

GLUTEN-FRIENDLY MENU

JUST FOR STARTERS

CHICKEN WINGS

Baked in the buff then tossed in your choice of mild, medium, hot or Sriracha sauce.

Served with blue cheese dressing, carrots and celery sticks.

1 lb. for \$12.95 • 2 lbs. for \$24.95

WARM SPINACH & ARTICHOKE DIP

Freshly prepared in-Pub, topped with green onions and served with carrots,

celery and cucumbers for dipping. \$11.95

SALADS

COBB SALAD

Hand-cut smoked bacon, fresh pulled chicken, roasted grape tomatoes, cucumber, shredded cheddar cheese and crumbled blue cheese with a hard-boiled egg over crisp romaine.

Finished with our own honey-mustard vinaigrette. \$16.50

BEET SALAD

Fresh, marinated and roasted beets with market greens, pickled onions, cucumbers, crumbled blue cheese, walnuts and our Strongbow cider-citrus vinaigrette. \$12.95

CAESAR SALAD

Crisp romaine, Parmesan cheese and bacon. \$10.95

SPINACH & ARUGULA SALAD

Baby spinach, arugula and radicchio, with sliced strawberries, spicy almonds, toasted pumpkin seeds, red onion and goat cheese then tossed with our own honey-citrus vinaigrette. \$13.50

FARMER'S SALAD

Roasted Yukon gold potatoes, grilled red onion and spinach tossed in our own honey-mustard vinaigrette. Topped with bacon, green onions and a hard-boiled egg. \$12.95

ADD
TO ANY OF
OUR SALADS

Grilled chicken breast for \$5.00

4 oz. grilled Atlantic salmon for \$6.00

Garlic-lemon, marinated grilled shrimp for \$6.00

Flat iron steak for \$7.00

Men are like bagpipes: No sound comes from them until they're full.

Fionn MacCool's, D'Arcy McGee's, Paddy Flaherty's and Tír Nan Óg fry in trans-fat free oil. Some items may contain, or have come in contact with nuts. Please ask your server. ©Registered trademarks of Cara Operations Limited.

ENTRÉES

CHICKEN FETTUCCHINE

Grilled chicken and asparagus tossed with gluten-free pasta in a made-in-Pub lemon-cream sauce. Finished with shaved Parmesan. **\$15.95**

ATLANTIC SALMON

Grilled Atlantic salmon butter-brushed served with grilled asparagus, jasmine rice and lemon. **\$20.50**

8 OZ. SIRLOIN

8 oz. Alberta top sirloin grilled to order with sautéed mushrooms, grilled tomato and buttermilk mashed potatoes. **\$23.95**

BACON-WRAPPED CHICKEN

Oven-roasted chicken breast wrapped in smoky bacon. Served with a made-in-Pub roasted garlic cream sauce, button mushrooms, grilled asparagus and jasmine rice. **\$17.95**

BUTTER CHICKEN CURRY

Chicken and onions seasoned in traditional spices with green peas simmered in a mild, creamy curry sauce. Comes with jasmine rice. **\$15.75**

CAULIFLOWER CURRY

Fresh roasted cauliflower, tomatoes, chickpeas, roasted red peppers and green peas simmered in a spicy Vindaloo curry sauce. Comes with jasmine rice. **\$12.95**

SHRIMP FETTUCCHINE

Sautéed shrimp with roasted garlic and baby spinach tossed in a fire-roasted red pepper sauce with gluten-free pasta. **\$16.95**

BURGERS & SANDWICHES



GLUTEN FREE BUN

Our burgers are 7 oz. fresh Canadian ground chuck patties served on a gluten-free bun with a dill pickle spear. Burgers and sandwiches come with your choice of a market green salad or a Caesar salad.

STRAIGHT-UP BURGER

Ground chuck patty with our own tangy 'All Dressed' mayo, lettuce, sliced hothouse tomato and bread & butter pickles. **\$14.95** Make it a Bacon Cheeseburger for **\$3.00**



ADD-ONS & SUBS

Dublin your excitement!

Cheddar Cheese **\$1⁵⁰**

Crispy Bacon **\$1⁵⁰**

Sautéed Mushrooms **\$1**

Roasted Red Peppers **\$1**

Thick-Cut Bacon **\$2**

Guacamole **\$1⁵⁰**

THE CLUB

Fresh pulled chicken, crispy bacon, aged cheddar cheese, lettuce, sliced hothouse tomato and cranberry mayo on a gluten-free bun.

\$14.95

GRILLED CHICKEN SANDWICH

Grilled chicken breast, market greens, sliced hothouse tomato, havarti cheese, crispy bacon and roasted red pepper mayo on a gluten-free bun.

\$15.95

SIDES

Mashed Potatoes • Jasmine Rice • Grilled Vegetables • Caesar Salad (no croutons) • Market Green Salad

DESSERT

VANILLA ICE CREAM Two scoops. **\$4.50**

SAUCES

Fire-Roasted Red Pepper Sauce • Dubliners Sauce • Strongbow Cider-Citrus Vinaigrette Dressing • Sour Cream with Chives Dip • Blue Cheese Dressing • Salsa • Rebel Rock Sauce • Caesar Dressing • Honey Citrus dressing • Honey Mustard Dressing • Dungloe Sauce

Our gluten-sensitive menu options are prepared with gluten free ingredients. When a Guest orders a gluten-sensitive menu item, we clean and sanitize the work and cooking area surfaces, utensils, cutlery, platters, dishes, cutting boards and equipment that will come in contact with the food being prepared for the gluten-sensitive offering. As is the case in all non-dedicated kitchens, even though we follow these procedures for handling and preparation, there is possibility of cross contamination occurring. Therefore, we cannot guarantee that a menu item is gluten/allergen free because of the number of contaminants and constraints we face in each kitchen.

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