

Gluten Free Menu

FRIED ITEMS ARE COOKED IN OIL THAT MAY CONTAIN GLUTEN

appetizers

Served in Bite and Doublebite sizes

GF KIMCHI RICE BALLS ~ Golden fried and served with Sriracha hot sauce and sesame aioli 7 / 13

GF CHICKEN LETTUCE WRAPS ~ Skillet chicken, carrots, cabbage, lettuce leaves and sweet Asian chilli sauce 12 / 21

GF TOMATO FETA BISQUE ~ Creamy vegetarian tomato soup with a garnish of feta cheese cup 4 / bowl 6

GF WHITE BEAN HUMMUS ~ With spicy pepper relish, a drizzle of EVOO and fresh veggies 8 / 15

GF RHINO HOT WINGS ~ With celery and buttermilk ranch
*Choose: ORIGINAL HOT HONEY, HOMEMADE BUFFALO or CAJUN DRY RUB 13 / 24

entrees

Served with a tomato demi salad

GF HARVEST CHICKEN ~ Roasted Statler chicken breast over carrot puree with a medley of baby root vegetables, brussel sprouts and a fresh herb chicken jus 22

GF STEAK FRITES ~ Char grilled 8oz bistro filet, served sliced with veal demi glace, Parmesan truffle fries and a buttermilk ranch dressed arugula salad 25

GF SEA SCALLOPS ~ Perfectly seared and served over jalapeno risotto with tomato corn pico de gallo, fresh arugula and our tomato jam 26

GF MAKO MY DAY ~ Herb marinated mako shark over steel cut oat risotto with roasted fennel, brussel sprouts, red pepper & almond romesco sauce 24

GF PORK CHOP PECANDINE ~ Seared center cut pork chop with roasted corn and pecan sauce, homestyle wedge potatoes and green beans pecandine 22

GF PAELLA ~ Shrimp, scallops, mussels, chicken wings and chorizo sausage over traditional saffron risotto 25

GF STEAK TIPS ~ Grilled steak tips over seasoned brown rice with Greek style green beans, a roasted herbed tomato and our tzatziki sauce 24

GF ZEN RICE BOWL ~ Stir fried brown rice with cauliflower, kale, carrots, peas, almonds, raisins and a hint of coconut curry 15

Add Chicken 4 Scallops 12 Shrimp 10 Mako Shark 10

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 PORK CARNITAS TACOS ~ Roast pork shoulder in corn tortillas with charred poblano peppers, corn tomato pico de gallo, cole slaw and homemade sofrito 10

GF COLONEL MUSTARD CHICKEN ~ Cajun grilled chicken, cheddar cheese, spinach, tomato, applewood smoked bacon on gluten free bun with our new cranberry mustard 14

GF CAPRESE PANINI ~ Fresh mozzarella cheese with tomato, fresh basil mayo and balsamic glaze on a gluten free bun 12

GF RHINO BURGER ~ 1/2 pound char-grilled beef burger with choice of American, Swiss or Cheddar cheese on a gluten free bun with lettuce and tomato 12

GF JALAPENO POPPER BURGER ~ 1/2 pound char-grilled beef burger with charred poblano peppers, lettuce tomato and ooey gooey jalapeno popper cheese on gluten free bun 15

salads

Personalize your salad with any of our toppings

Grilled Chicken 4

Steak Tips 6

Scallops 12

Cajun Shrimp 10

Mako Shark 10

Andouille Sausage 4

GF GARDEN ~ Romaine lettuce, cucumbers, tomatoes, onion and carrots with Balsamic Vinaigrette 9

GF BIG MAC DADDY ~ Grilled steak tips with an iceberg wedge, cheddar cheese, bacon, tomato, red onion, pickles, special sauce and a sesame seed sprinkle 18

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 14

GF APPLE ORCHARD CHICKEN ~ Grilled chicken, baby spinach, applewood smoked bacon, farmer's goat cheese, green apple and candied pecans with a tangy Apple Vinaigrette 15

Flying Rhino Cafe proudly presents our 2018 FALL/WINTER menu. Our kitchen staff is led by our new Executive Chef Drew Day. Please enjoy our seasonal culinary delights with family and friends!

FLYINGRHINOCAFE
&WATERINGHOLE
worchester, massachusetts
Est.2000