

TO OUR CUSTOMERS WITH GLUTEN SENSITIVITY:

The following menu choices are gluten-free:

BEANS
DIRTY RICE
POTATO SALAD
GARLIC MASHED POTATOES
STEAMED BROCCOLI
CANDIED YAMS
COLLARD GREENS
SUCCOTASH
POTLIKKERS
CORN PUDDING
KITCHEN SOUP
GUACAMOLE
SALSA
ATOMIC CORN RELISH
CAMEL CUSTARD

GRILLED FISH: SALMON, TUNA, MAHI, SWORDFISH

GRILLED SHRIMP AND SCALLOPS

(the fish sauce served on the side contains Dijon mustard, which may not be gluten free.)

GRILLED STEAK (**NOT STEAK TIPS!!**)

GRILLED CHICKEN BREAST

TUESDAY SPECIAL SMOKED TURKEY (**NO GRAVY, NO STUFFING**)

REDBONES SAUSAGE OF THE DAY

TEXAS CHILI (**NO CHIPS**)

CHILI VERDE (**NO CHIPS**)

SUNDAY/MONDAY SPECIAL GRILLED REDBONES BURGER (**NO BUN**)

WE USE GLUTEN-FREE BRANDS WHENEVER POSSIBLE; HOWEVER, THEY ARE NOT ALWAYS AVAILABLE. AS A RESULT, THE FOLLOWING FOODS MAY CONTAIN SMALL AMOUNTS OF GLUTEN:

WOODGRILLED CHICKEN AND RIBS; SLICED BRISKET:
dry rub contains Worcestershire sauce, which may not be gluten-free

BBQ MEATS:
pulled pork, pulled chicken, chopped beef, jerk beef, bbq hash all contain BBQ sauces (SEE BELOW)

BBQ SAUCES:
all contain Worcestershire sauce; vinegar sauce contains apple cider vinegar; may not be gluten free

GARDEN SALAD AND GRILLED CHICKEN SALAD:
creamy house dressing is NOT gluten free; balsamic vinaigrette may not be gluten free

COLESLAW:
contains cider vinegar, which may not be gluten-free

BUFFALO WINGS:
sauce contains cider vinegar, which may not be gluten-free

STEAK TIPS:
marinade contains soy sauce, which may not be gluten-free

GRILLED VEGGIES / GRILLED PORTABELLA:
marinade contains balsamic vinegar, which may not be gluten-free

CRISPY POTATOES / FRENCH FRIES:
fried in the same oil as breaded products; crispy potatoes are tossed with Dijon mustard, which may not be gluten free

TARTAR SAUCE:
contains mayonnaise, which may not be gluten free