

## Gluten Wise Suggestions

# APPETIZERS

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### GW Barley Station Wings

Lightly breaded with rice flour so still gluten free! Franks hot sauce, Tongue Ripper Hot, Cajun Rub, Salt & Pepper or Naked. Baked not deep fried so takes a little longer. 12

### GW Flatbread Pizza

Our Gluten Wise flatbread shell with pesto, tomatoes, spinach, kalamata olives, banana peppers, pickled red onion and caciotta cheese. We serve local cheese from Tanto Latte.  
17.50

### GW Sautéed Prawns

Sautéed prawns garnished with fennel & pea shoots and served on a bed of basmati rice. Your choice of Garlic butter or Malaysian Red Curry sauce. 13

### GW Tuna Tataki

Toasted seared Albacore tuna loin served with a toasted seaweed aioli and papaya salad. 13

### GW Potato Skins

Topped with chorizo, tomatoes, green onions and cheddar cheese. Sour cream on the side. 12

Please inform your server of any allergies prior to ordering. Tax extra.

## Gluten Wise Suggestions

# SALADS

### GW Greek Salad

Tomatoes, peppers, cucumbers, Kalamata olives and onions with Greek dressing and feta cheese. Served with gluten free flatbread and tzatziki sauce. 17.50

### GW Tuna Poke Bowl

Seared Albacore tuna, watermelon radish, carrot, fennel, pickled red onion, avocado, edamame beans, nori strips, sesame seed, pea shoots, sushi rice with a wasabi nori aioli. 18

### GW Barley Station Glory Bowl

Quinoa, roasted chickpeas, grated carrots and beets, cucumber, feta cheese, apples, roasted almonds and pumpkin seeds served over spinach & mixed greens. House made tangy Tahini & Nutritional Yeast dressing on the side. 16

### GW Santa Fe Chicken Salad

Organic mixed greens, feta cheese, corn, black beans, guacamole, tomatoes, and herb marinated 100% natural chicken. Served with Greek dressing on the side. 16

### GW Wild Salmon Salad

Spinach, cucumber, strawberries, red onion, feta cheese, candied pecans & papaya with house filleted wild salmon dusted with Cajun spice. Served with a creamy chive dressing and a gluten free bun on the side. 18.50

Dressings ~ Haskap Vinaigrette, Creamy Chive, Greek, Oil & Vinegar.

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## Gluten Wise Suggestions

# HAND FOOD

*We would be happy to discuss a side dish for you.*

### **GW** Halibut Burger

Grilled Halibut poached in white wine and lemons, served with lettuce, tomatoes, pickled red onions and lime aioli. Served on a gluten free bun. 18.50

### **GW** Haskap Burger

We make our Haskap BBQ sauce from locally grown Haskap Berries. Together with pickled red onions, bacon, garlic mayo, arugula, tomatoes and cheddar cheese it makes an unbelievable medley of flavours. Served on a gluten free bun. 18.50

### **GW** Chicken Guacamole Sandwich

Grilled chicken marinated with herbs and topped with Armstrong Mediterranean cheese, guacamole, tomato, lettuce and bacon. Served on a gluten free flatbread. 18

**GW**

### Southwest Chicken Burger

Chicken lightly breaded with rice flour and blackened. Topped with a spicy creole mayo, carrot slaw, jalapeños, lettuce and red onion. Served on a gluten free bun. 17.50

100% Canadian Beef Burgers  
No Fillers

### **GW** Classic Beef Burger

Beef patty with our own special seasonings on a gluten free bun. Served with garlic mayo, lettuce, tomatoes, onions. 15.50  
Add choice of cheese ~ Blue cheese, Armstrong cheddar, Jalapeño Jack or Mediterranean cheese ~1.25 Add sautéed mushrooms or onions ~1.00  
Add Bacon ~ 1.50

### **GW** Beef Supreme

Tender, thinly sliced roast beef, sautéed mushrooms, red onions and melted Armstrong cheddar cheese, layered on a gluten free bun. Sorry, no Au Jus. 17.50

### **GW** Pork Belly Burger

An all beef patty with Mediterranean cheese, arugula, tomato, red onion, jalapenos and crisp pork belly on top. Served on a gluten free bun. 18.50

### **GW** Portobello Mushroom Burger

This vegetarian burger has grilled red pepper and onion served on top of a charbroiled Portobello mushroom. Topped with Mediterranean cheese, pesto mayo, lettuce and tomato. Served on a gluten free bun. 16.50

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# MAINS

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### GW Halibut & Lemon Dill

Fresh Halibut cut right here and baked in a delicious white wine, lemon and dill with shrimp on top. Served with vegetables and your choice of Quinoa or potatoes. 24

### GW Grilled Salmon

Lemon and lime grilled salmon with a gluten free flatbread and fresh yogurt dip. Served with broccoli, quinoa and a tomato parsley mint salad. 23.50

### GW Steak & Prawns

Our Sous-vide Steak and garlic prawns prepared and grilled to perfection. Served with sautéed mushrooms, vegetables and choice of potaoes. 24

### GW Chicken Souvlaki

2 skewers of marinated chicken served with herb roasted potatoes, Greek salad and gluten free flatbread with house made tzatziki. 20.50

### GW Malaysian Red Curry Rockfish

Pan fried red snapper served with a red Malaysian curry on top of a bed of quinoa and garnished with fennel and pea shoot salad. Served with gluten free flatbread. 20.50

SIGNIFIES AN OCEAN WISE PRODUCT

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