

## Federal Jack's Gluten free menu

### Starters

#### **Vegetable Nachos Built for Two 9.99**

Fresh blue corn tortillas baked with cheese, topped with salsa, sour cream, guacamole, black olives, and fresh jalapenos

**With Black Bean Chili 12.99**

**With Chicken 12.99**

Smaller size available upon request

**Hummus \$7.99** with Baked Flat Bread, olive tapenade and garlic oil

#### **Brewpub Mussels 10.99**

Steamed open in your choice of sauce

**Classic:** White wine, garlic and herbs

**Fra Diavolo:** Spicy marinara, garlic, onions and basil

**Black Bean Chili 5.99** topped with shredded cheese

#### **Vine Ripened Tomato Tapas 5.99**

sliced red vine ripened tomato, balsamic reduction, baked flat bread, fresh mozzarella, basil oil

#### **Ahi Tuna Sashimi 12.99**

Sesame crusted and served with pickled ginger and wasabi

#### **Fish Gumbo 9.99**

Okra, Andouille, and haddock in a spicy tomato based broth

**Clam Chowder Cup 5.99, Bowl 7.99**

### Salads

#### **Market Fresh Salad 6.99**

Fresh mixed greens, cucumbers and vine-ripe tomatoes tossed with celery seed vinaigrette

#### **House Caesar 6.99**

Chopped romaine lettuce tossed with fresh Caesar dressing and shredded Parmesan

#### **Strawberry & Goat Cheese Salad 9.99**

Onion, cucumber, sunflower seeds, vine ripe tomatoes on greens tossed with basil vinaigrette

#### **BLT Avocado Salad 11.99**

Romaine tossed with red wine vinaigrette, grilled smoked slab bacon, fresh mozzarella, avocado, egg, tomato, onion and cucumber

#### **Asparagus and Quinoa Salad 9.99**

A healthy quinoa salad with snap peas, asparagus, radicchio, red onion, basil vinaigrette and topped with candied pecans

#### **Top off any of the above salads with the following:**

Sautéed Calamari 3.99

Steak & Artichoke Kabob 5.99

Grilled Shrimp Skewer 4.99

Grilled Chicken 3.99

Steamed Haddock 7.99

#### **Steak & Artichoke Kabob Salad 12.99**

Kabob on romaine with Greek dressing, tomato, onion, cucumber and feta

#### **BLT Avocado Salad 11.99**

Romaine tossed with red wine vinaigrette, fried pork belly, fresh mozzarella, avocado, egg, tomato, onion and cucumber

#### **Waldorf Salad 11.99**

Chilled chicken tossed with bleu cheese, celery, and mayo, topped with green apple slices, grapes and candied walnuts on a bed of greens

### Entrees

#### **Grilled Salmon 19.99**

Salmon with parmesan risotto, chimichurri and seasonal vegetables

#### **Skewered Tips 21.99**

Steak tips topped with bleu cheese, drizzled with balsamic reduction and served with creamy garlic risotto, steamed asparagus and a grilled vine-ripened tomato

#### **Chicken Scaloppini 16.99**

Chicken sautéed with mushrooms, onion, tomatoes and served with parmesan risotto in lemon white wine butter sauce

#### **NY Sirloin 26.99**

Char grilled and served with sautéed mushrooms or hop chimichurri, rice and veg du jour

**Vegetable Stir-fry 8.99** Crunchy stir fried vegetables and rice in Orange Ginger sauce

#### **Add any of the following to the Stir-fry Entree:**

Grilled Chicken 3.99

Grilled Pub Steak 10.99

Broiled Haddock 7.99

Grilled Shrimp Skewer 4.99





**Sandwiches** Our sandwiches are served on a warmed Gluten Free Bun with your choice of one side (please see below—there is an additional charge for certain sides)

**Fresh Maine Lobster Roll \$MKT**

Our lobster salad is always made with 100% fresh, hand-picked meat, a touch of mayonnaise and seasonings. Add a piece of green leaf lettuce and there you have it.... **Double the Lobster Meat \$MKT**

**Chicken Cobb Sandwich 13.99**

Grilled chicken, avocado, bacon, crumbled bleu cheese, tomato, onion, mayo and lettuce

**Steamed Haddock Sandwich 11.99**

Lettuce, tomato and lemon with a side of tartar sauce

**Bacon Cheddar Chicken Sandwich 10.99**

**Crab 'Roll' 13.99**

Our crab salad on a toasted gluten free bun with Havarti cheese

**SIDES for sandwiches and burgers**

Cole Slaw

House Rice

Creamy Risotto

Seasonal Vegetables (+1.99)

Asparagus (+1.99)

Mashed Potatoes (+1.99)

Steamed Broccoli (+1.99)

Caesar Salad (+1.99)

Garden Salad (+2.99)

**Burgers** 100% all beef char-grilled burgers are served with lettuce, tomato, and pickles on a warmed Gluten Free bun and your choice of one side (please see above—there is an additional charge for certain sides)

**Basic Burger \$10.50**

Or add cheddar, Swiss, crumbled bleu or pepper-jack cheese

**Bacon Cheddar Burger \$11.99**

**Mushroom Swiss Burger \$11.99**

**Gyro-style Lamb Burger \$11.99** Fresh ground lamb, cucumber, tomatoes, spinach, and tzatziki

**Grilled Turkey Burger \$11.50** sliced avocado and pepper-jack cheese

**10" Pizza**

**Plain Cheese \$9.99** provolone, mozzarella, Parmesan

**Veggie Burst \$10.99** onion, mushrooms, broccoli, tomatoes, spinach, provolone, mozzarella

**Chicken and Broccoli Alfredo Pizza \$11.99** Alfredo, roasted chicken, broccoli, provolone, mozzarella

**Pizza Margherita \$10.99** Vine ripened tomatoes, fresh mozzarella and basil

**Gluten Free Desserts**

**Flourless Chocolate Cake \$6.99**

Chocolate and Caramel Sauces with whipped cream

**Capt'n Eli's Floats \$3.50**

**The Classic**

Our signature Capt'n Eli's root beer, vanilla ice cream, whipped cream and a cherry

**The Creamsicle**

Capt'n Eli's Orange Pop, vanilla ice cream, whipped cream and a cherry

**The Strawberry Short Cake Float**

Tastes just like strawberry shortcake! Our strawberry Pop, vanilla ice cream, whipped cream and a cherry

**The Downeast Blueberry Float**

Capt'n Eli's Blueberry Pop, cinnamon ice cream, whipped cream and a cherry

\*\*A gluten free diet is a diet completely free of ingredients derived from gluten-containing cereals: wheat, barley, rye, and triticale, as well as the use of gluten as a food additive in the form of a flavoring, stabilizing or thickening agent. We have created a menu using gluten free ingredients with cooking procedures intended to be free of allergen cross contamination. However, the potential for cross contamination along the entire food chain starting with ingredient cultivation to eventual consumption makes it impossible for us to make a guarantee regarding the allergen content of any menu item.

