

## GLUTEN FREE MENU

### START

#### AHI TUNA TOWER 16

soy ginger marinade (our soy sauce is gluten free)/mixed greens/  
tomato/avocado/sesame seeds/chives/chipotle aioli  
- without lavosh crisps

#### GRILLED CHICKEN SALAD 16

marinated chicken breast/romaine/spring mix/baby spinach/  
marinated artichokes/roasted red peppers/cherry tomato/parmesan  
cheese/balsamic vinaigrette - without parmesan crostini

#### MAPLE SMOKED TROUT SALAD 18.5

smoked trout/mixed greens/asparagus/avocado/dried cranberries/  
candied pecans/orange/grapefruit/orange balsamic glaze/oregano-  
feta vinaigrette

#### GRANT & PACIFIC AHI TUNA SALAD 19

sesame encrusted ahi-tuna/mixed greens/cherry tomato/avocado/  
roasted red peppers/onions/sesame-thai chili vinaigrette - without  
chilled noodles and wonton crisps

#### CHOPPED GREENS 9.5

chopped mixed greens/carrots/tomatoes/avocado/mixed olives/red  
onion/red pepper/feta cheese/balsamic vinaigrette  
with shrimp 19.5 with chicken 16



### BREADLESS SANDWICHES

#### PORTABELLA STACK WITHOUT BUN 14

grilled portabella/zucchini/yellow squash/roasted red peppers/  
sprouts/lettuce/tomato/mozzarella/serrano aioli/balsamic glaze/  
fresh fruit cup

#### C.O.B.A.L.T. WITHOUT BUN 13

grilled chicken/onion/bacon aioli/avocado/lettuce/tomato -  
substitute with natural fries

#### WOODLANDS BURGER WITHOUT BUN 12.5

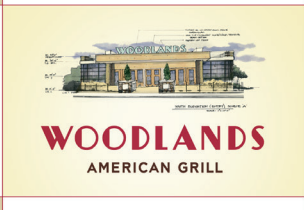
seasoned ground beef/cheddar cheese/lettuce/tomato/red onion/  
sweet horseradish pickles - substitute with natural fries

#### CAPRESE CHICKEN SANDWICH WITHOUT BUN 14

grilled chicken breast/mozzarella/fresh basil/pesto aioli/lettuce/  
tomato/balsamic glaze - substitute with natural fries

**MAIN**

<b>AUBERGINE STEW</b>	17
eggplant/olive medley/capers/zucchini/squash/pine nuts/ artichokes/basil tomato sauce	
<b>SESAME ENCRUSTED TUNA</b>	27
ahi tuna/asian greens/sriracha mash/sweet soy ginger glaze	
<b>HOLLYHOCK PORK CHOP</b>	28
french cut/apple chutney/garlic mash/honey braised cabbage/ without onion strings and black bean demi glaze	
<b>MAHOGANY CHICKEN</b>	23
chipotle marinated/slow-roasted half chicken/garlic mash/ citrus broccolini and tomato/sweet maple glaze	
<b>GRILLED SEABASS</b>	MP
seabass/pesto garlic mash/grilled zucchini/fresh tomato bruschetta/ balsamic glaze - without fried mozzarella croutons	
<b>SIMPLE CATCH</b>	MP
grilled or blackened/garlic mash/citrus broccolini/lemon-lime wedges	



**SIDE**

<b>LOADED BAKED POTATO</b>	9
butter/sour cream/cheddar/chives/bacon croutons	
<b>SAUTÉED SPINACH &amp; ONION</b>	7
olive oil/garlic/shallots	
<b>ROASTED VEGETABLE MEDLEY</b>	8
olive oil/rosemary/oregano/white wine	
<b>SAUTÉED CITRUS BROCCOLINI &amp; TOMATO</b>	8.5
olive oil/garlic/shallots/white wine	
<b>GRILLED ASPARAGUS</b>	8.5
olive oil/garlic/shallots	
<b>RED &amp; WHITE QUINOA SALAD</b>	8
cranberries/sweet potatoes/parsley/honey/citrus dressing/ balsamic glaze	

\*Woodlands American Grill only uses a gluten free soy sauce. Please note that normal kitchen operations involve shared cooking and prep areas. We take every precaution against cross-contamination, but it is possible for food items to come in contact with one another.