



## Some of Maynard's Gluten Free Options

### Appetizers

Ahi Tuna

Buffalo Wings (BBQ or Buffalo style)

French Onion Soup/ **when ordered without bread**

### Salads

Maynard's Steakhouse Salad

Ahi Tuna Salad

Chop Salad/ **when ordered without wontons**

Cobb Salad/ **when ordered with plain chicken breast**

Marine Salad/ **when ordered without imitation crab**

### Low Carb and Low Fat

Low Carb Burger

Grilled Salmon

# Burgers

All burgers ordered with no bun are gluten free.

Pepper Burger

Patty Melt

Tillamook Burger

California Burger

Combo Burger (mushrooms, cheese and bacon)

Texas BBQ Burger

Turkey Burger

# Entrees

Chilean Sea Bass

Pan Fried Walleye/ if broiled with only salt

Teriyaki or Plain Sirloin

Filet

Cajun Pork Chops

New York Pepper Steak/ if ordered without pepper sauce

Filet and Shrimp/ if shrimp ordered broiled or grilled

# Sandwiches, etc.

Halibut Fish and Chips/ if ordered broiled with only salt

Fish and chips/ if ordered broiled with only salt

Cuban Sandwich/ if ordered without bread

Maynard's Chicken Breast Sandwich/ if ordered with no bun and plain chicken breast

# Sides

Fresh Vegetables

Fruit

Cole Slaw

**Our gluten free dressings are:** Louie, Blue Cheese, Ranch, and Balsamic Vinaigrette.

**Our gluten free sauces are:** BBQ, Ketchup, Mustard, and Seasoned Sour Cream.