

# GLUTEN FREE MENU



## STARTERS

### LIZ'S SMOKED FISH DIP \$12

This secret recipe is made with fresh-caught and smoked fish. Served with celery sticks.

### CRISPY FRIED CHICKEN WINGS \$12

Jumbo wings fried crispy and tossed in your choice of sauce. Served with celery and ranch or blue cheese. Sauces: Buffalo, Caribbean Jerk, Garlic Old Bay, Sweet Thai Chili, Sesame Teriyaki, or Naked.

### \*ASIAN TUNA NACHOS \$14

Strips of sesame-seared Ahi tuna over seaweed salad and garnished with wasabi aioli and sesame teriyaki.

### CREAMY CRAB & ARTICHOKE DIP \$11

A mixture of blue crab meat and chopped artichokes. Topped with Parmesan cheese and garnished with roasted tomato. Served bubbling hot with celery sticks.

## SALAD

### CLASSIC CAESAR SALAD \$8

Leaves of romaine tossed in Caesar dressing with shaved Parmesan (no croutons).

### BABY FIELD GREEN SALAD \$7

Locally grown hydroponic greens, carrots, red onions, grape tomatoes, and cucumbers. Served with dressing of choice.

### ROASTED RED BEET SALAD \$8

Locally grown greens topped with red beets, red onion, mandarin oranges, and feta cheese. Served with dressing of choice.

### CAPT'S CHOPPED SALAD \$8

Chopped romaine, diced tomato, hard boiled eggs, bacon bits, chopped cucumbers, and blue cheese crumbles. Served with dressing of choice.

## RAW BAR\*

### OLD BAY PEEL N' EAT SHRIMP HALF ORDER \$9 FULL ORDER \$17

Shell-on shrimp boiled in the Capt's blend of spices. Served cold or hot with cocktail sauce or drawn butter.

### OYSTERS ON THE HALF SHELL - HALF OR FULL DOZEN \$MKT

Freshly shucked oysters over a bed of ice. Served with lemon and cocktail sauce.

### GARLIC STEWED MUSSELS \$14

Fresh mussels steamed in our house garlic butter, shallots, and white wine. Served with fresh herbs.

### SEBASTIAN SEAFOOD SAMPLER \$17

Peel N' Eat shrimp, steamed clams, and Liz's Smoked Fish Dip with celery sticks.

### STEAMED SEBASTIAN LITTLENECK CLAMS \$10

A baker's dozen of steamed local littleneck clams served with hot drawn butter.

\*Consuming raw or undercooked animal proteins including: meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have medical conditions.

# GLUTEN FREE MENU



*For our Gluten-free guests, all main entrees are served with choice of coleslaw, baked potato, or vegetables. Unfortunately, our rice and french fries are not gluten-free.*

## MAINS

### FRESH CATCH FISH \$MKT

Available grilled, broiled or blackened at current market rate. Ask your server about our fish of the day.

### JAMAICAN JERK CHICKEN \$15

Two grilled chicken breasts glazed with Hiram's Caribbean jerk sauce and topped with pineapple rum salsa.

### CILANTRO GRILLED SHRIMP SKEWERS \$19

Eight jumbo shrimp basted with cilantro lime glaze and grilled to perfection.

### TROPICAL GRILLED MAHI \$19

Grilled fresh mahi seasoned with our Key West spice and topped with pineapple rum salsa.

*All sandwiches on the Gluten Free Menu are served without bread or bun and your choice of coleslaw, baked potato, or vegetables.*

### GRILLED MAHI SANDWICH \$14

Flaky Cod grilled to perfection. Served with lettuce, tomato, onion, and tartar sauce. Ask server about today's fresh catch at market rate.

### TRIPLE TROUBLE TACOS \$12

Your choice of grilled chicken or shrimp, topped with cabbage and cilantro aioli. Served with a side of pico de gallo. Make it Mahi for \$2 more. Hold the flour tortillas

### CHEESEBURGER IN PARADISE \$11

8oz burger grilled your way with choice of cheese. Served with lettuce, tomato, and onion.

### CINDIE'S ULTIMATE LOBSTER ROLL \$19

Lobster meat with shaved celery tossed in an Old Bay lemon dressing.

### DECK HAND CHICKEN SANDWICH \$10

Chicken breast with your choice of blackened, BBQ, or jerk seasoning. Served with lettuce, tomato, and onion.

### HIRAM'S FLATLINER \$11

Smoked pulled pork, shaved ham, bacon, provolone cheese, dill pickles, and mustard. Served without Cuban bread.

## SANDWICHES

### \$3 EACH

STEAMED VEGETABLES

COLE SLAW

BAKED POTATO served with butter and sour cream

### \$4 EACH

BAKED POTATO LOADED YOUR WAY served with butter, sour cream, bacon and cheese

## SIDES