop
- 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, Puree