



Gluten Free

Menu Choices

The following items on our menus are ready prepared gluten free. If you have any ideas about other items that you think we could use and you would like to see offered please fill put a comment card available on the website

All soups, Crab dip(no bread boule), Cabbage wraps, Molly's Mussels, Smoked Salmon (no bread)

All salad choices (no croutons!)

From our favorites menu;

Lamb Stew, Beef Stew, Seafood Gumbo, Pot Roast, Oxtail Stew, Corned Beef and Cabbage, Prime Rib, New York strips, Lamb Chops, Salmon Galway (no crab), Killybegs platter, Trout, Salmon, Scallops and Shrimp etc.

We use corn starch or food starch as a thickening agent in our stews, no roux's.

All of these choices are gluten-free but please email us should you have any other concerns or questions. We take your food allergies very seriously and are happy to answer any questions with regard to any other related allergies or concerns that you may have.

We pride ourselves on our in-depth knowledge of all the ingredients that are used in our many menu items.

