



## **Gluten-Free Menu Items**

### **Breakfast**

Fruit Plate

Smoked Salmon, No Bread

Braised Beef Shortrib Hash & 2 Egg Breakfast, Whole Grain Mustard Hollandaise

Huevos Rancheros, No Quesadilla

All-American Breakfast, No Biscuit or Toast

3 Egg Omelet

Eggs Benedict, No Muffin

Country Ham Steak

Grits

Bacon

Pork or Chicken Apple Sausage

Potato – Cheddar Casserole contains wheat flour, but requests for fried potatoes can be accommodated

### **Lunch**

Shrimp Cocktail

Seafood Salad

Iceberg Wedge

Dressed Greens Salad

Caesar Salad, No Croutons

Beef Bistro Steak

Any fish in house may be prepared a variety of ways and without the addition of gluten products. Cascades American Café takes pride in making our own gluten-free batter for fried fish or shellfish (with proper notification)

### **Dinner**

All Items Above, Plus...

Seared Georges Bank Scallops, Chorizo-Crushed Fingerling Potatoes, Saffron Clam Broth

Pan-Blasted Steelhead Salmon, American Fries, Lemon-Parsley Aioli

Harris Ranch Bistro Steak Lean & Tender, Pepper-Gravy Elvis Fries

Smoked Pullet Rouge Chicken, Warm Potato & Bread Salad, Brown Chicken Jus

16 oz. Grass Fed NY Strip

12 oz. Berkshire Pork Chops

12 oz. Wagyu Beef Hangar Steak

Double Cut Chops of Domestic Free Range Lamb

Gulf of Mexico Triggerfish  
Carolina Gulfstream Wahoo  
Northern Canadian Arctic Char  
Hawaiian Ahi Tuna

Generally, we recommend cut fresh fruit for a gluten free dessert.

### ***Sushi***

Due to the high presence of hydrolyzed glutens in soy-based products, we recommend a case-by-case evaluation of sushi menu items. Generally speaking, any items with soy sauce as an ingredient or accompaniment should be avoided, as well as any tempura breaded or fried items. Please check with sushi chefs for availability. Straight sashimi or nigiri should generally be acceptable.