



Gluten Free Menu Options

Appetizers

P&O Cheese Dip/9

Park & Oak Pimento Cheese, Crisp Vegetables

Crispy Chicken Wings/12

Alabama White Sauce, Carolina Mustard BBQ

Slow Cooked Beef Chili/7

Avocado Cream, Cotija Cheese

Roasted Tomato Soup/6

Parmesan, Chives

CT 'Deviled' Eggs/8

Park&Oak Pimento Cheese, Crispy Parmesan

Pan Roasted Brussels Sprouts/9

Candied Bacon, Pickled Red Onion, Sambal Aioli

Roasted Sweet Potatoes/9

Grilled Bell Pepper Relish, Goat Cheese

Salads

Chopped Romaine Salad/9

Tomatoes, Avocado, Asparagus, Egg, Blue Cheese Crumbles, Red Wine Vinaigrette

Roasted Beet Salad/8

Red Beets, Green Apple, Goat Cheese, Arugula, Champagne Vinaigrette

Green Salad/7

Mixed Greens, Cucumber, Fresh Herbs, Local Honey-Balsamic Dressing

Kale Salad/9

Pomegranate Seeds, Red Onion, Parmesan, Creamy Orange Garlic Dressing

Salad Additions:

Grilled Chicken Breast/4, Garlic Shrimp/6

Atlantic Salmon/7

Entrees

BBQ Salmon Filet/22

Red Beans, Carolina Rice

Low Country Shrimp and Grits/23

Sauteed Shrimp, Grit Girl Grits, Tasso Ham, Roasted Mushrooms, Lobster Sauce

Pan Roasted Idaho Trout 'Almandine'/20

Creamy Mashed Potatoes, Toasted Almonds, Lemon-Brown Butter

Blackened Fish Tacos/16

Lettuce Wraps, Cabbage Slaw, Avocado, Jalapeno-Lime Sauce

Roasted 'Free Bird' Chicken Breast/19

Spaghetti Squash, Sauteed Spinach, Balsamic Reduction

Seared Sea Scallops/25

Roasted Cauliflower, Asparagus, Pumpkin Seeds, Saffron Sauce

Mushroom & Truffle Cavatelli/17

Gluten Free Pasta, Parmesan

Sandwiches

All Sandwiches Served with Green Salad. Sub French Fries/1 or Sweet Potato Fries/2

Angus Beef Burger/16

8oz, Angus Beef, Cheddar Cheese, Lettuce, Tomato, Onion, Burger Sauce, Gluten-Free Bun

Veggie Burger-'the Beyond Burger'/14

Lettuce, Tomato, Home-made Pickles, Lemon Aioli, Gluten-Free Bun

Cod Sandwich/15

Blackened or Roasted, Lettuce, Tomato, Coleslaw, Spicy Mayo, Gluten Free Bun