

GLUTEN FREE MENU



MUG CLUB MEMBERS
GET 25% OFF THIS ITEM.

ALL ITEMS ON THIS MENU ARE MADE GLUTEN FREE!

POPULAR DISH

APPETIZERS

CANTINA NACHOS | 17

Cheddar and jack cheeses, black olive, pickled jalapeno, fresh salsa and sour cream. Add Guac \$4 | Chicken, BBQ Pulled Pork, Black Bean Chili, or Beef Chili \$5

SEARED TUNA SASHIMI* | 16

Sesame crusted sushi grade rare tuna with orange-soy glaze, wasabi and pickled ginger

WARM CRAB RANGOON DIP | 15

Atlantic crab and cream cheese laced with sweet chili sauce, and served with tortilla chips

HUMMUS & COUNTRY OLIVES | 14

Smooth hummus, "everything" seasoning, extra virgin olive oil, cut vegetables

WARM SPINACH AND ARTICHOKE DIP | 15

Creamy spinach and artichoke topped with oven-melted mozzarella. Served with tortilla chips

SOUPS

NEW ENGLAND CLAM CHOWDER | CUP 10 • BOWL 13

Our 25-year gluten-free recipe made with cut clams and Maine potatoes

NON-TRADITIONAL LOBSTER BISQUE | 24

A Sea Dog version of creamy bisque and chunks of fresh lobster

BEEF & BEAN CHILI | REG 10 • LG 15

Beef and bean chili, pico de gallo, shredded cheese, tortilla chips

BLACK BEAN CHILI | REG 10 • LG 15

Bean and vegetable chili, pico de gallo, shredded cheese, tortilla chips

SIDES

COLE SLAW | 3

DEMI MARKET SALAD | 8

DEMI CAESAR | 7

GREEN BEANS | 7

MASHED POTATO | 7

RICE | 5

POTATO CHIPS | 2.50

SALADS

HOUSE CAESAR | 13

Chopped romaine tossed in our homemade dressing. Anchovies available upon request

BREWER'S COBB | 15

Mixed greens, cucumber, tomato, bacon, egg, avocado, crumbled blue cheese, blush vinaigrette

TOSSED CASHEW QUINOA | 15

Tri-colored quinoa, purple cabbage, red pepper, Bermuda onion, cucumber, carrot, edamame, cilantro, lime, cashew, Napa cabbage, sesame-peanut-ginger dressing

GRILLED GREEK CHICKEN | 19

Marinated chicken tenders, romaine, feta, cucumber, tomato, onion, kalamata olive, Greek dressing. Available with grilled shrimp or with our steak and artichoke skewer* \$25

MEXICAN STREET CORN | 14

Chopped iceberg topped with grilled corn, radish, avocado, tomato, cucumber, red pepper, cilantro, Cotija cheese, and avocado lime dressing

SALAD ADD ONS

GRILLED CHICKEN | 7

PAN-BLACKENED CHICKEN | 7

STEAK AND ARTICHOKE SKEWER* | 14

PAN-BLACKENED HADDOCK | 9

SHRIMP | 10

4 OZ. LOBSTER MEAT | 24

2 OZ. LOBSTER MEAT | 12

CRAB SALAD | 16

AHI TUNA* | 11



JOIN THE

MUG CLUB

ASK YOUR SERVER HOW TO JOIN!

* This food is or may be served raw or undercooked or may contain raw or undercooked foods. Consumption of this food may increase the risk of food borne illness. Please check with your physician if you have any questions about consuming raw or undercooked foods.

FOOD ALLERGENS: We take food safety seriously. Please inform your server of any and all food allergies or sensitivities that you or any member of your party may have so that we can inform you of our food allergen policy. Note: Anyone with an allergy requiring an epi-pen must inform our staff and must be able to show they have an epi-pen available. Thank you for your understanding.



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POPULAR DISH

SPECIALTY SANDWICHES

All sandwiches served on an Udi's GF bun with a pickle and your choice of potato chips, slaw, garden or Caesar salad, mashed potato or green beans. Add a junior chowder to any sandwich (+\$5)

MAINE LOBSTER ROLL | REG \$MKT • SUPER \$MKT
Lobster salad, shredded iceberg, butter grilled roll

GRILLED CRAB & HAVARTI | 24
A staff favorite. Cool north Atlantic crab salad and mellow Havarti cheese

GRILLED CORNED BEEF REUBEN | 21
House-braised corned beef, sauerkraut, Swiss, Thousand Island. Turkey available

BLACKENED HADDOCK | 22
Lettuce, tomato, with Cajun tartar

TURKEY BLT | 19
Roast turkey, bacon, lettuce, tomato, cranberry mayo

 **GRILLED PHILLY CHEESESTEAK | 21**
Our version with caramelized onion, diced peppers, mushrooms and melted American cheese

MEDITERRANEAN HUMMUS | 19
Hummus, greens, quinoa, garbanzo beans, pickled onion, cucumber, feta, roasted red pepper and Greek dressing

GRILLED BACON CHEDDAR CHICKEN | 21
Lettuce, tomato, mayo

MAIN COURSE


As a GMRI culinary partner, when available, our seafood is sustainably harvested from the Gulf of Maine waters.

HADDOCK "FISH & CHIPS" | 27.50
Broiled North Atlantic Haddock, choice of gluten-free side, cole slaw, tartar sauce

STEAK TIP "POUTINE"* | 28
Pan-seared tips, mashed potatoes, cheese curds, brown gravy

SEA DOG JAMBALAYA | 28
Shrimp, chicken, Andouille, peppers and onions, spicy rice

SHRIMP AND LOBSTER PASTA | 34
Tender claw and knuckle lobster, shrimp, lobster cream sauce, sundried tomato, chive, parmesan and lemon tossed with brown rice penne

 **CAJUN CHICKEN PASTA | 29**
Andouille, blackened chicken, roasted red peppers, tossed with garlic, cream, parmesan, tossed with brown rice penne

TASTY BURGERS

Our all-beef stackers are double 4 oz. patties on an Udi's GF bun, cooked medium-well with pickle and your choice of potato chips, slaw, garden or Caesar salad, green beans or mashed potato. Add a junior chowder to any burger (+\$5)
Add caramelized onions \$1 / bacon \$3


 **SEA DOG STACKER* | 19**
American cheese, lettuce, tomato, signature sauce

 **BBQ BACON CHEDDAR STACKER* | 21**
Hickory BBQ, lettuce & tomato

 **BACON BLUE STACKER* | 21**
Crumbled bleu cheese, bacon, lettuce & tomato

 **VOLCANO STACKER* | 20**
Sunny side up egg, pepper-jack, spicy relish, lettuce & tomato

 **GRILLED ONION STACKER* | 19**
Triple American cheese, lettuce & tomato, house pickle

 **PULLED PORK STACKER* | 25**
Two griddled patties, maple-jalapeno BBQ pulled pork, pickled jalapeno, pepper jack cheese, signature sauce, lettuce & tomato

 **GRILLED TURKEY BURGER | 19**
Avocado, cheddar cheese, garlic aioli, lettuce & tomato

 **VEGGIE SWEET POTATO BURGER | 20**
Pinto beans, rice, sweet potato, oats, pumpkin seed, quinoa, avocado, pickled vegetable, serrano aioli, lettuce & tomato