



THE BAY BISTRO

GLUTEN FREE

VEGETARIAN

The Bay Burger 14.00
Angus beef burger, with tomato, onion and pickle, in a lettuce wrap. Served with your choice of one gluten free side.

Strawberry Surf Salad 18.00
Fresh mixed salad greens, with diced celery, red onions, carrots, strawberries & parmesan cheese. Tossed in a gluten free house Dijon Vinaigrette and topped with 6 grilled jumbo shrimp.

Greek Salad 16.00
Fresh mixed salad greens, topped with Kalamata olives, tomatoes, red onions, green peppers, banana peppers, feta cheese and grilled chicken. Served with GF dressing

Salmon Florentine 24.00
Served over house rice pilaf and a choice of one GF side.

Grilled Shrimp 22.00
6 grilled jumbo shrimp served with your choice of 2 GF sides

Beef Tips 24.00
With peppers, onions and mushrooms in a red wine reduction. Served over house rice pilaf and one GF side.

10oz Sirloin 28.00
Grilled to order. Served with choice of 2 GF sides.

GLUTEN FREE SIDES \$5

House Rice Pilaf **Baked Potato**
Broccoli **Asparagus**
Steamed Okra **Fresh Cut Fruit**

Veggie Pizza 13.00
Basil pesto base, peppers, onions, mushrooms, spinach, cherry tomatoes and mozzarella cheese.

Hawaiian Pizza 11.00
Marinara sauce, pineapple, roasted red peppers, onions and mozzarella cheese.

Fried Green Tomatoes 12.00
Hand breaded in cornmeal & fried to a golden crisp. Served with a side of avocado ranch.

Cheese Curds 10.00
White cheddar & garlic curds, deep fried and served with marinara sauce.

Spinach Dip 12.00
Toasted tandoori naan bread, celery & carrots. Served with house made spinach dip.

Veggie Greek Salad 16.00
Fresh mixed salad greens, topped with Kalamata olives, tomatoes, red onions, green peppers, banana peppers and feta cheese. Served with a side of Greek dressing.

VEGETARIAN SIDES \$5

House Rice Pilaf **Baked Potato**
Broccoli **Asparagus**
Steamed Okra **Fresh Cut Fruit**
Taters Tots **French Fries**
Fried Okra **Onion Rings**
House Chips **Sweet Potato**
 Fries

Our Gluten-Free Items are prepared in a common kitchen. While we take steps to minimize the likelihood of exposure to gluten, we cannot guarantee that these items have not been in contact with gluten.