

Gluten Friendly Options

10/24/24



Please let your server know that you are ordering a **Gluten Friendly** menu item. Please be aware that while items do not include gluten, they are prepared in an environment around gluten.

Broiled Haddock

Haddock filet fresh from the North Atlantic, broiled to order in real butter. Served with two side choices.

Haddock Sandwich

A half pound of Haddock filet fresh from the North Atlantic, broiled to order in real butter, topped with a slice of American cheese served on a gluten free hamburger roll. Served with one side choice. *(Order Haddock Sandwich broiled with GF roll **Add \$2.50**)*

Roasted Turkey Breast

Roasted Turkey breast served with two side choices. *(Order Turkey & Trimmings with no gravy or stuffing)*

Hamburger/Cheeseburger

Our 6 oz Certified Angus beef burger patty grilled to perfection and topped with a slice of cheese on a gluten free bun. Served with your choice of a side. *(Order with a GF hamburger roll **Add \$2.50**)*

Farmhouse Salad

A blend of romaine lettuce and spinach tossed with apple cider vinaigrette and topped with beets, roasted butternut squash, crumbled feta, and pumpkin seeds. (Add Grilled Chicken \$4)

Turkey Chef Salad

Fresh romaine lettuce and greens, grape tomatoes, cucumbers, red onion, boiled eggs, American and cheddar cheese, turkey, and your favorite dressing.

Broiled Scallops

Fresh sea scallops broiled in real butter. Served with your choice of two sides.

Broiled Baby Shrimp

Fresh juicy baby shrimp broiled in real butter. Served with two side choices. *(Order Baby Shrimp broiled not fried.)*

Grilled Chicken Fingers

Fresh chicken fingers grilled to perfection. Served with your choice of two sides. *(Order our chicken fingers grilled not fried.)*

Garden Salad

Fresh greens topped with grape tomatoes, sliced cucumbers, and red onions. Served with your favorite dressing. (Add Grilled Chicken \$4)

Blueberry Beet Salad

A blend of spinach and romaine lettuce topped with Maine blueberries, roasted beets, candied walnuts, feta cheese, and balsamic dressing. (Add Grilled Chicken \$4)

Harvest Rice Bowl

Steamed Brown Rice sauteed with Garlic Parmesan Sauce (GF) Beets, and Roasted Squash, topped with pumpkin seeds and feta cheese. (Add Grilled Chicken \$4)

Gluten Friendly Sides:

Baked Potato (Available after 4PM) • Vegetable of the day
• Sauteed Beets with Feta • Brown Rice • Garden Salad
(Add \$2.50)

Gluten Friendly Dressing Choices: Lite Ranch, Thousand Island, Creamy Caesar, Bleu Cheese, Balsamic Vinaigrette, Apple Cider Vinaigrette

*We have created this menu guide for our sensitive dining guests. Please be aware that we cannot be responsible for individual reactions to any food products or guarantee that the food we serve is free from any allergen. Governor's Restaurant is providing this information for educational purposes only, in no way should it be considered medical advice. Governor's disclaims all responsibility related to the use of this information. If you have any questions regarding whether eating particular foods may cause an allergic reaction for you, please speak with your physician.