



Some of Maynard's Gluten Free Options

(Please inform your Server that you need a gluten free item!)

Appetizers

Ahi Tuna

French Onion Soup/ when ordered without bread

Steak Bites/ when ordered without onion straws

Salads

Maynard's Steakhouse Salad when ordered without toast

Ahi Tuna Salad when ordered without wontons

Chop Salad/ when ordered without wontons

Cobb Salad/ when ordered with plain chicken breast

Marine Salad/ when ordered without imitation crab

Frannies Chicken Salad/ when ordered with plain chicken breast

Fruit Plate (lunch menu ONLY)

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 is 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**

Chicken Philly/ **If ordered with no teriyaki and no bun**

Sides

Fresh Vegetables

Asparagus

Fruit

Rice Pilaf

Cole Slaw

American Fries

Baked potato

Cottage Cheese

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

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

***All of our cheese is Gluten Free**