

GLUTEN FREE MENU

# FOOD ALLERGENS & SENSITIVITIES GUIDE



The Cooper's Hawk Kitchen has many shared components, including preparation areas, utensils, and cooking equipment. While we take precautions to prevent cross-contact with allergens, the possibility exists and **we cannot guarantee that any food item is allergen-free**. The dots indicate when an allergen is present in a dish. Items designated with an asterisk (\*) either are cooked or have an ingredient that is cooked in a fryer, making them potentially subject to cross-contact with the allergens listed below, excluding tree nuts and peanuts. Fryers are not dedicated as gluten free.

Please inform your server of your allergy for guidance.

	DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
<b>APPETIZERS</b>											
Asian Ahi Tuna Sashimi	•		•			•			•	•	
Caesar Salad	•	•				•				•	
Chopped Wedge Salad	•	•				•				•	
Drunken Shrimp	•					•	•		•	•	
Plain Ol' House Salad											
Thai Lettuce Wraps		•	•	•	•	•	•		•	•	•
Crispy Brussels Sprouts*		•		•		•			•	•	
Classic Tomato Bruschetta	•	•	•							•	
<b>SOUPS</b>											
Tortilla / Vegetarian Tortilla*	•	•	•							•	
<b>SALADS</b>											
BBQ Ranch Chicken*	•	•	•							•	•
Blackened Bleu Skirt Steak	•	•				•				•	
Cooper's Hawk Chicken Caesar	•	•				•				•	
Napa Chicken	•	•		•						•	
<b>PASTA &amp; RISOTTO</b>											
Gnocchi Carbonara	•									•	
Country Gnocchi	•		•							•	
Gnocchi Alla Vodka	•									•	
Braised Short Rib	•		•							•	
Roasted Chicken	•									•	
Shrimp & Scallop	•					•	•			•	
<b>SEAFOOD</b>											
Blackened Ahi Tuna	•	•	•			•				•	•
Broiled Fillet of Grouper	•	•				•	•			•	
Soy Ginger Atlantic Salmon	•	•	•			•				•	•
<b>BEEF &amp; PORK</b>											
Prime Churrasco Grilled Steak*	•	•	•							•	
Filet Mignon	•	•	•							•	
Grilled Tenderloin Medallions	•	•	•							•	
Red Wine Braised Short Ribs	•		•			•	•				

	DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
<b>CHICKEN</b>											
Chicken Madeira	•	•	•							•	
Cooper's Hawk Chicken Giardiniera	•	•								•	
Dana's Parmesan-Crusted Chicken	•	•					•			•	
Ellie's Chicken Piccata	•	•				•				•	
<b>VEGETARIAN</b>											
Roasted Vegetable Enchiladas*	•	•	•						•	•	
Gnocchi with Roasted Butternut Squash	•									•	
Sweet Corn & Tomato	•									•	
<b>LIFE BALANCE</b>											
Asian Ahi Tuna Sashimi ( <i>appetizer</i> )	•		•			•			•	•	
Plain Ol' House Salad ( <i>appetizer</i> )	•	•								•	
BBQ Ranch Chicken Salad	•	•	•							•	•
Grilled Tenderloin Medallions	•	•	•							•	
Seared Atlantic Salmon	•	•				•				•	
Blackened Ahi Tuna	•	•	•			•				•	•
<b>BURGERS &amp; SANDWICHES</b>											
Bleu Cheeseburger	•	•	•			•				•	•
Cilantro Ranch Chicken Sandwich	•	•	•							•	•
Classic Cheeseburger	•	•	•							•	
The Leonard Burger	•	•	•							•	
Turkey Burger	•	•	•							•	
Grilled Mahi Sandwich	•	•	•			•				•	
The Prime	•	•	•			•				•	•
<b>LUNCH-SIZED ENTRÉES</b>											
Chicken Madeira	•	•	•							•	
Cooper's Hawk Chicken Giardiniera	•	•								•	
Dana's Parmesan-Crusted Chicken	•	•					•			•	
Ellie's Chicken Piccata	•	•				•				•	
Soy Ginger Atlantic Salmon	•	•	•			•				•	•

DAIRY	EGG	SOY	TREE NUT	PEANUT	FISH	SHELLFISH	WHEAT	SESAME	GARLIC	MSG
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WINE O'CLOCK MENU										
Smoked Salmon Spread	•	•	•		•			•	•	
Burrata Bruschetta	•	•	•						•	
BRUNCH MENU										
Cooper's Hawk Chilaquiles*	•	•	•					•	•	
Sunrise Breakfast*	•	•							•	
House Maple Sausage										
Applewood Smoked Bacon									•	
Candied Bacon									•	
Breakfast Potatoes*	•	•							•	
Sourdough Toast & Strawberry Jam	•	•	•							
Eggs Any Way*	•	•							•	
Smoked Brisket Hash*	•	•	•					•	•	
SIGNATURE SIDES										
Asparagus	•	•							•	
Garlic Green Beans	•	•							•	
Gluten-Free Bread	•	•	•							
Grilled Broccoli	•	•							•	
Mary's Potatoes	•									
Oven-Roasted Vegetables	•								•	
Roasted Broccolini	•	•							•	
Wasabi-Buttered Mashed Potatoes	•									
Asian Slaw		•	•					•	•	•
DESSERTS										
Flourless Chocolate Torte	•	•	•							
Salted Caramel Crème Brûlée	•	•								
S'more Budino	•	•								
House-Made Truffles	•		•							
Wine & Chocolate	•		•							
KIDS MENU										
Cheeseburger / Hamburger	•	•	•						•	
Junior Filet Medallions	•		•						•	
Vanilla Ice Cream	•	•								
Soy Ginger Atlantic Salmon	•	•	•		•			•	•	•
Parmesan Chicken Marinara	•	•								
CHEF RECOMMENDATIONS MENU										
Miso Glazed Chilean Sea Bass	•		•		•	•		•	•	•