

# GLUTEN-FREE

Seafood is a healthy choice when dining out. It's naturally low in fat and calories and is loaded with Omega-3 fatty acids, good for your heart and mind. Here you'll find some Rockfish favorites, modified to help you manage your gluten-free diet while dining with us.

## { STARTERS } A SMALL CATCH, BUT NOT ONE YOU THROW BACK!

<b>SHRIMP COCKTAIL</b>	6-Tail	<b>7.90</b>	<b>RAW OYSTERS DOZEN</b> when available	<b>MKT</b>
	12-Tail	<b>12.96</b>		
<b>MEXICAN SHRIMP MARTINI</b>		<b>7.39</b>	<b>RAW OYSTERS HALF DOZEN</b> when available	<b>MKT</b>

no tortilla chips, may substitute celery sticks

## { SALADS & SOUP } LETTUCE JUST MADE SOME PRETTY COOL FRIENDS.

all salads served without croutons

<b>TOSSED SHRIMP COBB SALAD</b> as listed on menu	<b>8.98</b>	<b>SOUTHWEST GRILLED CHICKEN CAESAR SALAD</b> no tortilla strips	<b>8.25</b>
<b>PACIFIC COVE CRAB SALAD</b> as listed on menu	<b>9.72</b>	<b>SEARED AHI TUNA SALAD</b> no shallot vinaigrette	<b>9.98</b>
<b>ROARING RIVER SALMON SALAD</b> no croutons	<b>10.28</b>	<b>SMALL HOUSE SALAD</b> no croutons	<b>3.83</b>
<b>MEDITERRANEAN GREEK SALAD</b> pan-seared calamari	<b>8.43</b>	<b>SMALL SOUTHWEST CAESAR SALAD</b> no tortilla strips	<b>3.83</b>
	sub shrimp		
<b>BOSTON CLAM CHOWDER</b>	cup	<b>3.80</b>	<b>CHOOSE FROM OUR DRESSINGS:</b> <b>BLEU CHEESE, GREEK, HONEY MUSTARD</b> <b>HIDDEN VALLEY® RANCH, CAESAR,</b> <b>FAT FREE SUN-DRIED TOMATO VINAIGRETTE</b>
	bowl	<b>5.33</b>	

## BE THE CHEF

### 1. CHOOSE A FRESH FISH

- NORTH ATLANTIC SALMON** 11.97  
robust and moist flavor
- PERCH** 10.98  
flaky, mildly flavored, medium firm
- TILAPIA** 10.98  
sweet tasting, lean and tender
- TROPHY RAINBOW TROUT** 12.13  
delicate nutty flavor, soft texture
- AHI TUNA** 10.76  
bold and meaty flavor
- U.S. FARM-RAISED CATFISH** 11.11  
sweet, mild taste, firm texture
- SHRIMP** 11.29  
eight not-so-shrimpy shrimp
- ALASKAN FLOUNDER** 11.34  
pure white, lean and delicate
- CHICKEN** 8.88

### 2. CHOOSE A PREP STYLE

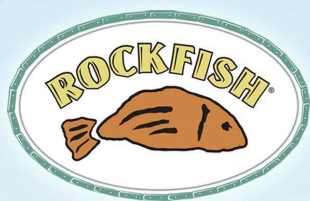
- GRILLED**     **BLACKENED**

### 3. CHOOSE A SAUCE

- LEMON-BUTTER**  
a delicate sauce
- TOMATILLO SALSA**  
healthy, light and fresh

### 3. CHOOSE TWO SIDES

- APPLE CIDER SLAW**
- SAUTÉED SPINACH**
- BROCCOLI**
- CREAMED CORN**
- GARLIC WHIPPED POTATOES**
- NEW POTATOES**
- LOADED WHIPPED POTATOES**
- SEASONAL VEGETABLES**
- WHITE RICE**
- GREEN BEANS**



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## ENTRÉES

FROM OUR HEART TO YOUR SOLE!

### CEDAR PLANK SALMON

no Asian BBQ glaze

14.81

### CAMPFIRE SMOKED RIBS

no waffle fries

13.92

### CHICKEN MONTEREY

no rice pilaf

9.67

### TILAPIA IN THE BAG

no rice pilaf

11.59

### SIRLOIN STEAK

14.26

### STEAMER PLATTERS

MKT

may include any combination of Snow and King Crab, Crawfish and Shrimp served with boiled new potatoes and corn on the cob.

Please ask your server for today's availability.

## LITTLE GUPPIES

BRAINFOOD FOR YOUR SCHOOL OF FISH.

### GRILLED CHICKEN FINGERS

served with one side item

4.47

### GRILLED TILAPIA

served with one side item

4.98

## SIDES

### MIXED VEGGIES

### APPLESAUCE

### WHITE RICE

### WHIPPED POTATOES

## CONDIMENTS

SPICE UP YOUR LIFE!

### COCKTAIL SAUCE

### GARLIC BUTTER

### LEMON BUTTER SAUCE

### MARINARA SAUCE

### RANCH DRESSING

### FOR DIPPING

### REMOULADE SAUCE

### TARTAR SAUCE

### SMOKED ANCHO

### CHILI AIOLI

### BBQ SAUCE

### HONEY BUTTER SAUCE

## DESSERT

### BLUE BELL VANILLA ICE CREAM

with chocolate sauce

1.22

## BEVERAGES



The nutritional and allergen information disseminated by Rockfish Seafood Grill was prepared by Nutritional Information Services (NIS, www.nistrn.com). Rockfish Seafood Grill cannot guarantee no cross-contamination. All menu items listed herein were examined for the presence of wheat (Be further advised that the designation "wheat" includes the grains barley, oats, rye and Triticale).

Rockfish Seafood Grill and NIS assume no responsibility for errors in labeling or changes in ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions and activities of the suppliers, distributors, and purveyors of said ingredients and products. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please speak directly with your physician.

There is a risk associated with consuming raw oysters, raw or undercooked beef, poultry, seafood, shellfish and eggs or any other animal proteins. If unsure of your risk, consult your physician as consuming may increase your risk of food-borne illness.