



GLUTEN FREE MENU

BREAKFAST

SERVED TILL NOON DAILY

BREAKFAST PLATTER \$12.99

Two eggs any style, four strips of bacon 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

PEEL & EAT SHRIMP \$15.99

One dozen fun to peel & eat shrimp with cocktail sauce

OYSTERS \$MKT

Served on the 1/2 shell



LUNCH/DINNER

SERVED DAILY AT 11AM

SALAD

CHICKEN GORGONZOLA SALAD \$20.99

Grilled chicken, cranberries & topped with gorgonzola cheese

BEACH HOUSE CHICKEN SALAD \$19.99

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.

SUNRISE SALMON \$27.99

Grilled salmon filet with rich hollandaise sauce on top

NO BUNS

FRESH MAHI \$20.99

Choose from grilled or blackened.
Served with fruit or vegetables

CHICKEN IN PARADISE \$17.99

Chooses from grilled or blackened.
Served with fruit or vegetables



CARIBBEAN PINEAPPLE MAHI

*Gluten free version not served with rice

DRINKS

GARDEN FRESH MOJITO \$12.99

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

COOL CUCUMBER \$13.49

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

MARGARITA \$12.99

Served with Jose Cuervo 100% Agave silver tequila and our special mixes

ULTIMATE MARGARITA \$19.99

The best Margarita served with Patron tequila.

