

# **GLUTEN FREE ALTERNATIVES**

*Listed below are menu suggestions that we trust contain no known traces of gluten. Please be aware that, because of logistical constraints, Connors cannot maintain separate, sterile, grill areas for the preparation of the numerous items that could cause allergic reactions. We will assume no liability for the possibility that traces of gluten may be transferred in the grilling process or the use of utensils in accordance with our normal cooking procedures. This could potentially result in an allergic reaction causing discomfort or gastric distress.*

*Also be aware that our service staffs are not experts in food allergies or diseases related to allergies, nor do they possess an involved knowledge of all ingredients within products or seasonings. Therefore, any questions concerning our menu should be directed to the manager on duty or to our Corporate Office.*

## **APPETIZERS & SMALL PLATES**

CLASSIC SHRIMP COCKTAIL

JUMBO SHRIMP COCKTAIL

BLUE POINT OYSTERS

PAN-SEARED AHI TUNA ~ NO GINGER LIME & ORANGE GINGER SAUCES

LOBSTER DIP

ISLE OF SHELLFISH

## **SALADS**

HOUSE SALAD

CAESAR SALAD ~ NO CROUTONS

AHI TUNA SALAD ~ NO WONTON STRIPS OR GINGER SOY VINAIGRETTE

GRILLED CHICKEN SALAD ~ NO MARINADE

BABY SPINACH & STRAWBERRY SALAD

## **STEAKS & CHOPS**

ALL STEAKS & CHOPS (EXCEPT PRIME RIB & BRAISED SHORT RIB)

ARE GLUTEN FREE IF PREPARED WITH "NO SEASONING."

## **STEAK TOPPINGS**

BOURSIN CHEESE & TOBACCO ONIONS ~ NO TOBACCO ONIONS

BLUE CHEESE BUTTER

SCAMPI ~ NO MARINADE ON SHRIMP

OSCAR ~ NO HOLLANDAISE

## **FRESH SEAFOOD**

SHRIMP & GRITS ~ NO GRITS

CILANTRO LIME GRILLED SHRIMP ~ NO MARINADE OR RICE

CHILI-SPICED CHILEAN SEA BASS ~ NO HOLLANDAISE SAUCE OR RICE

ATLANTIC SALMON ~ NO RICE

SESAME GINGER YELLOWFIN TUNA ~ NO GINGER SAUCE

ALASKAN KING CRAB LEGS

COLD WATER LOBSTER TAILS

## **POULTRY**

COLORADO BBQ CHICKEN ~ NO MARINADE

## **SANDWICHES & BURGERS**

PHILLY-STYLE CHEESESTEAK ~ NO BUN

CONNORS REUBEN ~ NO BREAD

GRILLED CHICKEN CLUB ~ NO MARINADE OR BUN

CLASSIC BURGER ~ NO BUN OR SEASONING

SMOKY BURGER ~ NO BUN OR SEASONING

MUSHROOM BURGER ~ NO BUN OR SEASONING

(PLEASE SEE REVERSE SIDE FOR SALAD DRESSINGS, SIDE ITEMS, DESSERTS, LUNCH MENU & CHILD MENU)

### **SALAD DRESSINGS**

RANCH  
BLUE CHEESE  
HONEY MUSTARD  
ITALIAN  
BALSAMIC VINAIGRETTE  
BLACKBERRY VINAIGRETTE  
SWEET VINAIGRETTE  
1000 ISLAND  
OIL & VINEGAR  
CAESAR

### **SIDE ITEMS**

BAKED POTATO (BUTTER, SOUR CREAM, CHEESE, BACON & CHIVES)  
GARLIC HERB MASHED POTATOES  
FRENCH FRIES  
COLE SLAW  
SUGAR SNAP PEAS  
FRESH STEAMED BROCCOLI  
ASPARAGUS

### **DESSERTS**

HOMEMADE VANILLA ICE CREAM  
CRÈME BRULÉE  
BANANAS FOSTER ~ NO PUFF PASTRY  
STRAWBERRY SHORTCAKE ~ NO POUND CAKE

### **LUNCH MENU** (IN ADDITION TO THOSE ON FIRST PAGE)

GRILLED CHICKEN CAESAR SALAD ~ NO MARINADE OR CROUTONS  
GRILLED SALMON CAESAR SALAD ~ NO CROUTONS  
GRILLED SALMON HOUSE SALAD  
ANGUS CHOPPED STEAK ~ NO SEASONING  
7 OZ LUNCH SIRLOIN STEAK ~ NO SEASONING

### **CHILD MENU**

CHILD BURGER ~ NO BUN OR SEASONING  
CHILD GRILLED CHICKEN ~ NO MARINADE

NOTE: FOR ADD-ONS, REFER TO THE SECTION THEY WOULD BE LOCATED ON THIS MENU.