



Capt Hiram's

RESORT

Gluten Free Menu

Lunch & Dinner

Caesar Salad with no croutons
Baby Green Salad with any dressing
Red Beet Salad with any dressing
Chopped Cobb Salad with any dressing

Appetizers

Liz's Fish Dip with no crackers. Sub celery.
Wings with any sauce
Asian Tuna Nachos with no wonton chips
Crab & Artichoke Dip with no crostini. Sub celery.

Raw Bar

U-Peels
Steamed Clams
Oysters and Dirty Oysters
Mussels with no garlic bread
Seafood Sampler with no crackers on Fish Dip. Sub celery.

Sandwiches

No French fries. Coleslaw, baked potato, vegetables only for all sandwiches.
Grilled Fish Sandwich with no bun
Tacos with no tortillas
Burger with no bun
Lobster Roll with no bun
Chicken Sandwich with no bun
Flatliner with no bread

Add Ons

Shrimp Skewers
Grilled Chicken
Fresh Catch Fish (not fried)

Entrees

Fresh Catch Fish or Catch & Cook. Not fried, no fries, no rice.
Lobster Tail not stuffed
Jerk Chicken Dinner
Cilantro Grilled Shrimp Skewers
Tropical Grilled Mahi

Sides

Cole Slaw, Vegetables, Baked Potato