



GLUTEN FREE DINNER MENU

Enjoy the following options
for those who are Gluten sensitive.

STARTER

Peel & Eat Shrimp... ½ lb. of succulent peel & eat shrimp served with hot sauce and lemons. \$9.95

GREENS

Local Field Greens... jicama mango slaw, sun-dried craisins, toasted macadamia. Served with oil & vinegar. House 3.95 Grand 7.95

Chicken Cobb Salad... traditional Cobb salad with grilled chicken and crispy iceberg lettuce, topped with hard boiled eggs, kalamata olives, smoked ham, diced tomatoes, avocado and feta cheese served with oil & vinegar. 14.95

Tomato Salad... featuring sliced beefsteak tomato with fresh spinach, bleu cheese, and oil & vinegar. House 4.95 Grand 8.95

CREATE-YOUR-OWN SEAFOOD DELIGHT

Choose any fresh fish to be broiled to perfection and add your choice of Gluten Free topping:

Gulf Grouper
Atlantic Salmon
Mahi Mahi
Tilapia
Gulf Snapper

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Mango Tropical Salsa
Pesto Cream Sauce
Marinara
Tomato Caper Olive Salsa
Jerk or Blackening Seasoning

This menu and the information on it is provided by Mangos Restaurant as a service to our customers. Mangos Restaurant assumes no responsibility for its use and information which has not been verified by Mangos Restaurant. You are encouraged to your own satisfaction, to consider this information in light of your individual requirements and needs. These items are produced in the same kitchen where Gluten-containing items are prepared.

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Seasonal, locally sourced produce used whenever possible.

MANGOS FAVORITES

Chicken Pesto...grilled chicken breast topped with mushrooms, onions and creamy pesto sauce. 18.95

New York Strip... 12oz certified Hereford Strip, garlic basted. 26.95

Filet Mignon... 7oz. certified Hereford Filet, garlic basted. 26.95

Top Sirloin... choice 8oz. cut, garlic basted. 18.95

Delmonico... 12oz. of heavily marbled certified Hereford Ribeye, garlic basted. 26.95

Mangos Meatloaf... While it lasts! Mixture of fresh Angus ground beef, bell peppers, onions, ground corn tortillas and a special blend of spices. Served with Cholula ketchup. 12.95

ALL ENTREES ARE SERVED WITH YOUR CHOICE OF 2 SIDE ITEMS

SIDE ITEMS

Creamy Coleslaw, Fresh Mixed Fruit, Chef's Vegetables, Steamed Jumbo Asparagus, Yukon Gold Mashed Potatoes, Potato Salad

DESSERT

Old Meeting House Ice Cream (Vanilla, Chocolate & Toasted Coconut).....\$3.95
Fresh Berry Bowl topped with whipped cream.....\$3.95
Fresh Fruit & Ice Cream.....\$6.95

BEVERAGES

Chilled Fruit Juice.....\$2.50
Grapefruit, Tomato, Apple, Mango, Cranberry, Pineapple or Florida Orange Juice.
Coffee or Individual Pot of Tea.....\$2.25
Milk (Whole, Skim or Soy).....\$2.25
Soft Drinks.....\$2.25
Espresso.....\$3.00
Cappuccino or Latte.....\$4.00

WINES & COCKTAILS

All martinis, rocks and wines are Gluten free. Please ask your server for our Wine List.

GRATUITY IS NOT INCLUDED.