



GLUTEN FREE MENU

GLUTEN SENSITIVITY, GLUTEN INTOLERANCE OR CELIAC SPRUE DISEASE

People who have gluten sensitivities exclude all sources of the following grains from their diet: wheat, rye, barely, oats, spelt, and their derivatives.

Max's Oyster Bar has taken the necessary precautions to ensure that the following menu items and their preparations are free of elements that might cause a reaction to those with gluten sensitivity. If you have any concerns about any of these items, please consult your physician prior to trying them. For your safety we WILL NOT substitute.

All Seafood and Meat items will be prepared by the following methods: grilled, steamed, pan seared, or fried in corn meal.

These menu items require special attention; please allow us additional time to prepare your meal. A manager will consult with you and follow your order through to completion.

Our goal is to provide our guests with gluten sensitivities with a menu so they may dine at Max's Oyster Bar in confidence. Enjoy!

Please be understanding of extra preparation time.

GLUTEN FREE DINNER MENU

Max's Famous Raw Bar

Colossal white shrimp	2.95 ea
Oysters (please refer to our daily list for pricing)	
Littleneck clams	1.75 ea.
Cherrystone clams	1.75 ea.

SASHIMI PLATES

SASHIMI (3 PIECES PER ORDER)

AHI TUNA (YELLOWFIN)	6.00
HAMACHI (YELLOWTAIL)	5.00
SUPER WHITE TUNA (WALU)	5.00
LOCH DUART ORGANIC SALMON	5.00
<u>YELLOWFIN TUNA TATAKE</u>	
Yellowfin tuna, sticky rice, mango relish	10.95
<u>SASHIMI TASTING PLATE</u>	14.95
Hamachi, Walu, Ahi tuna, sea vegetable salad, wasabi	

SMALL PLATES

Garden Greens	5.95
Locally farmed greens, sherry vinaigrette	
Caesar Salad	6.50
Leaves of young romaine, shaved grana padana,	
ADD GRILLED CHICKEN	10.50
Rhode Island Calamari	8.95
Sautéed with Cherry peppers, garlic butter	

SIMPLY PREPARED FISH

Have your fish grilled ...served with Brown Rice and Root Vegetables and Lemon Buerre Blanc

Selections based on quality and availability

Yellowfin Tuna	26.95
Organic Salmon	25.95
Lemon Sole	24.95
Sea Scallops	25.95
Swordfish	25.95

SPECIALTIES

Certified Angus Cheeseburger	10.95
Beef steak tomato, aged cheddar cheese, No bun, coleslaw	
Local Sea Scallops	26.95
Honey dust, parsnip puree, black truffle vinaigrette, arugula salad, moscatel	
Wild Salmon	26.95
Five spiced sweet potatoes, apple-pear chutney, swiss chard apple cider-dijon mustard glaze	
1 to 2 LB Steamed/Baked Stuffed/Grilled Lobster	19.95/lb
Served with asparagus and mashed potatoes Baked Stuffed Served with Aleia's Gluten Free Crumbs	
Murray's Chicken	19.95
Wilted local greens, mashed potatoes, pan jus	
10oz C.A.B Filet Mignon	29.95
14oz C.A.B Ribeye Steak	27.95
14oz C.A.B New York Strip Steak	28.95
Served with mashed potatoes, white balsamic dressed arugula	