

LIAS

GLUTEN FREE MENU

LIA'S GLUTEN FREE MENU

many of our other menu items may be modified to be made gluten free

SOUPS & APPETIZERS

Grilled Artichoke parmesan, lemon aioli 9⁹⁵

Sautéed Brussels Sprouts lemon zest, parmesan 9⁹⁵

Burrata roasted beet & frisée salad, candied walnuts, orange vinaigrette 13⁹⁵

SALADS

starter size 11⁹⁵ entrée size, topped with ...

grilled chicken 17⁹⁵ grilled salmon, shrimp, or ny strip steak 19⁹⁵

Mixed Lettuces feta, candied walnuts, carrots, pomegranate vinaigrette

Super Kale apple, cranberry, pecans, quinoa, gouda, maple-cider vinaigrette

Spinach crumbled egg, bacon, blue cheese, tomato, red onion, honey mustard

Arugula grape tomatoes, parmesan, creamy lemon vinaigrette

FEATURES

(L) lunch only (D) dinner only

Maple Glazed Harvest Salmon Cobb Salad apple, gorgonzola, bacon, avocado, pecans, pomegranate vinaigrette 19⁹⁵

Pan Seared Atlantic Sole potato puree, red swiss chard, crab scampi 21⁹⁵ (D)

Rainbow Trout Filet roasted brussels sprouts, almond romesco, shrimp sauce 26⁹⁵

Jumbo Sea Scallops cauliflower polenta, golden raisins, caper & pine nut sauce 28⁹⁵ (D)

Herb Crusted Salmon pumpkin risotto, tuscan kale, oyster mushrooms, brown butter balsamic 26⁹⁵

BURGERS

CG Burger gorgonzola, mushrooms, garlic aioli, gluten free bun, mixed greens 18⁹⁵

LIAS Burger pancetta, provolone, caramelized onions, lettuce, tomato 18⁹⁵

Turkey Burger brie, bacon, pecan-apple aioli 19⁹⁵

Lamb Burger feta, arugula, tomato, black olives, oregano aioli, gluten free bun, mixed greens 19⁹⁵

BRUNCH FEATURES

Saturdays & Sundays from 11:30 am until 3:00 pm

Classic Scramble scrambled eggs, applewood bacon, mixed greens 13⁹⁵

Steak and Eggs hanger steak, sunny side up eggs, roasted tomatoes 21⁹⁵

Hangover Burger cheddar, bacon, fried egg, lettuce, tomato, red onion, sriracha thousand island, gluten free bun 19⁹⁵

Caulilini & Spinach Frittata egg white, tomato, cheddar, tomato arugula salad, parmesan, lemon vinaigrette 14⁹⁵

SIMPLE & HEALTHY

served with sautéed caulilini & garlic

Gulf Shrimp 25⁹⁵ Rainbow Trout 25⁹⁵ Atlantic Salmon 25⁹⁵

Chicken Paillard 17⁹⁵ Turkey Patty 14⁹⁵ NY Strip 28⁹⁵

consuming raw or undercooked animal foods may increase your risk of contracting a food borne illness, especially if you have certain medical conditions