

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