

GLUTEN FREE MENU

START

AHI TUNA TOWER

16

soy ginger marinade (our soy sauce is gluten free)/mixed greens/
tomato/avocado/sesame seeds/chives/chipotle aioli
- without lavosh crisps

GRILLED CHICKEN SALAD

16.5

marinated chicken breast/romaine/spring mix/baby spinach/
marinated artichokes/roasted red peppers/cherry tomato/parmesan
cheese/balsamic vinaigrette - without parmesan crostini

MAPLE SMOKED TROUT SALAD

19

smoked trout/mixed greens/asparagus/avocado/dried cranberries/
candied pecans/orange/grapefruit/orange balsamic glaze/oregano-
feta vinaigrette

GRANT & PACIFIC AHI TUNA SALAD

19

sesame encrusted ahi-tuna/mixed greens/cherry tomato/avocado/
roasted red peppers/onions/sesame-thai chili vinaigrette - without
chilled noodles and wonton crisps

CHOPPED GREENS

9.5

chopped mixed greens/carrots/tomatoes/avocado/mixed olives/red
onion/red pepper/feta cheese/balsamic vinaigrette
with shrimp 19.5 with chicken 16.5



BREADLESS SANDWICHES

PORTABELLA STACK WITHOUT BUN

14

grilled portabella/zucchini/yellow squash/roasted red peppers/
sprouts/lettuce/tomato/mozzarella/serrano aioli/balsamic glaze/
fresh fruit cup

C.O.B.A.L.T. WITHOUT BUN

13

grilled chicken/onion/bacon aioli/avocado/lettuce/tomato -
substitute with natural fries

WOODLANDS BURGER WITHOUT BUN

13

seasoned ground beef/cheddar cheese/lettuce/tomato/red onion/
sweet horseradish pickles - substitute with natural fries

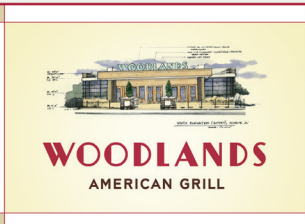
CAPRESE CHICKEN SANDWICH WITHOUT BUN

14

grilled chicken breast/mozzarella/fresh basil/pesto aioli/lettuce/
tomato/balsamic glaze - substitute with natural fries

MAIN

AUBERGINE STEW	17
eggplant/olive medley/capers/zucchini/squash/pine nuts/ artichokes/basil tomato sauce	
SESAME ENCRUSTED TUNA	28
ahi tuna/asian greens/sriracha mash/sweet soy ginger glaze	
HOLLYHOCK PORK CHOP	28
french cut/apple chutney/garlic mash/honey braised cabbage/ without onion strings and black bean demi glaze	
MAHOGANY CHICKEN	24
chipotle marinated/slow-roasted half chicken/garlic mash/ citrus broccolini and tomato/sweet maple glaze	
GRILLED SEABASS	MP
seabass/pesto garlic mash/grilled zucchini/fresh tomato bruschetta/ balsamic glaze - without fried mozzarella croutons	
SIMPLE CATCH	MP
grilled or blackened/garlic mash/citrus broccolini/lemon-lime wedges	



SIDE

LOADED BAKED POTATO	9
butter/sour cream/cheddar/chives/bacon croutons	
SAUTÉED SPINACH & ONION	7
olive oil/garlic/shallots	
ROASTED VEGETABLE MEDLEY	8
olive oil/rosemary/oregano/white wine	
SAUTÉED CITRUS BROCCOLINI & TOMATO	8.5
olive oil/garlic/shallots/white wine	
GRILLED ASPARAGUS	8.5
olive oil/garlic/shallots	
RED & WHITE QUINOA SALAD	8
cranberries/sweet potatoes/parsley/honey/citrus dressing/ balsamic glaze	

*Woodlands American Grill only uses a gluten free soy sauce. Please note that normal kitchen operations involve shared cooking and prep areas. We take every precaution against cross-contamination, but it is possible for food items to come in contact with one another.