



# Celiac Friendly Menu

For Celiacs who still want delicious food or people who just want to be gluten free!

We will do our best to accomodate any requests outside of this menu; however, please understand if we cannot fulfill your request due to ingredient restrictions!

BTW: If you find that you are only mildly intolerant, though our french fries, yam fries, potato thins & corn tortillas are fried in the same oil as our breaded products, they are not directly dusted in flour prior to cooking. Also, most days our SOUPS are gluten free, as we thicken them with rice flour! (Except Clam Chowder)

## APPETIZERS

<b>Cod Bites</b>	\$7.95	<b>Grilled Tiger Prawns</b>	\$7.95
grilled with rice flour and served with either salsa or tartar sauce.		6 Prawns sautéed in garlic butter.	

## SOUPS & SALADS

<b>Rock Cod Salad</b>		<b>Greek Salad</b>	\$9.95
Crisp lettuce, shredded beets, carrots, mushrooms, red cabbage, cheddar cheese, sprouts, tomatoes and cucumber.		Fresh tomatoes, cucumbers, red onions, Greek olives, bell peppers and feta cheese	
<i>Starter Size</i>	\$5.95	<b>Caesar Salad</b>	
<i>Meal Size</i>	\$9.95	Crisp romaine and freshly shredded parmesan cheese	
<i>Choice of Creamy Dill, Ranch, Thousand Islands, Blue Cheese, Sundried Tomato, Italian, Raspberry Vinaigrette or Balsamic Vinaigrette dressing</i>		<i>Starter Size</i>	\$5.95
		<i>Meal size</i>	\$9.95

## FISH & SALAD

*Celiac Friendly Fish & Salad are grilled with rice flour and come with your choice of salad*

<b>1 piece Cod</b>	\$10.95	<b>2 piece Cod</b>	\$14.95
<b>1 piece Halibut</b>	\$13.95	<b>2 piece Halibut</b>	\$19.95
<b>1 piece Salmon</b>	\$13.95	<b>2 piece Salmon</b>	\$19.95

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In an effort to better serve our planet, the Rock Cod Cafe has stopped using styrofoam and is now using only sugar cane based takeout containers.



www.rockcodcafe.com  
Prices subject to all applicable taxes.

**Gluten Free Menu continued...**

**RC Fish Tacos w/ Salad** \$17.95  
Our famous hardshell fish tacos! Loaded with rice grilled halibut & savoury slaw then topped with mango habanero sauce & fresh cilantro and served with your choice of RC, Caesar or Greek salad!

ENTREES

**Pan Fried Prawns** \$14.95  
Twelve succulent prawns sautéed in choice of teriyaki, Cajun or garlic butter. Served on a bed of rice with choice of Rock Cod or Caesar salad.

**Wild Salmon Fillet** \$14.95  
Poached or grilled to perfection. Served over rice with your choice of steamed vegetables or Rock Cod salad or Caesar salad

**R.C. Citrus Butter Curried Chicken** \$14.95  
Flame broiled chicken breast topped with our house mild citrus butter curry & garnished with fresh cilantro. Served over rice with your choice of RC Salad or Caesar salad

WEEKLY SPECIALS

Available after 4:00 P.M.

**Tuesday**

**Bouillabaisse** \$17.95  
Seafood medley of mussels, clams, scallops, snapper, prawns & vegetables simmered in a rich saffron broth

**Wednesday**

**Prawn Pad Thai** \$15.95  
12 succulent prawns & vegetables stir-fried in peanut oil and chiles, tossed with rice noodles, garnished with fresh cilantro & roasted peanuts then drizzled with Thai sweet & sour sauce

**Thursday**

**Seafood Operetta** \$17.95  
Seafood medley of calamari, mussels, snapper & prawns simmered in a medium spicy tomato brandy sauce & served with your choice of RC or Caesar salad

**Friday**

**Indonesian Hot Pot** \$17.95  
Seafood medly of calamari, clams, scallops, snapper, prawns & vegetables simmered in our house Thai curry sauce, served over rice & garnished with fresh toasted coconut & cilantro

**Though we make EVERY effort to stop any gluten traces from reaching your food, we are a commercial kitchen that also deals in many wheat-based products and cannot guarantee that your meal will be 100% trace free.**

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