

# **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 & frying 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 or frying 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 staff 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**

JUMBO SHRIMP COCKTAIL

BLUE POINT OYSTERS

AHI TUNA STACK ~ no ginger lime marinade & sesame wontons

LOBSTER DIP

ISLE OF SHELLFISH ~ no ginger lime marinade on the ahi tuna

TRUFFLED DEVEILED EGGS

SPICY CRISPY RIBS ~ no sauce & no wontons

JUMBO LUMP CRAB COCKTAIL

## **SALADS**

HOUSE SALAD

CAESAR SALAD ~ no croutons

GRILLED CHICKEN SALAD ~ no marinade & no wontons

STEAK CAESAR SALAD ~ no seasoning on steak & no croutons

BABY SPINACH & STRAWBERRY SALAD

WEDGE SALAD

## **SIGNATURE CUTS**

ALL STEAKS (except PRIME RIB) are gluten free if prepared with no seasoning.

TOMAHAWK PORK CHOP ~ no seasoning & no demi-glace

LAMB CHOPS ~ no seasoning & no demi-glace

## **STEAK TOPPINGS**

BOURSIN CHEESE & TOBACCO ONIONS ~ no tobacco onions

BLUE CHEESE BUTTER & RED WINE REDUCTION

SCAMPI ~ no marinade on shrimp

OSCAR

BLACK TRUFFLE BUTTER

## **SEAFOOD SPECIALTIES**

SHRIMP & GRITS ~ no grits & no andouille cream sauce

CILANTRO LIME GRILLED SHRIMP ~ no marinade

ATLANTIC SALMON

CAJUN RED GROUPER

CHILEAN SEA BASS

COLD WATER LOBSTER TAIL

## **POULTRY**

8 OZ. GRILLED CHICKEN ~ no marinade

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

## **SANDWICHES & BURGERS**

GRILLED CHICKEN CLUB ~ no marinade & no bun

BOURSIN BURGER ~ no bun, seasoning, & tobacco onions

## **SALAD DRESSINGS**

RANCH

BLUE CHEESE

HONEY MUSTARD

BALSAMIC VINAIGRETTE

SWEET VINAIGRETTE

1000 ISLAND

CHAMPAGNE VINAIGRETTE

OIL & VINEGAR

CAESAR

CREAMY AVOCADO LIME

## **SIDE ITEMS**

BAKED POTATO (butter, sour cream, cheese, bacon & chives)

GARLIC HERB MASHED POTATOES

FRENCH FRIES

COLE SLAW

FRESH STEAMED BROCCOLI

GRILLED ASPARAGUS

TRUFFLED DEVEILED EGGS

FRESH FRUIT MEDLEY

SAUTEED SPINACH

BRUSSELS SPROUTS

BROWN RICE PILAF

## **DESSERTS**

HOMEMADE VANILLA ICE CREAM

CRÈME BRULÉE

STRAWBERRY SHORTCAKE ~ no cake

## **LUNCH MENU** (in addition to those on first page)

GRILLED CHICKEN CAESAR SALAD ~ no marinade & croutons

GRILLED SALMON CAESAR SALAD ~ no croutons

GRILLED SALMON HOUSE SALAD

STEAK CAESAR SALAD ~ no seasoning on steak & no croutons

ANGUS CHOPPED STEAK ~ no seasoning & no demi-glace

BACON CHEESEBURGER ~ no bun & no seasoning

7 OZ LUNCH SIRLOIN STEAK ~ no seasoning

GRILLED CHICKEN ~ no marinade

RAINBOW TROUT

PORK TENDERLOIN ~ no seasoning & no demi-glace

SPICY CRISPY RIBS ~ no sauce & no wontons

PHILLY-STYLE CHEESESTEAK ~ no bun & no au jus

CONNORS REUBEN ~ no bread

## **CHILD MENU**

CHILD BURGER ~ no bun & seasoning

CHILD GRILLED CHICKEN TENDERS ~ no marinade

