



BURTONS GRILL GLUTEN-FREE LUNCH MENU

Many of Burtons menu items are naturally gluten-free. The selection in this menu is a combination of those items, and items that have been modified to meet the gluten-free criteria. Modified items are indicated in teal. Please let your server know that you are gluten-intolerant so that our chefs take extra care in preparing your meal.

{ APPETIZERS }

Grilled Stuffed Zucchini 8.95

thinly sliced grilled zucchini stuffed and rolled with herb cheese, baked together with zesty tomato sauce and parmesan cheese

Calamari 10.95

point judith rhode island calamari dredged in corn flour and fried, served with burtons tartar sauce

Sesame Crusted Tuna* 12.95

seared and chilled, served rare with spicy cucumber salad, wasabi and ginger

{ SALADS }

House Salad 7.95

romaine, iceberg, cucumbers, tomatoes, red peppers, bacon and blue cheese crumbles tossed with mustard vinaigrette

Chopped Blue Cheese Salad 8.95

chopped iceberg lettuce tossed with grape tomatoes, red onions and buttermilk blue cheese dressing, topped with applewood smoked bacon, blue cheese crumbles and balsamic reduction

Caesar Salad 8.95

crisp hearts of romaine and caesar dressing, topped with reggiano parmesan, anchovies on request

Mediterranean Salad 8.95

cucumbers, tomatoes, peppers, red onions, vermont feta cheese & mixed olives tossed in oregano vinaigrette

Barbeque Chicken Salad 11.95

all-natural chicken with black beans, red onions, tomatoes, roasted corn, cheddar cheese, bacon, and tortilla strips tossed with iceberg and romaine lettuce in burtons barbeque ranch dressing

Cobb Salad 12.95

romaine hearts, grape tomatoes, blue cheese crumbles and red onions gently tossed with buttermilk ranch dressing, topped with grilled chicken, applewood smoked bacon and chopped egg

add: chicken 4. shrimp 7.

{ SANDWICHES & BURGERS }

served on a gluten free bun

Classic Cheese Burger* 11.95

hand formed fresh, ground chuck on a gluten free bun, topped with your choice of cheese, served with hand cut french fries

add sautéed mushrooms, caramelized onions or applewood smoked bacon 0.95/1.95

Haddock Sandwich 12.95

haddock dredged in corn flour and fried, served with tartar sauce and cole slaw

Steak Sandwich* 14.95

seasoned and grilled tenderloin on a gluten free bun, topped with caramelized onions and provolone cheese, served with hand cut french fries

Fresh Tuna Burger* 12.95

fresh ground tuna blended with red onions, seasoned and seared medium rare, served with sliced cucumber, pickled red onions and wasabi mayonnaise, served hand cut french fries



{ CHEF SPECIALS }

Risotto of the Day | 11.95

a seasonal selection, please ask your server for details

Salmon Picatta | 13.95

pan seared salmon served over spaghetti with a delicate caper lemon butter sauce

{ SIDES }

sides can be ordered a la carte for an additional \$3.95

seasonal vegetable | hand cut french fries | cole slaw

{ DESSERTS }

Sorbet 5.95 | **Vanilla Bean Creme Brulee** 6.95 | **Warmed Chocolate Torte** 5.95 | **Vanilla Ice Cream** 2.95/4.95

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

More information about the safety of consuming raw food is available upon request.

Please note: Before placing your order, please inform your server if a person in your party has a food allergy.

At Burtons Grill, we follow strict and rigid procedures when preparing food in order to accommodate allergies, however, please be advised that products containing gluten are used in this establishment.

In Partnership with the Gluten-Free Restaurant Awareness Program® a Program of the Gluten intolerance Group®. For more information visit www.glutenfreerestaurants.org



BURTONS GRILL GLUTEN-FREE DINNER MENU

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{ APPETIZERS }

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Calamari 10.95

point judith rhode island calamari dredged in corn flour and fried, served with burtons tartar sauce

Sesame Crusted Tuna* 12.95

seared and chilled, served rare with spicy cucumber salad, wasabi and ginger

{ SALADS }

Chopped Blue Cheese Salad 8.95

chopped iceberg lettuce tossed with grape tomatoes, red onions and buttermilk blue cheese dressing, topped with applewood smoked bacon, blue cheese crumbles and balsamic reduction

Caesar Salad 8.95

crisp hearts of romaine and caesar dressing, topped with reggiano parmesan. anchovies on request

House Salad 7.95

romaine, iceberg, cucumbers, tomatoes, red peppers, bacon and bleu cheese crumbles, tossed with mustard vinaigrette

Beet Salad 8.95

chopped red beets tossed in a mustard vinaigrette layered with goat cheese, roasted sweet onions, candied walnuts and micro greens

Marinated Mediterranean Salad 8.95

cucumbers, tomatoes, peppers, red onions, vermont feta cheese and mixed olives, tossed with oregano vinaigrette

add: chicken 4. shrimp 7.

{ SANDWICHES & BURGERS }

served on a gluten free bun

Classic Cheese Burger* 11.95

hand formed fresh, ground chuck on a gluten free bun, topped with your choice of cheese, served with hand cut french fries

add sautéed mushrooms, caramelized onions or applewood smoked bacon 0.95/1.95

Fresh Tuna Burger* 12.95

fresh ground tuna blended with red onions, seasoned and seared medium rare, served with sliced cucumber, pickled red onions and wasabi mayonnaise, served hand cut french fries

Steak Sandwich* 14.95

seasoned and grilled tenderloin on a gluten free bun, topped with caramelized onions and provolone cheese, served with hand cut french fries

Fried Haddock Sandwich 12.95

haddock dredged in corn flour and fried, served on a gluten free bun with tartar sauce and cole slaw

{ FRESH SEAFOOD }

prepared grilled with our lemon thyme butter or bronzed, a moderate blend of cajun-style seasonings

Swordfish Risotto 24.95

bronzed swordfish over creamy risotto with fresh corn, snap peas, shrimp and a delicate lemon butter sauce

Salmon 20.95

fresh, bay of fundy salmon served with seasonal vegetables and choice of potato or herbed rice



{ STEAKS & ENTREES }

Ribeye* 26.95

14 oz. aged angus beef, seasoned, grilled and topped with caramelized onion-sage butter, served with seasonal vegetables and choice of potato or herbed rice

New York Strip* 30.95

14 oz. aged angus beef, seasoned, grilled and topped with steakhouse butter, served with seasonal vegetables and choice of potato or herbed rice

Filet Mignon* 34.95

9 oz. center-cut aged angus beef, seasoned, grilled and topped with worcestershire-herb butter, served with seasonal vegetables and choice of potato or herbed rice

{medium well & well filets will be served as two medallions}

add sauteed crimini mushrooms, caramelized onions and buttermilk blue cheese sauce to any steak 3.95 / 1.95 each

Land & Sea* 28.95

5 oz. aged angus filet mignon, add your choice of bronzed or grilled shrimp, served with seasonal vegetables and choice of potato or herbed rice

Chicken Duo 19.95

two 5 oz. all natural pan-seared chicken breasts, one topped with prosciutto and manchego cheese, the other topped with sun-dried tomatoes, goat cheese and oregano, served over spinach risotto, finished with a delicate lemon butter sauce

Lobster and Shrimp Pasta** 25.95

jumbo shrimp and lobster sautéed with sugar-snap peas, fresh tomatoes, seasonings and reggiano parmesan, with a touch of light cream over gluten free pasta

**these items are prepared with fresh gluten free pasta, please allow additional time for preparation

{ DESSERTS }

Sorbet 5.95 | Vanilla Bean Creme Brulee 6.95 | Warmed Chocolate Torte 5.95 | Vanilla Ice Cream 2.95/4.95

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