

Maynards Wharf

WHARF GLUTEN FREE MENU

Appetizers

Buffalo Wings*

Waffle Fries*

Chips & Guac* No Gluten if ordered without salsa

Entrees and Salads

Cobb & Frannies Salad

No Gluten if ordered with plain chicken breast

Ahi Poke Bowl

No Gluten if ordered without soy marinade

Ensalada Bowl

Salad is still gluten free with jerk chicken added

Burgers and Handhelds - ordered with no bun or GF Bun \$2**

Cheese Burger

Impossible Burger

Maynard's Chicken Breast Sandwich

No Gluten if ordered with plain chicken breast

Side Choices

House/Side Salad - No Gluten if ordered without croutons

Waffle Fries*

Potato Chips

Dressings

Bleu Cheese, Ranch, Cilantro Lime & Balsamic Vinaigrette

BBQ, Ketchup, Tartar, Guacamole, Buffalo Sauce,

Nashville Hot Sauce & Seasoned Sour Cream

***Gluten Friendly - Items are cooked in gluten free cooking oil but with other items that contain Gluten**

****American, Swiss, Mixed & Parmesan Cheese are Gluten Free**