



## ***Gluten Free Items at Patrick's***

- **All sauces on top of entrees (Francaise, lemon, marinara, Alfredo, Demi-glace, béarnaise, Piccata, Marsala)**
- **Grilled Bistro Sirloin, Filet Mignon, NY Strip**
- **Blackened or grilled Chicken, Salmon, Shrimp**
- **Lobster tails**
- **Sautéed mushrooms**
- **Steamed Vegetables**
- **Beets, Applesauce, Coleslaw, Sliced Tomatoes**
- **All Salad Dressings**
- **Chicken, Tuna & Shrimp Salads**
- **Wings**
- **Hot or Cold sandwiches/burgers without bread – ask for fresh fruit or lettuce & tomato substitute**

**Ask for Marsala, Piccata, Mt. Washington or Francaise preparations WITHOUT FLOUR**

**Ask for Liver & Onions WITHOUT FLOUR DUSTING**

**Ask for Garden or Caesar Salads WITHOUT CROUTONS**

**Ask for Soups to be served WITHOUT CRACKERS**

**Ask for Crab Dip or Shrimp in Garlic APP WITHOUT CROUSTINI**

**Ask for French Onion WITHOUT CROUTON**

**Ask for Chili WITHOUT CHIPS**

## ***Non Gluten Free Items at Patrick's***

- **Fried Tomatoes**
- **Onion Rings**
- **Clams Casino**
- **Any Parmesan Preparation – Chicken, Eggplant, Veal**
- **Crab Cakes, Crab Imperial, Chessy Burger or Maryland Club**
- **Crab Stuffed Mushrooms**
- **Crab Fluff or Fish & Chips (Battered)**
- **Shrimp Louisa or Coconut Tilapia**
- **Fried Shrimp or Popcorn Shrimp**
- **Patrick's Fried Fish**
- **Pasta Entrees & garlic toast – many entrees can be prepared without pasta**
- **Sour Beef & Potato Dumplings (gravy includes ginger cookies)**

## **What is gluten?**

Gluten is a mixture of proteins present in the cereal grains. The long molecules of gluten, insoluble in water, are strong and flexible and form many cross linkages. This gives flour its characteristic chewiness and permits breads and cakes to rise during baking as the gases within expand and are trapped in the gluten superstructure. Various flours have different ratios of gluten to starch (called hardness) and are appropriate for different types of foodstuffs. Thus soft flour is used for cakes, harder flour for pastry, hard flour for bread, and the hardest, or durum, for pasta. The hereditary disease called *Celiac Disease* is characterized by an inability to digest gluten. In this disease the gluten acts as an antigen (see immunity) and forms immune complexes that cause damage to the mucus lining of the intestine.

## **Other Notes:**

- **Almonds in any Almandine preparation, Italian Pinenuts in Trout & Scallop Basilica, English Walnuts & Pignoli nuts in any Pesto preparation.**
- **Desserts: Spanish Pinenut or Almond Rolls contain nuts. Ask for Sundaes nut free.**
- **High performance soybean oil and vegetable oils used for frying**