



THE BAY BISTRO

GLUTEN FREE

The Bay Filet 30.00

7oz Filet Sous Vide with Cumin & White Pepper. Served with Baked Potato & House Salad

Greek Out Salad 14.00

Romaine & Kale Mix, Cucumber, Tomatoes, Red Onion, Olives, Banana Peppers, Feta Cheese. Served with House Lemon Vinaigrette

Salmon Lemon & Herbs 25.00

Served on a bed of Fresh Spinach

Orange Roughy 26.00

Pan seared, Pepper Trio, Apricot Glaze. Served with Southern Green Beans & House or Caesar Salad

Ahi Tuna 24.00

Seared Ahi Tuna, Sesame Ginger Crust, Sweet Ponzu, Udon Noodles, & Pickled Pale Asparagus

Grilled Chicken Marsala 20.00

Seared Chicken Breast, Button Mushrooms, Caramelized Onions, Sweet Marsala, Dill Creme. Served with Angel Hair Pasta & House Salad

Grilled Chicken Francese 18.00

Grilled Chicken with Lemon Butter Sauce. Served with Tomato Arugula Salad & Mashed Potatoes

VEGETARIAN

Veggie Flatbread 13.00

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

Greek Out Salad 14.00

Romaine & Kale Mix, Cucumber, Tomatoes, Red Onion, Olives, Banana Peppers, Feta Cheese. Served with House Lemon Vinaigrette

Veggie Spring Rolls 12.00

Bruschetta 12.00

Toasted Focaccia Bread with Garlic, Rosemary, Parmesan topped with Tomatoes, Basil & Balsamic Vinegar

Fig & Goat Cheese Flatbread 13.00

Fig, Goat Cheese, Asparagus, Balsamic Reduction

**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.*

