

Gluten-Free Menu

served all day

Appetizers

Oysters on the Half Mystic, CT East Beach, RI Standish Shore, MA	each 3	Lobster Tarragon <i>fresh tarragon & avocado salsa</i>	17
Little Necks 6	12	Jumbo Lump Crab	21
Jumbo Shrimp Cocktail	3 ⁵	Tomato Basil Mussels <i>white wine, garlic, butter</i>	13
		Scallop Ceviche	14

Salads

Garden <i>artisan greens, carrots, cucumbers & tomatoes tossed in a lemon vinaigrette</i>	7	Wedge <i>aji amarillo blue cheese dressing</i>	10
Rocket <i>arugula, red grapes, jicama, avocado, goat cheese & toasted pecans tossed with an agave white balsamic vinaigrette</i>	11	Kale <i>tri-colored quinoa, black beans, corn, carrots, haricot verts, tomatoes, avocado, cotija cheese, smoked red chili lime vinaigrette dressing</i>	12

Entrees

Native Dayboat Cod <i>lemon butter pan sauce, served over wilted spinach & whipped potatoes</i>	26	Chicken Escabeche <i>whipped potatoes</i>	23
Faroe Island Salmon <i>over Chinese black rice risotto with roasted asparagus</i>	26	Pork Tenderloin <i>rustic rub & pineapple bbq sauce topped with pineapple relish, served with whipped potatoes</i>	24
Jumbo Shrimp Scampi Risotto <i>roasted seasonal squash</i>	25	Filet Mignon 5oz / 8oz <i>pan roasted served with julienne vegetables & poblano pepperjack twice baked potato</i>	27 / 42
Roasted Vegetable Salad <i>seasonal vegetables, roasted shallot vinaigrette & feta cheese</i>	14	Seafood Paella <i>traditional Bomba rice</i>	32

Vegan Menu

served all day

Garden Salad 7

artisan greens, cucumbers, tomatoes & carrots tossed with a lemon vinaigrette

Roasted Vegetable Salad 14

*asparagus, yellow squash, portabella mushroom, eggplant, red pepper & spanish onions over mixed greens with roasted shallot vinaigrette**

Rocket Salad 11

arugula, red grapes, jicama, avocado & toasted pecans tossed with an agave white balsamic vinaigrette

Kale 12

tri-colored quinoa, black beans, corn, carrots, haricot verts, tomatoes, avocado, smoked red chili lime vinaigrette dressing

Roasted Vegetable Polenta 14

baby carrots, roasted wild mushrooms, shallots, fennel, cherry tomatoes, asparagus & butternut squash layered over baby arugula

Vegetable Tacos 12

flour tortillas, eggplant, zucchini, yellow squash, red peppers, spanish onion, black beans, corn, & avocado

Vegetable Pasta 20

bucatini, chick peas, butternut squash, tri-colored peppers & baby spinach in herb-infused olive oil

Sautéed Vegetables over Coconut Rice 15

broccoli, asparagus, red pepper, artichokes, sun-dried tomatoes & spanish onion over coconut rice

Sides

Oven Roasted Asparagus 9

White Bean Cumin Salad 5

Black Bean & Corn Salsa 6

Citrus Slaw * 5

* includes honey