

THE GRILL
GLUTEN FREE MENU



Be sure to tell your server that you are ordering from the Gluten Free Menu. If you have a serious allergy also let them know.

UNION STREET

Eat to a different Beat!

TAPAS

The serving of tapas is designed to encourage conversation, people are not so focused upon eating an entire meal that is set before them. In some countries it is customary for diners to stand and move about while eating tapas.

GF Day Soup

ask your server.

Cup...4 **Big Bowl...9** (with a crispy corn tortilla)

GF Vegan Chili

medium spiced, with lots of beans, corn & roasted veg.

Cup...4 **Big Bowl...9** (with a crispy corn tortilla)

GF Roasted Garlic Bean Dip

beans, cilantro, tahini, roasted garlic, olive oil & lime, with crispy corn tortillas & fresh veggies...7

GF Wild Mushroom Risotto

creamy brown rice with local wild mushrooms...8

GF Yam Fries & Dip

crispy yams with our garlic herb mayo...7

GF Screamins & Dip

cajun spiced house fries with our garlic herb mayo...5

GF Fries & Dip

house fries with our garlic herb mayo...5

GF Grilled Caesar Starter

a smaller version of your favorite...6

GF Spinach Salad Starter

a smaller version of your favorite...6

GF Artisan Greens Starter

mixed greens, slaw, zucchini curls, Eatmore sprouts, pumpkin seeds. Your choice of dressing...6

GF Grotto Quinoa

organic herb quinoa, with Artisan greens, olives, cucumbers, tomatoes, feta & balsamic vinaigrette...7

GF Fanny Bay Oysters

lightly coated & fried, how can you go wrong? Served with a sweet chili sauce...9

GF Saltspring Island Mussels

steamed with peppers, onions in a coconut curry sauce...12

GF Grilled Prawn Tacos

corn tortilla cups with romaine, grilled prawns, roasted corn, beans and chipotle sauce. Served with fresh pico de gallo salsa...13

GF Fish Tacos

BBQ rock fish, romaine, sprouts, cabbage slaw, in Abuelos soft corn chia tortillas with fresh pico de gallo salsa...12

GF Schooner Squid

a classic, served with garlic yogurt...11

Add Grilled Onions...2

GF Tataki Tuna

local Albacore tuna, seared & served with our sesame wasabi sauce & herb corn crisps...9

GF Panko Chicken

crispy fried chicken breast, with our honey mustard dip...7

GF Pork Ribs

our balsamic marinated pork ribs with sweet chili sauce...9

SALADS

GF Thai Prawn Salad

grilled prawns, Thai vinaigrette on warm rice noodles with spinach, julienne peppers, green onions & sprouts...17

GF Grilled Caesar Salad

charbroiled baby romaine, house dressing, shaved parmesan...10

Add BBQ Chicken...5

Add BBQ Rock Fish...4

GF Charbroiled Chicken Salad

what can we say? It's a classic. BBQ fresh chicken breast, served on Artisan greens with almonds & honey yogurt...15

GF Pork n' Feta

charbroiled, thinly sliced BBQ pork, served hot, over Artisan greens with feta & honey yogurt...15

GF Quinoa Avocado Salad

grilled baby romaine, grilled peppers, fresh avocado, feta & balsamic vinaigrette on organic quinoa...14

Add Walnut Mushroom Patty...4

GF Spinach Salad

with mushrooms, sundried tomatoes, artichoke hearts, shaved parmesan & honey yogurt...11

Add BBQ Rock Fish...4

Add Ons

BBQ Pork Roast

BBQ Chicken Breast

BBQ Rock Fish

Grilled Albacore Tuna

Grilled Prawns

Avocado

Grilled Red Peppers

Salad Dressings

Spicy Thai Vinaigrette

Chipotle

Balsamic Vinaigrette

Honey Yogurt

How Else May We Serve You?

Have an allergy? A food sensitivity?

Please let your server know.

GLUTEN FREE MENU AVAILABLE!

Good, Fresh Food Takes Time.

TOSTADAS

Tostadas are served on a crispy corn tortilla.
Comes with Soup, Vegan Chili, Fries, Screamins or Greens.
Sub GF Grilled Caesar or Yam Fries...2

GF Oyster Tostada

crispy fried Fanny Bay oysters, lettuce, tomato, cucumber dill sour cream...15

GF Tuna Tostada

local charbroiled albacore tuna, lettuce, tomato, avocado, pickled ginger, sweet wasabi sauce...15

GF Monterey Tostada

charbroiled beef burger, back bacon, Monterey Jack cheese, lettuce, tomato, garlic herb mayo...14

GF Chicken Tostada

barbequed fresh chicken breast, roasted peppers, Monterey Jack cheese, lettuce, tomato, chipotle mayo...14

GF Greek Lamb Tostada

delicious charbroiled lamb patty, lettuce, tomato, feta, cucumber dill sour cream...14

GF Barbequed Steak Tostada

our famous charbroiled AAA 6oz sirloin, with sautéed mushrooms & onions...18

GF BBQ Pork Tostada

charbroiled, thinly sliced BBQ pork, shredded romaine, our cabbage slaw, feta & garlic yogurt...13

GF Rock Fish Tostada

BBQ rock fish, shredded romaine, cabbage slaw, cucumber dill sour cream...13

GF Walnut Mushroom Tostada

our own famous, vegetarian burger made with roasted walnuts, mushrooms & garbanzos, topped with sautéed mushrooms, lettuce, tomato, garlic herb mayo...14

Add Ons

Avocado
Banana Peppers
Back Bacon
Monterey Jack Cheese
Sautéed Onions
Sautéed Mushrooms
Grilled Peppers

LUNCH UNTIL 5:00

Comes with your choice of Soup, Vegan Chili, Fries, Screamin's or Greens.
Sub GF Grilled Caesar or Yam Fries...2

GF Spinach Cheese Omelette

fresh spinach, edam, mozza, fresh pico de gallo salsa on the side...11

Add Avocado...2

Add Back Bacon...2

GF Enchiladas

Abuelos soft corn tortillas with beans, corn, grilled yam, onions & peppers, baked with a fire roasted tomato sauce & cheese...12

Add Chicken...3

Add Chorizo Sausage...3

GF Grilled Prawn Fusilli

baked with green onions, edam, mozza & mushrooms in a prawn bisque cream sauce...15

GF Little Italy

fusilli tossed with fresh spinach, fresh tomatoes, kalamata olives, green onions & garlic in extra virgin olive oil with feta...12

Add Chorizo Sausage...3

GF Sausage Sicilian

fusilli, chorizo sausage, artichokes, green onions, sundried tomatoes & roasted garlic in extra virgin olive oil, with shaved parmesan...14

GF Chicken Milano

fusilli, mushrooms, green onions, fresh tomatoes in a garlic cream sauce with shaved parmesan...14

GF Mac & Cheese

fusilli, butternut, yam sauce with lots of cheese...14

DINNER AFTER 5:00

GF Enchiladas

Abuelos soft corn tortillas with beans, corn, grilled yam, onions & peppers, baked with a fire roasted tomato sauce & cheese...12

Add Chicken...3

Add Chorizo Sausage...3

GF Grilled Prawn Fusilli

baked with green onions, edam, mozza & mushrooms in a prawn bisque cream sauce...20

GF Little Italy

fusilli tossed with fresh spinach, fresh tomatoes, kalamata olives, green onions & garlic in extra virgin olive oil with feta...17

GF Sausage Sicilian

fusilli, chorizo sausage, artichokes, green onions, sundried tomatoes & roasted garlic in extra virgin olive oil, with shaved parmesan...19

GF Chicken Milano

fusilli, mushrooms, green onions, fresh tomatoes in a garlic cream sauce with shaved parmesan...19

GF Mac & Cheese

fusilli pasta, butternut, yam sauce with lots of cheese...18

GF West Coast Shellfish

fresh local clams, mussels & prawns steamed in a delicious prawn bisque cream sauce with spinach, BBQ rock fish & shaved parmesan, over fusilli...24

GF Jambalaya Bowl

a Creole classic, local clams, mussels & prawns in a fire roasted tomato cream sauce with chorizo, chicken, peppers & onions, over brown rice...22

GF Thai Stirfry Bowl

peppers, onions, mushrooms, cabbage, carrots, kale, edamame, sprouts, stirfried in our sesame Thai sauce, over rice noodles...14

Add BBQ Pork...5

Add Charbroiled Chicken...5

GF Curry Bowl

peppers, onions, cabbage, carrots, kale, edamame, sprouts, sautéed, in a rich, spicy, coconut curry sauce, over brown rice...14

Add Charbroiled Chicken...5

Add Grilled Prawns...7

GF Balsamic Pork Ribs

baked in a house balsamic bbq sauce, over butternut yam potato mash or lemon herb quinoa, with Artisan greens...22

GF BBQ Steak & Prawns

charbroiled AAA 6 oz sirloin served on butternut yam potato mash or lemon herb quinoa, with Artisan greens...22

Ask about our GF Desserts!

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