

# Gluten Free Menu

## appetizers

Served in Bite and Doublebites

- GF** SPICY HUMMUS ~ Our hummus topped with marinated feta cheese, cherry peppers & a drizzle of EVOO with veggies 8 / 15
- GF** CHILI CHEESE FRIES ~ Chili smothered french fries with melty cheese, scallions and our buttermilk ranch 9 / 17
- GF** CHICKEN LETTUCE WRAPS ~ Skillet fried chicken, lettuce, carrots, cabbage and our sesame lime chile sauce 12 / 21
- GF** TOMATO FETA BISQUE ~ Creamy vegetarian tomato soup with a garnish of feta cheese cup 4 bowl 6

## entrees

Served with a watermelon feta demi salad

Substitute a small garden salad for an additional \$2

- GF** TUNA FRESCO ~ Seared tuna steak with a coriander and cumin crust over Spanish rice, sweet potato salsa and a chipotle vinaigrette 22 Best served rare
- GF** SHRIMP & SCALLOPS ~ Seared jumbo shrimp and sea scallops over Andouille sausage, apple, corn, potato and pea hash with a drizzle of basil butter and cotija cheese 26
- GF** ROASTED CHICKEN ITALIANO ~ Prosciutto wrapped free range Statler chicken breast with spinach and ricotta cheese filling over broccolini, mashed potatoes and gravy 24
- GF** BEST CHEF PORK ~ Coffee & chipotle rubbed pork shoulder in a red eye gravy with sweet potato salsa, grilled zucchini, cotija cheese, micro cilantro and tortilla crisps 23
- GF** STEAK FRITES ~ Char grilled 8oz bistro filet, served sliced with veal demi glace, Parmesan truffle fries and a buttermilk ranch dressed arugula salad 26
- GF** MANGO DUCK ~ Mango barbeque glazed duck breast, sesame ginger & almond quinoa with crisp grilled green beans 29
- GF** GRILLED VEGETABLE CAPRESE ~ Layers of grilled eggplant, zucchini, fresh tomatoes and mozzarella cheese baked together with basil pesto and tomato sauce 16
- GF** NAWLIN'S BEEF BRISKET ~ House smoked brisket served over red bean and Andouille "dirty rice" risotto with pickled vegetables 24
- GF** ZEN RICE BOWL ~ Stir fried brown rice with cauliflower, kale, carrots, peas, almonds, raisins and a hint of coconut curry 15
- Add** Grilled Chicken 4 Swordfish 6 Stuffed Chicken 10 Shrimp 10
- Add** Grilled Chicken 4 Swordfish 6 Shrimp 10 Salmon 12

## sandwiches & burgers

Choose french fries or broccoli slaw

- GF** IVORY TUSK ~ Chicken cheesesteak with caramelized onions, American cheese and a dab of mayo on a gluten free bun 11
- GF** TURKEY PANINI ~ Smoked turkey, roasted red peppers, spinach, provolone cheese and pesto mayo on gluten free bun 12
- GF** SMOKEHOUSE ~ Our smoked beef brisket, Louisiana BBQ sauce, cheddar, arugula and a dab of truffle aioli on a gluten free bun 15
- GF** CAPRESE PANINI ~ Fresh mozzarella cheese with tomato, fresh basil and balsamic glaze on a gluten free bun 12
- GF** HONEY MUSTARD CHICKEN ~ Marinated grilled chicken breast, lettuce tomato and applewood smoked bacon on gluten free bun with honey mustard sauce 13
- GF** RHINO BURGER ~ 1/2 pound char-grilled CAB beef burger with choice of American, Provolone, Swiss or Cheddar cheese on a gluten free bun with lettuce and tomato 12

## salads

Personalize your salad with any of our toppings

Grilled Chicken 4 Steak Tips 6 Swordfish 6 Cajun Shrimp 10 Salmon 12 Andouille Sausage 4

- GF** GARDEN ~ Baby lettuces, cucumbers, cherry tomatoes, red onion and goat cheese tossed with a lite Zinfandel Vinaigrette 9
- GF** MEDITERRANEAN ~ Lettuce, tomatoes, cucumbers, red onion, marinated olives, banana peppers and feta cheese with our Red Wine Vinaigrette over homemade hummus 11
- GF** QUINOA ~ Mango, red pepper, cilantro & almond quinoa with Honey Ginger Dressing over crisp green beans 9
- GF** CONFETTI ~ Roasted corn, black beans, avocado, red peppers, tomato, onion, grilled chicken, brown rice and kale tossed with Creamy Chipotle Dressing and corn tortilla crisps 13
- GF** CHICKEN CHOP CHOP ~ Cabbage, carrots, romaine, apple, raisins, sunflower seeds and chicken with Sesame Lime Vinaigrette 13
- GF** SUMMER SPINACH ~ Baby spinach and shaved fennel topped with farmer's goat cheese, fresh strawberries, candied pecans and Citrus Vinaigrette 12
- GF** STEAKHOUSE ~ Grilled steak tips and Maytag bleu cheese over crisp lettuce hearts, cherry tomatoes, avocado and applewood smoked bacon with Buttermilk Ranch Dressing 17

**FLYING RHINO CAFE**  
**& WATERINGHOLE**  
worchester, massachusetts

Est. 2000