

Maynards Wharf

WHARF GLUTEN FREE MENU

Appetizers

Buffalo Wings*

Waffle Fries*

Chips & Guac* **No Gluten if ordered without salsa**

Entrees and Salads

Cobb & Frannies Salad

No Gluten if ordered with plain chicken breast

Ahi Poke Bowl

No Gluten if ordered without soy marinade

Burgers and Handhelds** - ordered with no bun or GF Bun \$2

Cheese Burger

Impossible Burger

Maynard's Chicken Sandwich **order with plain chicken breast**

Side Choices

House/Side Salad - **No Gluten if ordered without croutons**

Waffle Fries*

Potato Chips

Dressings

Bleu Cheese, Ranch & Balsamic Vinaigrette BBQ, Ketchup, Tartar, Guacamole, Buffalo Sauce, Nashville Hot Sauce & Seasoned Sour Cream

*Gluten Friendly - Items are cooked in gluten free cooking oil but with other items that contain Gluten

**American, Swiss, Mixed & Parmesan Cheese are Gluten Free