

LIA'S

GLUTEN FREE MENU

LIA'S GLUTEN FREE MENU

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

SOUPS & APPETIZERS

Grilled Artichoke lemon aioli 9⁹⁵

Sautéed Brussels Sprouts lemon zest, parmesan 9⁹⁵

SALADS

starter size 11⁹⁵ entrée size, topped with

grilled chicken 17⁹⁵ grilled salmon, shrimp, swordfish, or ny strip steak 19⁹⁵

Mixed Lettuces roasted beets, walnuts, goat cheese, strawberry vinaigrette

Super Kale granola, blueberries, carrots, lemon yogurt dressing

Spinach crumbled egg, bacon, blue cheese, tomato, red onion, honey mustard

Arugula grape tomatoes, parmesan, creamy lemon vinaigrette

FEATURES

(L) lunch only (D) dinner only

Honey Balsamic Glazed Salmon Cobb Salad blackberries, gorgonzola, bacon, avocado, egg, tomato 19⁹⁵

Rainbow Trout Filet spring peas, red pearl onions, brown butter crab sauce 26⁹⁵

Grilled Swordfish sun-dried tomato succotash, italian sausage & clam vinaigrette 26⁹⁵ (D)

Herb Crusted Salmon asparagus, olive oil mashed potatoes, warm artichoke vinaigrette 26⁹⁵

Hanger Steak caramelized onion & blue cheese risotto, tomato jam, port reduction 25⁹⁵ (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

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

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

Zucchini & Goat Cheese Frittata caramelized onions, potatoes, goat cheese, arugula salad 14⁹⁵

SIMPLE & HEALTHY

served with sautéed broccoli rabe and grape 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)