

GLUTEN SENSITIVE DINNER MENU

STARTERS

Mediterranean Hummus Tasting

avocado, roasted red pepper,
Kalamata, plantain chips (920 cal) 10.5

Shrimp, Crab, Avocado & Mango

Stack (440 cal) 17.5

Shrimp Cocktail (260 cal) 17

Half Dozen Oysters (120 cal) 17

SALADS

Caesar Salad (470 cal) 9

Chopped Salad

cucumbers, tomatoes, red onions, radishes, hearts of palm,
pepperoncinis in balsamic vinaigrette (390 cal) 8.5

Chopped Spinach Salad

bacon, egg, radishes, mushrooms, warm
bacon dressing (730 cal) 9.5

Chicken Cobb Salad

tossed mixed greens in blue cheese dressing with bacon,
avocado, tomatoes & eggs (720 cal) 15

SIGNATURE SIDES

Yukon Gold Garlic Mashed (450\900 cal)

Grilled Asparagus (220\330 cal)

SEAFOOD

Today's Fresh Fish

Ask for today's selections. All Fresh Fish prepared baked (620-960 cal), finished with lemon shallot butter, with seasonal vegetables & Yukon Gold garlic mashed potatoes. Other preparations include: Simply Grilled with Olive Oil (adds 50 cal), Sautéed (adds 60 cal), or Blackened (adds 100 cal) MP

Lobster Tail

cold water lobster, served with steamed vegetables (1040 cal) 42

King Crab

steamed to perfection & served with a baked potato (970 cal) MP

Bronzed Mahi Mahi

sweet & spicy seared, topped with lump crab,
tomatoes, shallot butter with steamed vegetables (720 cal) 39.5

Sea Bass Del Mar

grilled tomato pico de gallo, avocado with Yukon
Gold garlic mashed potatoes (760 cal) 41

MEAT + POULTRY

Served with Yukon Gold Garlic Mashed Potatoes

Prime Rib

a Chart House favorite, herb-seasoned and slow-roasted

Chart House Cut 10 oz. (1130 cal) 31

Captain's Cut 14 oz. (1440 cal) 39

Callahan's Cut 18 oz. (1760 cal) 43

Filet Mignon 7 oz. (710 cal) 36 9 oz. (850 cal) 39.5

NY Strip 14 oz. (1200 cal) 39.5

Filet & Lobster Tail (1370 cal) 67.5

Grilled Chicken

grilled asparagus (620 cal) 19

DESSERTS

Raspberry Sorbet

light & refreshing (150 cal) 6

Mini Crème Brulee Sampler

three flavors to crave, ask us for details (790 cal) 8

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

We have made an effort to provide accurate nutritional information but deviations can occur due to availability of ingredients, substitutions, and the hand-crafted nature of most items.

We have prepared this menu based on the most current information available from our suppliers and their stated absence of gluten within these items. While we use caution in preparing our gluten-sensitive menu items, our kitchen is not gluten-free. Since our dishes are prepared-to-order, during normal kitchen operations, we cannot guarantee that cross-contamination with foods containing gluten will not occur. We encourage you to carefully consider your dining choices and your individual dietary needs when dining with us. When placing your order, please let your server know that you are ordering a gluten-sensitive menu item. *Notice: Consuming raw or under cooked meats, poultry, seafood, mollusks, shellfish or eggs may increase your risk of foodborne illness. Prime Rib available after 4pm.

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