

EST. 2010

HEFNER GRILL

LAKE HEFNER

GLUTEN FREE

STARTERS

- AHI SESAME TUNA* (please specify without soy based sauces) | 18
- BALTIMORE CRAB DIP (please specify with carrot & celery sticks) | 14
- SHRIMP COCKTAIL | 14
- HOUSE OR CAESAR SALAD (please specify without croutons) | 8
- LEMON-GARLIC HUMMUS (please specify with carrot & celery sticks) | 10

OYSTERS ON A HALF SHELL *

- half dozen | 15
- full dozen | 28

SANDWICHES & SALADS

- CLASSIC CHEESEBURGER* lettuce, tomato, pickle, onion, mayo, cheddar (please specify without bun, sub lettuce wrap) | 14
- LOBSTER ROLL shaved fennel, diced celery, mixed greens, lemon aioli (please specify without brioche, sub lettuce wrap) | 21
- SEARED AHI TUNA SALAD* roasted peppers, onion, mango, avocado, feta, spiced pecans, champagne vinaigrette | 18
- NEWPORTER SALAD grilled chicken, seasonal greens, tomato, bacon, apple, chopped egg, carrot, candied pistachios, dried cranberries, feta, parmesan crisps, honey-lime vinaigrette | 16
- SHRIMP LOUIE jumbo gulf shrimp, iceberg wedge, tomato, avocado, thousand island, champagne vinaigrette | 16
- SUNSET CHOP SALAD smoked salmon, arugula, tomato, asiago, dried cranberries, pepitas, buttermilk pesto dressing (please specify without couscous) | 17
- CAESAR SALAD crisp romaine, grated parmesan (please specify without croutons) | 10
 - + CHICKEN | 13
 - + CEDAR PLANK SALMON | 19
 - + AHI SESAME TUNA | 20

GLUTEN FREE SALAD DRESSINGS

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

ENTRÉES

- GROUPER VERA CRUZ artichokes, capers, tomato, kalamata olive, onion, peppers, lemon basmati rice, beurre blanc | 23
- RAINBOW TROUT grilled or blackened, whipped potatoes, seasonal vegetables | 20
- CEDAR PLANK SALMON* maple glazed, caramelized onion, horseradish sauce, seasonal vegetables | 26
- FISH TACOS haddock, coleslaw, spicy cucumber salsa, shredded cheese, cilantro, your choice of market side (please specify grilled haddock and without taco sauce) | 15
- BAYOU SHRIMP lemon basmati rice, steamed corn, bayou butter sauce (please specify without fried okra and bread) | 18
- PORK CHOP* mustard & herb seasoned bone in pork chop, mushroom caper sauce, whipped potatoes, seasonal vegetables | 19
- HAND CUT FILET* 7 oz filet, whipped potatoes, seasonal vegetables, house salad (please specify without croutons) | 29
 - + Small house or caesar salad to accompany your entrée (please specify without croutons) | 7

MARKET SIDES

- RATATOUILLE 6
- BROCCOLINI 5
- COLESLAW 5
- SEASONAL VEGETABLES 5
- WHIPPED POTATOES 5
- LEMON BASMATI RICE 5

DESSERTS

- TILLAMOOK VANILLA ICE CREAM cup or bowl | 3/5
- BERRIES & CREAM seasonal berries, house-made whipped cream | 3

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!