

CELIAC FRIENDLY MENU

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

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

Appetizers

Soups of the Day Cup 6.25 Bowl 9.5

check with server if our daily soups are gluten free

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 24.75

Chicken Hot Pot 22.75

Tofu Hot Pot 19.75

Fresh Salads

Green Salad VG DF

Appy 8.75 Meal 13.5

Starboard Salad VG DF

Seasonal greens, beets, feta cheese, pumpkin seeds, cucumber, mandarin orange and kalamata vinaigrette
app 10.5 meal 16

Beet Salad VG DF

beets, mint, carrots and balsamic vinaigrette on a bed of greens, topped with goat cheese and pumpkin seeds
app 10.5 meal 16

Cameron Salad VG

gem lettuce, red grapes and blue cheese dressing topped with blue cheese and glazed pecans
app 10.75 meal 16.5

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 18.25

Add to any salad your choice of grilled chicken, baby shrimp, prawn skewer or seared tuna 8.5

Burgers

All burgers served on a Gluten Free Bun

Veggie Burger

Our patty of roasted vegetables, sweet potato, smoked tofu, rice, black bean, Dijon aioli, lettuce, tomato, red onion or have it spicy cajun 14.75

Salmon Burger DF

Baked salmon with local west coast rub, balsamic aioli, lettuce, tomato, red onion 18.75

Chicken Burger DF

grilled chicken breast, aioli, lettuce, tomato and red onion 17.25

Tuna Burger DF

sesame crusted tuna, red curry aioli, grilled pineapple, pea shoots 18.75

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Sandwiches

All sandwiches served on a Gluten Free Bun

Traditional Clubhouse

fresh turkey, bacon, lettuce, tomato and mayo 16.75

Canal Beach Clubhouse

guacamole, bacon, baby shrimp, leaf lettuce, tomato and chipotle mayo 17.75

Dock Boy Bun

egg, cheddar cheese and a choice of tomato, back bacon or bacon 8

Beefwich DF

thin sliced beef, mozzarella cheese, sautéed onion, bell peppers and mushrooms 17.75

Fish Fry

Your Choice of Fish

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 14.25 * two piece 23.5

Salmon * one piece 14.25 * two piece 23.5

Red Snapper * one piece 8.5 * two piece 15.50

Your Side Options:

Soup of the Day 6.25

check with server if our daily soups are gluten free

Starboard Salad 6.25

Green Salad 5.25

Beet Salad 6.25

Cameron Salad 6.75

Jasmine Rice 4

Veggie Sticks and Dip 5

Cooked Vegetables 4.5

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

