

# 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 | 750-920 CALS • 2 lbs. for \$24.50 | 1500-1840 CALS

### WARM SPINACH & ARTICHOKE DIP

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

celery and cucumbers for dipping. \$11.95 | 675 CALS

## 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. \$15.95 | 670 CALS

### BEEF SALAD

Fresh, marinated and roasted beets with market greens, pickled onions, cucumbers, crumbled blue cheese, walnuts and our Strongbow cider-citrus vinaigrette. \$12.50 | 420 CALS

### CAESAR SALAD

Crisp romaine, Parmesan cheese and bacon. \$10.95 | 510 CALS

### 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. \$12.95 | 680 CALS

### 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 | 600 CALS

**ADD**  
TO ANY OF  
OUR SALADS

Grilled chicken breast for \$4.50 | 330 CALS

4 oz. grilled Atlantic salmon for \$5.50 | 300 CALS

Garlic-lemon, marinated grilled shrimp for \$5.50 | 90 CALS

Flat iron steak for \$6.50 | 280 CALS

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

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Plus applicable taxes. Must be legal drinking age. Please enjoy responsibly. Fionn MacCool's, D'Arcy McGee's, Paddy Flaherty's and Tir 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.

ON-BB-GF-2016

# ENTRÉES

## CHICKEN FETTUCCINE

Grilled chicken and asparagus tossed with gluten-free pasta in a made-in-Pub lemon-cream sauce. Finished with shaved Parmesan. **\$15.50 | 1030 CALS**

## ATLANTIC SALMON

Grilled Atlantic salmon butter-brushed served with grilled asparagus, jasmine rice and lemon. **\$19.75 | 1050 CALS**

## 8 OZ. SIRLOIN

8 oz. Alberta top sirloin grilled to order with sautéed mushrooms, grilled tomato and buttermilk mashed potatoes. **\$23.50 | 570 CALS**

## 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. **\$16.95 | 1210 CALS**

## BUTTER CHICKEN CURRY

Chicken and onions seasoned in traditional spices with green peas simmered in a mild, creamy curry sauce. Comes with jasmine rice. **\$15.50 | 720 CALS**

## 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 | 760 CALS**

## SHRIMP FETTUCCINE

Sautéed shrimp with roasted garlic and baby spinach tossed in a fire-roasted red pepper sauce with gluten-free pasta. **\$16.50 | 800 CALS**

# 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. **\$14.50 | 1160-1250 CALS** Make it a Bacon Cheeseburger for **\$2.50 | 520 CALS**

## ADD-ONS & SUBS

Dublin your excitement!

Cheddar Cheese **\$1<sup>50</sup> | 230 CALS**

Crispy Bacon **\$1 | 290 CALS**

Sautéed Mushrooms **\$1 | 80 CALS**

Roasted Red Peppers **\$1 | 50 CALS**

Thick-Cut Bacon **\$2 | 420 CALS**

Guacamole **\$1<sup>50</sup> | 200 CALS**

## THE CLUB

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

**\$13.95 | 1240-1310 CALS**

## 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.

**\$14.95 | 1300-1370 CALS**

## SIDES

Mashed Potatoes **210 CALS** • Jasmine Rice **300 CALS** • Grilled Vegetables **70 CALS** • Caesar Salad (no croutons) **300 CALS** • Market Green Salad **410 CALS**

# DESSERT

**VANILLA ICE CREAM** Two scoops. **\$4.50 | 170 CALS**

## 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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