

MULLIGAN'S

BEACH & SPORTS BAR



GLUTEN FREE MENU

BREAKFAST

SERVED TILL NOON DAILY

BREAKFAST PLATTER \$12.99

Two eggs any style, four strips of bacon served with fresh fruit

STEAK N EGGS \$19.99

6oz sirloin with two eggs any style, served with fresh fruit

SIMPLE & FIT PLATTER \$13.99

Scrambled egg whites & fresh fruit

YOGURT FRUIT PARFAIT \$12.99

Creamy yogurt loaded with berries

SOUTH OF THE BORDER OMELETTE \$15.99

Cheddar jack cheese, tomatoes, jalapenos & salsa together for a spicy start, served with fresh fruit

VEGETABLE OMELETTE \$15.99

Spinach, onion, tomatoes, peppers, mushrooms & Parmesan cheese

APPETIZERS

JUMO SHRIMP COCKTAIL \$3.99ea

Seriously...these are JUMBO!

PEEL & EAT SHRIMP \$15.99

One dozen fun to peel & eat shrimp with cocktail sauce

OYSTERS \$MKT

Served on the 1/2 shell



www.mulligansbeachhouse.com

LUNCH/DINNER

SERVED DAILY AT 11AM

SALAD

SALMON SUMMER SALAD \$23.99

Our house salad dressed up with fresh berry & orange accessories topped with grilled salmon, served with raspberry vinaigrette dressing

CHICKEN GORGONZOLA SALAD \$20.99

Grilled chicken, mandarin oranges, cranberries & topped with gorgonzola cheese

BEACH HOUSE CHICKEN SALAD \$20.99

Grilled chicken breast on top of fresh mixed greens, tomatoes & cucumbers

ENTREES

BLACKENED SEARED TUNA \$27.99

Tuna steak cooked rare with our blackened seasonings for a spicy feast

SIRLOIN STEAK \$25.99

Tender 10oz sirloin cooked to your liking

CARIBBEAN PINEAPPLE MAHI \$26.99

Fresh mahi mahi blackened or grilled, topped with Mulligan's pineapple salsa.

MANGO SHRIMP \$28.99

Mango marinated shrimp topped with our homemade mango salsa

SUNRISE SALMON \$27.99

Grilled salmon filet with rich hollandaise sauce on top

NO BUNS

FRESH MAHI \$17.99

Choose from grilled or blackened. Served with fruit or vegetables

CHICKEN IN PARADISE \$15.99

Chooses from grilled or blackened. Served with fruit or vegetables



MANGO SHRIMP

*Gluten free version not served with rice

DRINKS

GARDEN FRESH MOJITO \$13.99

The original! Fresh limes & mint mixed with Bacardi Rum for a garden fresh flavor

COOL CUCUMBER \$13.99

Fresh sliced cucumbers, mint & lime with Bacardi rum...ahhh...so refreshing

MARGARITA \$13.99

Served with El Jimador 100% Agave silver tequila and our special mixes

ULTIMATE MARGARITA \$20.99

Go Big or Go Home! Made with Cuervo 1800 Tequila, Gran Gala & Agave Nectar for a true ultimate margarita

