

Gluten Free Menu

FRIED ITEMS ARE COOKED IN OIL THAT MAY CONTAIN GLUTEN

appetizers

Served in Bite and Doublebite sizes

GF ZA'ATAR SHRIMP ~ Spiced grilled jumbo shrimp with toasted gf bread, harissa and tzatziki sauces 14 / 28

GF RHINO HOT WINGS ~ With celery and buttermilk ranch
*Choose: ORIGINAL HOT HONEY, HOMEMADE BUFFALO or CAJUN DRY RUB 13 / 25

GF BAKED GOAT CHEESE ~ Housemade boursin cheese dip served warm with pancetta fig jam and toasted gluten free bread 15 (one size serves 2-6)

GF CHICKEN LETTUCE WRAPS ~ Skillet chicken, carrots, cabbage, lettuce leaves and sweet Asian chilli sauce 12 / 23

entrees

Served with a tomato demi salad

GF FARMHOUSE CHICKEN ~ Roasted 1/2 chicken, with mashed potatoes, roasted baby bella mushrooms and grilled asparagus 23

GF SEA SCALLOPS ~ Perfectly seared and served over salt cod bisque with slow roasted pork belly and buttered asparagus 26

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

Add Chicken 4 Scallops 12 Shrimp 10 Salmon 10 Mussels 10

GF HARISSA LAMB CHOPS ~ Harissa crusted double cut lamb chops with lemon potatoes and charred broccolini 32

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

GF STEAKHOUSE TIPS ~ Grilled steak tips, red wine demi glaze and bleu cheese creamed leeks served with wedge cut "pier" fries 24

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 12

GF THE PORKY ~ Saucy braised pork shoulder, vinegar slaw, pickled veggies on grilled gluten free bun 12

GF JOHNNY APPLE CLUB ~ Handcut roasted turkey on a gluten free roll with crispy bacon, sharp cheddar cheese, lettuce, tomato, sliced apple and maple bourbon 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 13

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 16

salads

Personalize your salad with any of our toppings

Grilled Chicken 5 Steak Tips 6 Scallops 12 Cajun Shrimp 10 Salmon 10 Roasted Baby Bellas 4

GF GARDEN ~ Romaine lettuce, cucumbers, tomatoes, onion and carrots with Balsamic Vinaigrette 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 15

GF PANZANELLA ~ Artichokes, roasted red peppers, baby bella mushrooms, arugula, fresh mozzarella cheese and gluten free croutons tossed with Balsamic Vinaigrette 16

GF GODDARD ROCKET ~ Baby arugula with crispy fried pancetta, shaved Parmesan cheese, slivered almonds, figs and a Zesty Vinaigrette 14

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

Flying Rhino Cafe proudly presents our 2019 FALL/WINTER menu. Our kitchen staff is led by our Executive Chef Drew Day. Please enjoy our seasonal culinary delights with family and friends!

FLYINGRHINOCAFE
&WATERINGHOLE
worchester, massachusetts

Est.2000