

CELIAC FRIENDLY MENU

PLEASE INFORM YOUR SERVER OF YOUR SPECIFIC DIETARY REQUIREMENTS WHEN YOU ORDER

(VG) available vegan (DF) available dairy free

Please inform your server of any allergies
We are not a gluten free facility

Appetizers

Soups of the Day Cup 6.25 Bowl 9

check with server if our daily soups are gluten free

Fresh Bruschetta VG DF 10.75

Salad

See our Salads, with descriptions below for appetizer sizes

Bowls

The Hot Pot

Butter Curry Sauce, vegetables, coconut basmati rice

Classic Seafood Hot Pot 23.25

Chicken Hot Pot 20.75

Tofu Hot Pot 19.25

Fresh Salads

Green Salad VG DF

Appy 8 Meal 12

Starboard Salad VG DF

Seasonal greens, beets, feta cheese, pumpkin seeds, cucumber, mandarin orange and kalamata vinaigrette
app 10 meal 15

Beet Salad VG DF

beets, mint, carrots and balsamic vinaigrette on a bed of greens, topped with goat cheese and pumpkin seeds
app 10 meal 15

Cameron Salad VG

gem lettuce, red grapes and blue cheese dressing topped with blue cheese and glazed pecans
app 10.25 meal 15.75

The BIG Salad VG DF

gem lettuce, sun-dried cranberries, carrot, beet, corn, red pepper, cucumber, tomato and honey lime vinaigrette topped with pumpkin seeds, feta cheese and cilantro 17.75

Add to any salad your choice of grilled chicken, baby shrimp, prawn skewer or seared tuna 7.75

Add Gluten Free Bun 2.00

Burgers

All burgers served on a Gluten Free Bun

Veggie Burger VG DF

Our patty of roasted vegetables, sweet potato, smoked tofu, rice, black bean, Dijon aioli, lettuce, tomato, red onion or have it spicy cajun 11.25

Salmon Burger DF

Baked salmon with local west coast rub, balsamic aioli, lettuce, tomato, red onion 16.5

Chicken Burger DF

grilled chicken breast, aioli, lettuce, tomato and red onion 14

Tuna Burger DF

sesame crusted tuna, red curry aioli, grilled pineapple, pea shoots 16.5

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Sandwiches

All sandwiches served on a Gluten Free Bun

Traditional Clubhouse **DF**

fresh turkey, bacon, lettuce, tomato and mayo 14.25

Canal Beach Clubhouse **DF**

guacamole, bacon, baby shrimp, leaf lettuce, tomato and chipotle mayo 16.25

Dock Boy Bun **DF**

egg, cheddar cheese and a choice of tomato, back bacon or bacon 7.25

Ultimate Beef Dip **DF**

thin sliced beef, mozzarella cheese, sautéed onion, bell peppers and mushrooms with an au jus dip 16.5

Dessert

Raspberry Crème Brule **DF** 7.5

Gluten Free Cake ask your server about this option 8.5

We use fresh, local produce, when in season

Our eggs are from a local farm

Fish Fry

Your Choice of Fish **DF**

Pan seared fish of your choice

Served with coleslaw

Your choice of aioli, red curry aioli, chipotle aioli, or balsamic aioli

Ling Cod * one piece 11.25 * two piece 21.25

Salmon * one piece 11 * two piece 21

Red Snapper * one piece 8 * two piece 15

Starboard Favorite

Smoked BBQ Pork Ribs **DF**

succulent smoked Hertel's pork back ribs baked with our award winning bbq sauce 5.75

Your Side Options:

Soup of the Day 6.25

check with server if our daily soups are gluten free

Starboard Salad 5.5

Green Salad 4.5

Beet Salad 5.5

Cameron Salad 5.75

Basmati Rice 4

Veggie Sticks and Dip 4.5

Cooked Vegetables 4.5

