

# Maynards

EXCELSIOR, MN

## GLUTEN GUIDE

GLUTEN FRIENDLY: ITEMS ARE GLUTEN FREE BUT FRIED WITH OTHER ITEMS THAT MAY CONTAIN GLUTEN, FYI WE USE SOYBEAN/VEGETABLE OIL BLEND  
GLUTEN FREE: ITEMS/PRODUCTS DO NOT CONTAIN ANY GLUTEN  
\*PLEASE NOTE WE DO NOT GUARANTEE ANY ITEM TO BE 100% GLUTEN FREE DUE TO UNFORSEEN CROSS CONTAMINATION

### APPETIZERS

- BEEF NACHOS | GLUTEN FREE
- FIRECRACKER SHRIMP | GLUTEN FRIENDLY
- STEAK BITES | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH NO ONION STRAWS -OR- SUB WHITE RICE
- WINGS | GLUTEN FRIENDLY
- ITALIAN WAFFLE FRIES | GLUTEN FRIENDLY
- CHIPS & SALSA | GLUTEN FRIENDLY
- AHI TUNA | GLUTEN FREE
- WALLEYE STREET TACOS | GLUTEN FREE

### SALADS & BOWLS

- COBB SALAD | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH PLAIN CHIX
- CAPRESE SALAD | GLUTEN FREE
- MARINE SALAD | GLUTEN FREE
- AHI TUNA POKE BOWL | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH NO MARINADE

### GF DRESSINGS

- RANCH
- BLEU CHEESE
- BALSAMIC VINAIGRETTE
- LOUIE
- HERB VINAIGRETTE
- SALSA

### SANDWICHES

- CRANBERRY WILD RICE TURKEY MELT | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH A GLUTEN FREE BUN \$2
- CAJUN CHICKEN SANDWICH | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH A GLUTEN FREE BUN \$2
- AHI TUNA SANDWICH | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH A GLUTEN FREE BUN \$2
- MAYNARD'S CHICKEN SANDWICH | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH A GLUTEN FREE BUN \$2 & PLAIN CHIX
- BLTA | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH A GLUTEN FREE BUN \$2

### BURGERS

- MR. JIMMY BURGER | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH A GLUTEN FREE BUN \$2
- TEXAS TILAMOOK BURGER | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH NO ONION STRAWS AND A GLUTEN FREE BUN \$2
- CALIFNORIA BURGER | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH A GLUTEN FREE BUN \$2
- TURKEY BURGER | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH A GLUTEN FREE BUN \$2

### SPECIALTY PLATES

- CAJUN PORK CHOP | GLUTEN FREE
- SKINNY CHICKEN | GLUTEN FREE
- GRILLED ATLANTIC SALMON | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH BROCCOLI OR A SALAD WITH NO CROUTONS

### MISC. GLUTEN FREE

- BBQ KETCHUP
- SSC
- GUACAMOLE
- TARTAR
- ALL CHEESE

### SIDES & DESSERTS

- WAFFLE FRIES | GLUTEN FRIENDLY
- CHIPS | GLUTEN FREE
- BROCCOLI | GLUTEN FREE
- HOUSE SALAD | GLUTEN FREE\*  
\*GLUTEN FREE WHEN ORDERED WITH NO CROUTONS-
- SALTED CARAMEL CHEESECAKE | GLUTEN FREE