



- GLUTEN SENSITIVE



- VEGAN



- VEGETARIAN

BEGINNINGS

MEDITERRANEAN HUMMUS TASTING
avocado | roasted red pepper
Kalamata | plantain chips (920 cal) 12

SHRIMP, CRAB, AVOCADO + MANGO STACK
(440 cal) 18

SHRIMP COCKTAIL
(260 cal) 18

BOWLS + GREENS

CHOPPED SALAD
cucumbers | tomatoes | red onions | radishes
hearts of palm | pepperoncinis | balsamic vinaigrette
(390 cal) 10.5

CHOPPED SPINACH SALAD
bacon | egg | radishes | mushrooms
warm bacon dressing (730 cal) 12

CHICKEN COBB SALAD
tossed greens | blue cheese dressing | bacon
avocado | tomatoes + eggs (720 cal) 16

STREET CAESAR
achiote Caesar dressing | grilled corn | avocado
(730 cal) 12

SIDE BY SIDE

Sm 7 Lg 10

3 POTATO GARLIC MASHED (450 \ 900 cal)

STEAMED ASPARAGUS (220 \ 330 cal)

SIZZLING MUSHROOMS (490 \ 530 cal)

BROCCOLI + PEPPERS (210 \ 310 cal)

LAND + SEA

TODAY'S FRESH FISH
Ask for today's selections and preparations.
Finished with lemon butter | seasonal vegetables +
3 potato garlic mashed.
(620-1060 cal) MP

COLD WATER LOBSTER TAIL 7 OZ.
steamed vegetables (1040 cal) 43

KING CRAB
salt crusted baked potato (970 cal) 56

MAHI MAHI DEL MAR
grilled tomato pico de gallo | avocado
3 potato garlic mashed (740 cal) 40

HERB CRUSTED + SLOW ROASTED PRIME RIB*
3 potato garlic mashed

CHART HOUSE 10 oz. (1130 cal) 32.5

CAPTAIN 14 oz. (1440 cal) 41

CALLAHAN 18 oz. (1760 cal) 45

FILET MIGNON*
3 potato garlic mashed
7 oz. (710 cal) 37 | 9 oz. (850 cal) 40

NY STRIP*
3 potato garlic mashed
14 oz (1200 cal) 40

GRILLED CHICKEN
grilled asparagus (620 cal) 19

MEZZE PLATE
herb marinated grilled summer vegetables | red
pepper | Furikake rice (650 cal) 24

FIRE ROASTED VEGETABLE COUSCOUS
bell peppers | squash | asparagus
heirloom tomatoes | white balsamic basil vinaigrette
(310 cal) 19

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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