

## Middle Grounds Grill Allergy/Dietary Menu Information

This is a consolidated outline of Allergies/Dietary choices to assist in your menu selections.

Please note, if you are allergic to these items listed, it is recommended to NOT order them.

Please inform your server of allergy, and of any further questions.

\*= Ask your server for options on items marked

**\*THERE ARE NO PEANUTS IN HOUSE\***

### CONTAINS GLUTEN

Portabella Oscar \*  
Seared Tuna Sashimi\*  
Smoked Fish Spread\*  
Artichoke Smoked Gouda Fondue\*  
Greek Sampler\*  
Mandarin Salmon Salad\*  
Seafood Fusilli\*  
Chicken Breast Alfredo\*  
Mussels & Red Sauce\*  
Shrimp Pesto\*  
Vegetarian Pasta\*  
Panko Crusted Chicken\*  
Coconut Almond Shrimp (App & Dinner)  
Egg Rolls  
Crab Cakes (App & Dinner)  
Calamari  
Croutons  
Mango Nut Crusted Grouper  
Herb Crusted Pork Tenderloin  
Lamb Shank  
Risotto  
Au Poivre Sauce  
Herb Orzo  
Onion rings  
Herb Rice  
**ALL FRIED ITEMS**

### CONTAINS DAIRY

Mussels\*  
Tuna Sashimi\*  
Tuna Bites\*  
Asparagus Salad\*  
Octopus Salad\*  
Vegetarian Pasta\*  
Seafood Fusilli\*  
Spinach \*  
Panko Crusted Chicken\*  
Edamame\*  
Portabella Oscar  
Crab Cakes (App & Dinner)  
Artichoke Smoked Gouda Fondue  
Coconut Almond Shrimp (App & Dinner)  
Egg Rolls  
Escargot  
Caesar Salad  
Wedge Salad  
Oil & Herb Mix House Blend  
Chicken Breast Alfredo  
Shrimp Pesto  
6oz & 9oz Filet Mignon  
Onion Rings  
Au Poivre Sauce  
Béarnaise Sauce  
Hollandaise Sauce  
Cremini Mushrooms

### CONTAINS DAIRY CONTINUED

Coconut Basmati Rice  
6 OZ. & 9 OZ. Filet Mignon  
Stone Crab Mustard (Seasonal)  
Herb rice  
Seasonal Vegetables  
Mashed Potatoes  
Herb Orzo  
Hollandaise Sauce  
Lobster Sauce  
Risotto  
Mango Nut Crusted Grouper  
Mediterranean & Tarragon Sauce  
Lamb Shank  
Herb Crusted Pork Tenderloin  
**ALL ITEMS WITH CHEESE**  
**ALL FRIED ITEMS**

### CONTAINS SHELLFISH

Oscar Topping\*  
Smoked Gouda Fondue\*  
Asparagus Salad\*  
Chicken Breast Alfredo\*  
All C.A.B. Steak\*  
Fried Pita  
Egg Rolls  
Tuna Sashimi (For severe allergies)  
Coconut Almond Shrimp (App & Dinner)  
Crab Cakes (App & Dinner)  
Mussels

## Middle Grounds Grill Allergy/Dietary Menu Information

### CONTAINS SHELLFISH CONTINUED

Portabella Oscar  
Green beans  
Baby Potatoes  
Mashed Potatoes  
Seafood Chowder  
Seafood Fusilli  
Shrimp Pesto  
Fried Grouper  
Lobster Tail  
Risotto  
Scallops  
Stone Crab (Seasonal)

### **ALL FRIED ITEMS**

### CONTAINS NUTS

**\*THERE ARE NO PEANUTS IN HOUSE\***

Mandarin Salmon Salad\*  
Wedge Salad\*  
Breast of Duck\*  
Key Lime Tower\*  
Shrimp Pesto  
Pineapple Upside Down Cake\*  
Coconut Almond Shrimp (App & Dinner)  
Mango Nut Crusted Grouper

### **ALL FRIED ITEMS**

### CONTAINS SOY

Seafood Fusilli  
Tuna Sashimi  
Tuna Bites  
Calamari  
Edamame  
All Mayo based sauces  
All Dressings  
Lamb Shank  
Pork Demi  
Lobster Sauce  
Risotto  
Au Poivre

**PLEASE NOTE...Our BREAD is  
manufactured in the same facility as  
sesame seeds and soy.**

### CONTAIN GARLIC & SPICES

No Garlic or Spices should order:  
Plain Chicken Breast, Grouper (*some other seafood, ask your server*) with steamed seasonal and other vegetables with no seasoning ONLY.  
6oz & 9oz Filets are pre seasoned and **are not available.**  
All other steaks can be garlic & spice free.

### **ALL FRIED ITEMS**

### Gluten Free Desserts

Flourless Torte  
Berries & Cream  
Crème Brulée

### Dairy Free Dessert

Berries & Cream (No Whip Cream)