

GLUTEN FREE

STARTERS

- CEVICHE** (please specify without chips) | 14
- LEMON-GARLIC HUMMUS** (please specify without lavash, sub carrot & celery sticks) | 13
- SHRIMP COCKTAIL** | 15
- BALTIMORE CRAB DIP** (please specify without chips, sub carrot & celery sticks) | 18
- TUNA TARTARE*** (please specify without soy based sauces & wontons) | 17
- HOUSE OR CAESAR SALAD** (please specify without croutons) | 10

OYSTERS ON A HALF SHELL*

- half dozen | 19
- full dozen | 35

SANDWICHES & SALADS

- CLASSIC CHEESEBURGER*** lettuce, tomato, pickle, onion, mayo, cheddar (please specify without bun) | 16
- LOBSTER ROLL** fresh Atlantic lobster, "the good butter" (please specify without bun) | 24
- CHICKEN CIABATTA** roasted peppers, onion, bacon, jack chese, chipotle mayo (please specify without bread) | 16
- SUNSET CHOP SALAD** smoked salmon, arugula, tomato, asiago, dried cranberries, pepitas, buttermilk pesto dressing (please specify without couscous) | 18
- SEARED AHI TUNA SALAD*** seasonal greens, roasted peppers, onion, mango, avocado, feta, spiced pecans, champagne vinaigrette | 22
- NEWPORTER SALAD** grilled chicken, seasonal greens, tomato, bacon, apple, chopped egg, carrot, candied pistachios, dried cranberries, feta, parmesan crisps, honey-lime vinaigrette | 18
- TUNA POKE** ahi tuna, mushroom basmati rice, macadamia nuts, salted edamame, red bell pepper, carrot, cucumber, togarashi mango, pickled fresno pepper (please specify without ginger-soy marinade) | 19
- SHRIMP LOUIE** jumbo gulf shrimp, iceberg wedge, tomato, avocado, thousand island, champagne vinaigrette | 18
- CAESAR SALAD** crisp romaine, grated parmesan (please specify without croutons) | 13
 - + CHICKEN | 16
 - + CEDAR PLANK SALMON | 20
 - + AHI SESAME TUNA | 21

GLUTEN FREE SALAD DRESSINGS

- BLEU CHEESE • BUTTERMILK PESTO • CAESAR • CHAMPAGNE VINAIGRETTE • HERBAL VINAIGRETTE
- HONEY-LIME VINAIGRETTE • HONEY MUSTARD • RANCH • THOUSAND ISLAND

ENTRÉES

- GROUPEL VERA CRUZ** artichokes, capers, tomato, kalamata olive, onion, peppers, lemon basmati rice, beurre blanc | 25
- RAINBOW TROUT** grilled or blackened, rice, seasonal vegetables | 25
- CEDAR PLANK SALMON*** maple glazed, caramelized onion, horseradish sauce, seasonal vegetables | 33
- FISH TACOS** grilled or blackened haddock, coleslaw, spicy cucumber salsa, shredded cheese, cilantro, your choice of market side (please specify without taco sauce) | 19
- NEW ORLEANS BAYOU SHRIMP** corn basmati rice, bayou butter sauce (please specify without fried okra and bread) | 19
- HAND CUT FILET*** 7 oz filet, whipped potatoes, seasonal vegetables, house salad (please specify without croutons) | 39
- PORK CHOP*** mustard & herb seasoned bone in pork chop, mushroom caper sauce, whipped potatoes, seasonal vegetables | 25
 - + Small house or caesar salad to accompany your entrée (please specify without croutons) | 9

MARKET SIDES 7 EACH

- BROCCOLI | COLESLAW | SEASONAL VEGETABLES | WHIPPED POTATOES | LEMON BASMATI RICE

DESSERTS

- TILLAMOOK VANILLA ICE CREAM** cup or bowl | 4/6
- BERRIES & CREAM** seasonal berries, house-made whipped cream | 5



We are concerned for your well being. If you have allergies, please alert us as not all ingredients are listed. *We are obliged to tell you that consuming raw or undercooked meat, seafood, or eggs may increase your risk of foodborne illness.

We created this menu for our gluten intolerant guests. Please be aware that the handcrafted nature of our menu items, variety of procedures in our kitchens, cross-contamination with ingredients or equipment (such as shared fryers) containing gluten, and our reliance on information obtained from our suppliers may result in variations in the ingredients of these menu items. No allergen or nutritional information provided should be considered a guarantee, but simply a best faith effort to serve our guests.

It is ultimately our guests' discretion to make an informed choice based upon their individual dietary needs.

Hefner Grill and its employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants.

ENJOY YOUR TIME WITH US. CHEERS!