

Federal Jack's Gluten Free Menu

Starters

Vegetable Nachos Built for Two \$9

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

Add Guacamole \$3

With Black Bean Chili \$13

With Chicken \$13

Smaller size available upon request

Hummus \$10

Our homemade hummus served with GF flat bread, feta, tomato, Kalamata olives, and cucumber

Brewpub Mussels \$11

Steamed open in your choice of sauce, served with gluten-free flatbread

Classic: White wine, garlic and herbs

Fra Diavolo: Spicy marinara, garlic, onions and basil

Vegetarian Black Bean Chili \$6

Topped with shredded cheese, and served with blue corn tortillas

Spinach and Artichoke Dip \$10

Served with blue corn tortilla chips

Ahi Tuna Sashimi \$13

Sesame crusted and served with pickled ginger and wasabi

Maine Lobster Bisque \$12

Our non-traditional classic smooth bisque garnished with chunks of fresh lobster meat

Clam Chowder Cup \$7, Bowl \$9

Sautéed Calamari \$9

Served with Cherry Pepper Aioli

Salads

Market Fresh Salad \$8

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

House Caesar \$8

Chopped romaine lettuce tossed with fresh Caesar dressing and shredded Parmesan

Asparagus and Quinoa Salad \$12

A healthy quinoa salad with snap peas, asparagus, radicchio, red onion, basil vinaigrette and topped with kettle glazed walnuts

Top off any of the above salads with the following:

Sautéed Calamari \$4

Grilled Shrimp Skewer \$6

Steak & Artichoke Skewer \$8

Grilled Chicken \$4

Steamed Haddock \$8

Pan-Seared Salmon \$10

Blackened Chicken \$4

Pan-Blackened Haddock \$8

Steak & Artichoke Kabob Salad \$14

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

Southwest Chicken Salad \$13

Grilled blackened chicken, corn, avocado, cucumber, vine ripened tomato, chipotle ranch dressing, and blue corn tortillas

Entrees

New York Strip \$28

Garlic herb compound butter, blue cheese mashed potatoes, and broccoli

Federal Jack's Paella \$24

Sautéed mussels, shrimp, littleneck clams, calamari, chorizo, chicken, tomatoes, and peas tossed with Spanish rice

Broiled Haddock \$20

Broiled filet served with sautéed tomato, caper, olive oil and lemon sauce, served with house rice and seasonal Vegetables

Lunch Portion Available \$15

Blackened Tuna \$26

Blackened tuna, Capt'n Eli's Ginger Beer sushi rice, mango relish, pickled red onions, lime aioli

Pan-Roasted Orange Salmon \$24

Atlantic salmon served with an orange butter glaze, wild rice and asparagus

Vegetable Stir-fry \$10

Crunchy stir fried vegetables and rice in Orange Ginger sauce

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

Grilled Chicken \$4

Steak & Artichoke Skewer \$8

Steamed Haddock \$8

Grilled Shrimp Skewer \$6

Maine Lobster

Steamed Maine Lobster \$MKT

Steamed to perfection and served with drawn butter, Cole slaw, and choice of side. "Twins" are also available.

Federal Jack's Feast \$MKT

Start with a cup of our classic New England clam chowder, and a serving of mussels, followed by a steamed Maine lobster, with Cole slaw and your choice of side. "Twins" are also available.

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 Classic 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**

Naked Lobster Roll \$MKT

Lettuce and side of drawn butter. ..**DOUBLE the Lobster Meat \$MKT**

Turkey Cobb Sandwich \$14.5

House roasted thick sliced turkey, avocado, bacon, crumbled bleu cheese, tomato, onion, mayo and lettuce

Blackened Haddock Sandwich \$13.5

Cast iron seared haddock fillet with lettuce, tomato and lemon with a side of tartar sauce

Crab & Havarti Sandwich \$15.5

A combination of sweet Atlantic crabmeat salad and melted Havarti

House Roasted Turkey BLT \$13.5

Our house roasted and thick sliced turkey, bacon, lettuce, and tomato with cranberry mayo

Sesame Crusted Tuna \$14.5

Sriracha aioli, cucumber ginger relish, fresh greens

Ground Lamb-Burger \$13.5

Fresh ground lamb, tomatoes, Feta, greens, and tzatziki

Chicken Bruschetta \$13.5

Grilled chicken, fresh mozzarella, garlic, basil and tomato relish, lemon-dressed greens

SIDES for sandwiches and burgers

Cole Slaw

Seasonal Vegetables (+2)

Steamed Broccoli (+2)

House Rice

Asparagus (+2)

Caesar Salad (+2)

Mashed Potatoes (+2)

Garden Salad (+3)

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 \$11.5

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

Bacon Cheddar Burger \$12.5

Mushroom Swiss Burger \$12.5

Grilled Turkey Burger \$12.5

Sliced avocado and pepper-jack cheese

Green Chili Burger \$12.5

Seasoned and topped with a whole roasted green chili pepper, pepper jack cheese, fresh jalapenos, smoky chipotle mayo and salsa

10" Pizza

Plain Cheese \$10 provolone, mozzarella, Parmesan

Veggie Burst \$11 onion, mushrooms, broccoli, tomatoes, basil, provolone, mozzarella

Chicken and Broccoli Alfredo Pizza \$12 Alfredo, roasted chicken, broccoli, provolone, mozzarella

Pizza Margherita \$11 Vine ripened tomatoes, fresh mozzarella and basil

Gluten Free Dessert

Flourless Chocolate Cake \$7

Chocolate and Caramel Sauces with whipped cream

**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 consumption makes it impossible for us to make a guarantee regarding the allergen content of any menu item.