

GRUMPY MONK GLUTEN FREE OPTIONS GUIDE

ANYTHING FRIED WILL BE CROSS CONTAMINATED WITH GLUTEN

^^ This includes our corn tortilla chips. ^^

ANY APPETIZER, HANDHELD OR ENTREE NOT LISTED WILL NOT BE GLUTEN FREE

APPETIZERS

- BUFFALO CHICKEN DIP (CELERY INSTEAD OF CROSS CONTAMINATED CHIPS (+ \$2))
- AHI TUNA (NO TERIYAKI SAUCE)
- FAMOUS WINGS (CROSS CONTAMINATED ONCE FRIED. GLUTEN FREE SAUCES)

GLUTEN FREE SAUCE OPTIONS: Garlic Parm, Hot-Parm, BBQ, Hot, Mild, Hot-Parm, Sweet Bourbon Hot, Monk Fire, Lemon Pepper, Hot Lemon Pepper, Old Bay, Vanilla Rum BBQ, & Double House Rub.

SAUCES THAT ARE NOT GLUTEN FREE: CANNOT CONSUME safely CAROLINA TANG, TERIYAKI, HOT-YAKI, THAI HONEY BUTTER, CHILI-GARLIC, MANGO HABANERO, M1, & TSUNAMI**

HANDHELDS

All Sandwiches, Grilled Cheeses, & Handhelds require a request for a gluten free bun or lettuce wrap (upcharge may apply).

- Old McDonald Club
- The Double Mahi
- BLT Wrap
- Turkey Wrap
- Monk Went up to Philly
- Impossible Burger
- Pulled Pork Sammich
- Cali BLT Grilled Cheese
- French Dipper
- Apple & the Pig

The following handhelds will require **additional modifications** to be requested other than asking for a lettuce wrap or gluten free bun:

- Cluck Oink Ranch Wrap (grilled or blackened chicken)
- The Dougie & Monk Buffalo (grilled or blackened chicken)
- Atlantic flounder (grilled or blackened)
- Classic Reuben (no 1000 Island)

BURGERS

All Burgers require a request for a gluten free bun or lettuce wrap (upcharge may apply).

The following Burgers will require **additional modifications** to be requested other than asking for a lettuce wrap or gluten free bun:

- American Pride **(choose gluten free wing sauce (wings cross contaminated))**
- Rodeo Burger **(no onion rings)**
- Mac Daddy **(no mac n cheese * will not come with cheese unless asked)**
- The M1 Burger **(no M1 sauce)**

ENTREES

- Smothered Chicken
- Lobster Roll **(lettuce wrap or gluten free bun)**
- Calabash Seafood Platter **(grilled or blackened)**
- Teriyaki Glazed Salmon **(no teriyaki glaze)**
- Mahi Mahi Tacos **(lettuce wrap or gluten free bun)**
- Hanger Steak **(gluten free bun or no bun)**

BYO SALADS

Cannot safely consume: **strawberry vinaigrette, 1000 Island, croutons, bacon bits**

KID'S MEALS

- Chicken Fingers **(grilled chicken)**
- Grilled Cheese **(gluten free bun)**
- Burger or Cheeseburger **(gluten free bun or no bun)**

SIDES

- Side Salad
- Side Caesar Salad **(no croutons)**
- Slaw
- Apple Sauce
- Daily Vegetable or Starch **(ensure starch is safe with chef)**

NOTE: Certain sides with certain dishes might require an additional upcharge.

GRUMPY MONK GLUTEN FREE OPTIONS

SUSHI

WE OFFER A GLUTEN FREE SOY SAUCE CALLED TAMARI

TRADITIONAL & LOW SODIUM SOY SAUCES ARE NOT GLUTEN FREE

GLUTEN FREE

- EDAMAME
- JB ROLL
- KC (NO KANI & NO PONZU SAUCE)
- LEGENDS ROLL (NO EEL SAUCE OR TEMPURA FLAKE)
- MONK CHICKEN (NO EEL OR TERIYAKI SAUCE *NO WASABI RANCH IF MIXED WITH TERIYAKI*)
- SPICY TUNA
- TASTE OF EXPLOSION (NO EEL SAUCE)
- THE BOSS (NO KANI & NO EEL SAUCE)
- TUNA BACON
- VEGGIE ROLL

TOPPINGS & SAUCES & WRAPS

- MASAGO
- WASABI
- GINGER
- SESAME SEEDS
- SEAWEED WRAP
- SOY PAPER
- RICE PAPER
- SPICY MAYO
- SWEET CHILI DIPPING SAUCE
- RICE VINEGAR

NOT GLUTEN FREE

ANYTHING FRIED OR CONTAINING EEL SAUCE WILL NOT BE GLUTEN FREE

ANYTHING WITH KANI IS NOT GLUTEN FREE

- SEAWEED SALAD
- BOHEMIAN
- BUDDHA
- CALIFORNIA
- CRUNCH
- DYNAMITE
- GODFATHER
- I-ROLL
- KANISU
- LONG ISLAND
- MEXICAN
- SANTA BARBARA
- SHRIMP TEMPURA
- SPICY CRAB
- SUSHI APPETIZER
- TRIPLE DOUBLE

- TROPICAL STORM
- VOLCANO

TOPPINGS & SAUCES

- EEL SAUCE
- DYNAMITE/VOLCANO MIX
- SESAME OIL COULD BE CROSS CONTAMINATED
- SOY SAUCE (we do have a gluten free option called TAMARI)
- FRIED ONIONS
- PONZU SAUCE
- TEMPURA FLAKES
- TERIYAKI

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HAPPY HOUR

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BUFFALO CHICKEN DIP **(CELERY INSTEAD OF CROSS CONTAMINATED CHIPS (+ \$2))**

CHICKEN FINGERS **(GRILLED)**

MUSSELS **(GLUTEN FREE BUN OR NO BREAD)**

BONELESS WINGS **(GRILLED & GLUTEN FREE SAUCES)**

FAMOUS WINGS **(CROSS CONTAMINATED ONCE FRIED. GLUTEN FREE SAUCES)**

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