

# J. Timothy's Gluten Free Menu Options

The items that follow are suggestions from our menu that are considered to be gluten free. We do work with wheat flour every day so those with severe allergies must understand that we in no way guarantee that there will not be a case of the possible transfer of gluten from other menu items.

## Appetizers

Chicken Wings ~ Buffalo (Deep Fried)

Nachos

Potato Skins (Deep Fried)

Sweet Potato Tots (Deep Fried)

French Onion Soup (No Croutons)

Southwestern Buffalo Fried Ribs

## Sides

Rice / Mashed Potato / Vegetable / Cole Slaw

## Salad Dressings

Parmesan Peppercorn, Zinfandel Vinaigrette, Ranch,  
1000 Island, Caesar, Balsamic Vinaigrette

## Entrees

Filet Mignon (Without Fried Onions)

New York Strip (Without Fried Onions)

Petite Sirloin (Without Fried Onions)

Prime Rib of Beef (No Au Jus)

Grilled Salmon Piccata (Without Sauce)

Baked Scrod (Without Topping)

Pomegranate Pork Medallions

Burgers (No Bun)

BBQ Baby Back Ribs

\*\*Please note that suggestions with parenthesis after them must be ordered that way when placing your order with your server. We do fry items with gluten breading so a minimal transfer of gluten is possible on deep fried items. Those with severe allergies should avoid these items.

## Desserts

Chocolate Peanut Butter Pie / Creme Brulee

## Salads

Balsamic Shrimp & Spinach

New England Classic

The Big Salad (No Croutons)

Buffalo Chicken (Grilled Chicken)

Scallop Waldorf (Broiled Scallops)

Chicken Tostada (No Tortilla Strips)

Chicken Caesar (No Croutons)

Blackened Salmon