# A Menu for the Gluten Free Enthusiast

Gluten is a general name for the proteins found in wheat, rye and barley. Gluten is an elastic substance that gives cohesiveness to dough and foods.

Please know that we are not a gluten free restaurant. Flour, breads and cakes live in our kitchen. Beware of crutons on the salads, avoid cream soups, french fries or pastas.

# GF APPETIZERS

### Oysters Rockefeller 21.

Baked hot on the half shell with prepared spinach and a Hollandaise sauce

Parisian Steak Tartare 19. Ahi Tuna Tatare with Avocado 19.

**ORDER WITHOUT TOASTS** 

Blue Point Oysters 14.99

Shrimp Cocktail 19.

## Seafood Tower 125.

King Crab Legs 1 pound • U-10 Prawns Lobster Tail • Blue Point Oysters Chilled on Ice with Sauces

# LOVELY GF SALADS

Please remember to order your salads without crutons.

## Burrata Caprese Salad 13.99

Tomato, onion, avocado, balsamic tossed greens cream filled mozzarella and fresh basil pesto.

Classic Wedge Salad 9.99 or 5.99 with dinner Iceberg lettuce with tomato, bacon and Wisconsin Bleu cheese dressing.

## Cajun Chicken Caesar Salad 15.99

Romaine lettuce, fresh grated Parmesan cheese, garlic crutons and creamy classic Caesar dressing topped with a sliced, hot blackened chicken breast.

#### Classic "Cobb" Salad

Wisconsin bleu cheese, avocado, tomato, egg, scallion and applewood smoked bacon on Romaine lettuce with chicken breast 19.

with 7oz lobster tail MP

Please choose one of our many salad dressings

#### Steak Salad 24.

Sliced filet mignon on a bed of exotic mixed greens with plum tomato, onion, avocado, cucumber, fresh basil, apple, grapes and walnuts tossed in a honey lemon balsamic dressing sprinkled with Wisconsin bleu cheese.

## Goat Cheese Salad 13.99

Assorted fresh greens with plum tomato, avocado, onion, cucumber, basil, grapes, apple and walnuts in a honey citrus balsamic dressing accented with black pepper crusted artisanal goat cheese.

## Strawberry Spinach Salad 13.99

Fresh spinach, strawberries, apples, pecans, onion, Applewood smoked bacon, hard boiled egg and fresh orange with a warm brown sugar bacon dressing.

# **GLUTEN FREE DINNER OPTIONS**

### Flaming Duck 32.

Well seasoned and slow roasted succulent one half duckling with orange sauce, wilted spinach and Chef's side dish.

### Rack of Lamb 39

Two lucious double chops chargrilled with E.V.O.O., lemon and herbs completed with Italian vegetables and Chef's side dish.

#### Chicken Paillard Buerre Blanc 25

Boneless skinless chicken breast pounded thin with a light lemon shallot butter over green beans and mushrooms finished with a roasted tomato and a sprinkle of capers.

#### Roast Chicken 26

Lemon and herb one-half chicken with Chef's side dish and fire grilled garden vegetables.

## Canadian Baby Back BBQ Ribs 28.99

One full slab with a zesty sweet sauce..

#### Vegetable Heaven 19.99

One magnificent vegetable presentation with Chef's side dish.

### Lobster Single, Twin or Trio MP

South African cold water 7 oz. tails baked in a water bath served with drawn Wisconsin butter.



### Alaskan King Crab Legs MP

with drawn butter The real thing! Split open for you. MP by the Pound

# **►** We would love to alter a fish special to suit you

# St. Charles Place Prime Steak House

## Steak Au Poivre Divine!

Our number 1 special!
Encrusted with black pepper finished in a fine cognac sauce with asparagus and Chef's side dish. Filet Mignon Medallions 33.
Center cut New York Strip 39.

## Filet Mignon 39.

The ultimate in tender and lean! An 11 ounce cut from the very center with mushrooms.

## Petite Filet Mignon 33.

Quite the perfect little steak. A 7 ounce cut with mushrooms.

## New York Strip 39.

A 16 ounce rich and highly flavorful Center cut with mushrooms.

## CHARGRILLED Rib Eye 65.

Most excellent flavor!

A 32-ounce steak on the bone marinated and fire grilled with mushrooms 

Please know that we are unable 
to finish this steak at well done temperatures 
...and strongly suggest never rare!

## Roast Prime Rib Au Jus

Well seasoned and slow roasted for the most delicious slice of roast beast. 22-ounce St. Charles cut *42*. 16-ounce regular cut *35*.

10-ounce skinny cut **29.**