



## GLUTEN FREE MENU

Skewered Shrimp Appetizer 7.99

### GLUTEN FREE SALADS

*Choice of Five Hooks Sesame Vinaigrette, Balsamic Vinaigrette, Creamy Five Hooks*

Dinner Salad - served with tomatoes, cucumbers and peppers	5.99
Alaskan Cod Salad..... Grilled to perfection	13.99
Signature Salmon Salad..... Grilled to perfection	13.99
Prawn Salad..... Grilled to perfection	small 7.99 large 13.99
Swordfish Salad..... Grilled to perfection	16.99
Signature Ahi Fillet..... Seared Rare	16.99
Chicken Breast Salads..... Grilled to perfection	12.99

### GLUTEN FREE SOUPS

Homemade Creamy New England Chowder or Vegetable Soup	Cup 3.99 Bowl 7.99
Seafood Stew	Bowl 11.99 Meal 22.99

**GLUTEN FREE CHARBROILED, GRILLED, SEARED and CRISPY FISH and CHIPS** -*Selections are prepared with a special combination of infused garlic rice bran oil and butter, which adds a natural nutty finish. Selections are grilled to perfection and served with brown rice.*

Signature Salmon - Filleted in House Daily	14.99
Large Prawns - Shelled and Delicious	14.99
Grilled Natural Chicken Breast - Simply prepared	12.99
Wild Pacific "Ahi" Yellow fin Tuna (Seared rare)	17.99
Signature Giant Prawns - Butterflied and seared and served in shell	16.99
Wild Pacific Swordfish - Hearty flesh with a delicate finish	16.99
Alaskan Cod - Brown Butter Skillet Seared	16.99
Crispy Fish and Chips	12.99
Crispy Prawns	16.99
Crispy Combo - Crispy Fish-Prawns and Scallops	17.99



## \*GLUTEN FREE SPECIALTIES

### \*Signature Seafood Stew Meal 22.99

Giant Prawns, Fresh Clams, Salmon and Cod Fillet, Dungeness crab and Grilled Shrimp in a wonderful vegetable stew. Topped with fresh Parmesan cheese.

### \*Wild Salmon 23.99

Wild Salmon grilled and served with asparagus, brown rice and our specialty coleslaw. Ask your server for details.

## GLUTEN FREE TACO MEALS

*Includes Two Tacos topped with coleslaw, cilantro, tomatoes, hot sauce and house cream sauce. Served with a side of coleslaw with hand cut fries.*

Salmon Taco Plate - Grilled	13.99
Pacific True Cod Taco Plate - Grilled	12.99
Chicken Taco Plate - Grilled	10.99
Signature Shrimp Taco Plate - Grilled	13.99

## GLUTEN FREE SIDE ORDERS

French Fries	3.99
Grilled Zucchini	7.99
Grilled Zucchini and Grilled Asparagus	8.99
Grilled Asparagus	9.99
Seaweed Salad	3.99
White Rice or Brown Rice (Seasoned)	2.99
Cole Slaw	2.99