

LIA'S

GLUTEN FREE MENU

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many of our other menu items may be modified to be made gluten free

SOUPS & APPETIZERS

Roasted Apple & Butternut Squash Soup pepita, pomegranate relish 9⁹⁵

Sautéed Brussels Sprouts lemon zest, parmesan 9⁹⁵

SALADS

starter size 11⁹⁵ entrée size, topped with

grilled chicken 17⁹⁵ grilled salmon, shrimp, herbed tuna, or ny strip steak 19⁹⁵

Mixed Lettuces carrot, cucumber, radish, balsamic vinaigrette

Super Kale granola, butternut squash, red onion, pomegranate vinaigrette

Spinach apple, cheddar, candied walnuts, poppy seed cider vinaigrette

Arugula grape tomatoes, parmesan, creamy lemon vinaigrette

FEATURES

(L) lunch only (D) dinner only

Rainbow Trout Filet sweet & sour cauliflower, almond romesco, shrimp sauce 26⁹⁵

Pan Seared Alaskan Cod clam chowder sauce, bacon mashed potatoes 27⁹⁵ (D)

Pecan Crusted Salmon brussels, country ham & sweet potato hash, honey mustard sauce 26⁹⁵

Greek Marinated Hanger Steak feta, tomato & onion salad, garlic spread, cucumber yogurt sauce 26⁹⁵ (D)

Braised Short Rib potato parsnip puree, gorgonzola 27⁹⁵ (D)

BURGERS

CG Burger gorgonzola, mushrooms, garlic aioli, gluten free bun, mixed greens 18⁹⁵

Turkey Burger cheddar, turkey bacon, avocado, lettuce, tomato, dijonaise 19⁹⁵

Lamb Burger feta, arugula, tomato, black olives, oregano aioli, gluten free bun, mixed greens 19⁹⁵

BRUNCH FEATURES

Saturdays & Sundays from 11:30 am until 3:00 pm

Classic Scramble scrambled eggs, applewood bacon, mixed greens 12⁹⁵

Smoked Salmon Rice Bowl garlic kale, roasted mushrooms, poached egg, buttery chive sauce 19⁹⁵

Steak and Eggs ny strip steak, sunny side up eggs, roasted tomatoes 21⁹⁵

Hangover Burger pepper jack, fried egg, bacon, chipotle aioli, gluten free bun, mixed greens 18⁹⁵

Crab & Avocado Frittata spinach, avocado, tomato arugula salad, parmesan, lemon vinaigrette 16⁹⁵

SIMPLE & HEALTHY

served with sautéed broccoli rabe and cherry tomatoes

Gulf Shrimp 25⁹⁵ Rainbow Trout 25⁹⁵ Atlantic Salmon 25⁹⁵

Chicken Paillard 17⁹⁵ Turkey Patty 14⁹⁵ Hanger Steak NY 25⁹⁵ (L) NY Strip 28⁹⁵ (D)