

# GLUTEN FREE AT ELLIOT'S DINNER

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## ...TO BEGIN

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### ELLIOT'S FALL SALAD ... 9

*artisan greens, goat cheese, toasted pumpkin seeds and walnuts, golden beets, sherry, thyme and maple vinaigrette*

### GF CAESAR SALAD ... 9

*baby romaine, house-made roasted garlic dressing, Grana Padano, bacon*

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## ENTRÉES

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### GLUTEN FREE ROASTED CAULIFLOWER KORMA ... 17

*mild curry with coconut and almonds, roasted cauliflower, basmati rice, mango chutney*

### GLUTEN FREE SMOKED CHICKEN PENNE ... 18

*Gluten Free Penne. pesto, cream, Italian semi dried tomatoes, fire roasted garlic, Meadowbrook ham, Grana Padano, snow peas*

### GLUTEN FREE RED THAI CHICKEN CURRY ... 21

*Medium curry with coconut milk, roasted sweet potato, peanut, basil and lime, steamed basmati rice*

### BROME LAKE DUCK CONFIT

*falling off the bone duck legs with Marechal Foch and sour cherry glaze  
half order 20. full order 27.*

### STRIPLOIN STEAK ... 30

*center cut 9 oz AAA striploin, green peppercorn cream, daily mash and seasonal vegetable selection*

### CIDER BRINED "LONG BONE" PORK CHOP ... 25

*12 oz thick cut Nova Scotian pork, apple and apricot compote, smoky black maple glaze*

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## DESSERT

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### CREME BRULEE ... 8

*seasonal selection with Nova Scotian flax flour oat cake*

### L'I'L BITS ... 5

*house made, nut rolled truffles (3)*

### SEASONAL SORBET ... 5

*house-made, gluten, and guilt free*

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WHILE WE MAKE EVERY EFFORT TO ENSURE THE CONTENTS OF ALL OF OUR DISHES ARE GLUTEN FREE, DUE TO THE FACT THAT WE ALSO PRODUCE MANY PRODUCTS WHICH USE WHEAT FLOUR AND OTHER SOURCES OF GLUTEN, WE CAN NOT MAKE THE CLAIM THAT ANY ITEM PRODUCED IN OUR KITCHEN IS TOTALLY GLUTEN FREE

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**tax and gratuity are not included**

# GLUTEN FREE AT ELLIOT'S BREAKFAST AND LUNCH

## Breakfast

### **COUNTRY BREAKFAST ... 13.5**

*two free range, farm fresh, any style with smoked bacon or Meadowbrook ham, BBQ cowboy beans, gluten free toast and preserves*

### **CONTINENTAL ... 10**

*Greek Yogurt topped with toasted almonds and honey, freshly cut fruit medley, gluten free toast and preserves*

### **BACON AND CHEDDAR OMELET ... 15**

*Sautéed mushrooms, smoked bacon and cheddar, gluten free toast and freshly cut fruit*

### **VEGETARIAN OMELET ... 14.5**

*feta cheese, peppers, tomato, gluten free toast and freshly cut fruit*

### **FRESH FRUIT PLATE ... 12**

*seasonal selection, gluten free toast and preserves*

### **SMOOTHIE ... 10**

*blueberry, banana, OJ, yogurt, with gluten free toast and preserves*

## Lunch

### **PAN FRIED HADDOCK ... 15.75**

*haddock fillet, pan fried in butter, tartar sauce, seasonal greens with house vinaigrette*

### **GLUTEN FREE BIG ANGUS ... 16.75**

*8 oz grilled Atlantic beef, bacon, cheddar, house sauce, tomato, lettuce, gluten free bun, side seasonal green with house dressing*

### **MEADOWBROOK HAM AND PEAR FLATBREAD ... 18.25**

*roasted garlic mayo, white cheddar, baby spinach, onion jam, gluten free crust, side seasonal greens with house vinaigrette*

### **GLUTEN FREE FOUR TOMATO FLATBREAD ... 17.25**

*feta, mozza, crushed tomato sauce, Italian semi dried, oven roasted and fresh tomatoes, gluten free crust, side seasonal greens with house vinaigrette*

## Dessert

### **SEASONAL SORBET ... 5**

*house-made, gluten, and guilt free*

### **LIL' BITS ... 5**

*house made, nut rolled truffles (3)*

### **CREME BRULEE ... 8**

*seasonal selection with Nova Scotian flax flour oat cake*

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