



THE

grille

ON MAIN

GLUTEN FREE MENU

Starters



Crispy Calamari\$8

Lightly breaded in quinoa flour and fried squid tossed with hot pepper rings and garlic butter

Hummus Platter\$8

House made chickpea spread served with, cucumber, feta, kalamata olives, celery and carrots

Crispy Chicken Wings\$7

Available in buffalo, bbq or sticky honey soy sauce. served with carrot and celery sticks with a ranch dressing

Also available as grilled chicken tenders...add \$1

Grilled Ahi Tuna\$10

Roasted lemon aioli, baby spinach leaves, chipotle mustard vinaigrette

Pan Seared Sea Scallops\$10

Sliced golden beets, goat cheese, red onion marmalade, baby greens

Smokehouse Rib Appetizer\$9

Our own Smokehouse barbeque ribs smothered in our tangy bbq sauce. Served with coleslaw

Salads



Mixed Greens\$6

Field greens choice of dressing, cucumbers, grape tomatoes, julienne vegetables

Traditional Caesar*\$7

Chopped Romaine tossed with our house made Caesar dressing and topped with shaved Parmesan cheese

Add Steak \$12, Chicken \$10, Shrimp \$11

Spinach Salad.....\$9

Baby Spinach tossed in apple cider vinaigrette, goat cheese, caramelized onions, dried cherries, sliced apples & Port wine syrup

Buffalo Chicken Salad.....\$9

Breaded chicken, spicy pepper sauce, mixed greens, grape tomatoes, cucumbers, black olives, cheddar-jack cheese, ranch dressing

Caprese Salad.....\$9

Mesclun greens, vine ripe tomatoes, fresh mozzarella, basil, balsamic reduction, extra virgin olive oil

Grilled Cajun Shrimp Salad*\$12

Mixed greens, corn black bean salad, avocado, grape tomatoes cilantro lime vinaigrette

Grilled Sirloin Steak Salad*\$12

Mixed greens, balsamic vinaigrette, charred bell peppers, shiitake mushrooms, caramelized onions, artichoke hearts, goat cheese

Thai Chicken Salad.....\$9

Mixed greens, crisp asian vegetables, shiitake mushrooms, spicy peanut dressing, cashews

Pizza

Small \$8 or Large \$14



Old Fashioned

Pomodoro sauce, sausage, sliced pepperoni, romano cheese

Mashed Potato Pizza

Garlic mashed potatoes, cheddar jack cheese, crispy bacon, tomato finished with scallions and a side of sour cream

The Famous Number Three

Spinach, goat cheese, roasted red peppers, chicken, caramelized onion, mozzarella

Grilled Chicken Portabella

Fontina fondue, mozzarella, marinated portabellas, roasted red peppers, grilled chicken

Grilled Veggie Flatbread

Sun dried tomato pesto, goat cheese, grilled veggies, golden beets, truffle oil

Buffalo chicken pizza

Buffalo sauce base, grilled chicken, cheddar jack and mozzarella cheese, black olives, hot pepper rings

Cheeseburger pizza

Ketchup & mustard base, ground angus burger, cheddar jack cheese, shredded lettuce, tomato, pickles

Entrees

New York Sirloin*.....\$19

14 ounce steak, roasted garlic smashed potatoes, smoked mushroom & pancetta jus, steamed broccoli spears

Black & White Sesame Seed

Encrusted Ahi Tuna.....\$18

Mesclun Greens, Cucumber Wasabi ranch dressing, julienne carrots, peanuts, baby corn, shiitake mushrooms, water chestnuts

Grilled Pesto Tofu.....\$14

Basil pesto, quinoa tabbouleh salad, hummus, feta cheese, Kalamata olives, grilled vegetables

Spanish Paella\$18

Littleneck clams, shrimp, scallops, chicken, tomatoes, asparagus, saffron rice

Grilled Chili Rubbed Pork Chops.....\$16

Mango chutney, chipotle smashed potatoes, crisp plantains

Montreal Skillet Seared

Tenderloin of Beef.....\$24

Roasted garlic smashed potatoes, grilled asparagus, roasted Vidalia onions

Baked Cod.....\$15

Roasted Potatoes, House Vegetables, Roasted Garlic Butter

Hickory Smoked Baby Back Ribs.....\$16

Full rack of falling off the bone ribs, smokehouse bbq sauce, sweet potato fries, coleslaw

Baked Sea Scallops.....\$18

White wine garlic butter, roasted potatoes, steamed broccoli

Pan Blackened Tilapia Fillet.....\$16

Mesclun green salad, tropical fruit salsa, citrus vinaigrette, cashews, toasted coconut, goat cheese, plantain crisps

Please Inquire About Our Gluten Free Menu

Consumer Advisory

Consumption of undercooked meats or seafood can cause foodborne illness and is not recommended. Patrons of The Grille on Main restaurant are recommended to order meats or seafood cooked through. Items marked with * are Considered potentially hazardous food items

Russell Kerman Executive Chef

Gluten Free Sandwiches



(Please ask your server for our selection of gluten free breads)

All sandwiches served with choice of french fries, mashed potatoes, or vegetable of the day, fresh fruit salad quinoa tabbouleh salad. side salad or sweet potato fries add \$1

Turkey & Brie.....\$8

Sliced turkey, red onion marmalade, lettuce, basil aioli, brie cheese

Caprese B.L.T.\$8

Sliced yellow & red beef steak tomatoes, lettuce, crispy bacon, fresh mozzarella, basil pesto

Tuna Melt.....\$7

Traditional tuna salad, dill havarti & American cheese

Grilled Chicken Sandwich.....\$7

leaf lettuce, sliced tomatoes, choice of: honey mustard, smokehouse barbeque sauce

Roasted Portabella & Brie\$8

Garlic aioli, red onion marmalade, spinach, alfalfa sprouts

Comed Beef Reuben.....\$8

Sour krout, thousand island spread, swiss cheese

Grilled Angus Burger*\$8

Sliced tomatoes and greenleaf lettuce

Grilled Turkey Burger.....\$8

Chipotle aioli, lettuce, tomato, corn black bean salsa, avocado



Whites

	Class	Bottle
Montevina White Zinfandel	\$6	\$22
Principato Pinot Grigio	\$6	\$22
Banrock Station Chardonnay	\$6	\$22
Seaglass Sauvignon Blanc	\$7	\$24
Blue Fish Riesling	\$7	\$26
Bivio Pinot Grigio	\$8	\$30
Hess Select Chardonnay	\$8	\$30

White Half Bottles

Kendall-Jackson	
'Vintner's Reserve' Chardonnay	\$18
St. Supéry Sauvignon Blanc	\$18
Ca' Montini Pinot Grigio (half bottle)	\$26

Sparkling

Lunetta Prosecco (Split)	\$7
Freixenet Brut (Split)	\$7
Moët et Chandon Imperial	\$60

Beverages

Coffee or Tea	\$1.50
Soda (16 oz) one refill	\$2
Iced Tea (16 oz) one refill	\$2
Cappuccino	\$3.75
Espresso	\$2.75
Specialty Rootbeers	\$3
Voss Water (sparkling or still)	(S) \$3 (L) \$6
Specialty Teas (various flavors)	\$5

Reds

	Class	Bottle
Penfolds Rawson's Retreat		
Shiraz Cabernet	\$6	\$22
Los Cardos Malbec	\$6	\$22
Bogle Merlot	\$7	\$24
Robert Mondavi 'Private Selection'		
Cabernet Sauvignon	\$7	\$26
Rosemount Shiraz	\$7	\$28
Cono Sur Vision Pinot Noir	\$8	\$30
Wingnut Zinfandel	\$8	\$30
Red Diamond Merlot	\$8	\$30
Folie à Deux Ménage à Trois Red	\$8	\$30
Clos du Bois Cabernet Sauvignon	\$10	\$38

Red Half Bottles

St. Supéry Merlot	\$22
Steele Pinot Noir	\$24
Clos du Val Cabernet Sauvignon	\$26

Beer

Red Bridge (gluten free)