



## GLUTEN FREE LUNCH MENU

Enjoy the following options  
for those who are Gluten sensitive.

### APPETIZERS

**Nachos Fiesta...** tri-color tortilla chips topped with baked chicken, cheese, tomato, sour cream and jalapeños on the side. 9.25

**Captain's Fish Spread...** served on a bed of lettuce with diced tomatoes, capers, diced onions, jalapeno peppers on the side and your choice of tortilla chips or GF toast. 8.95

### SOUPS

**Caribbean Black Bean...** chipotle sour cream and tri-color tortilla chips. Cup 2.25 Bowl 3.95

### MANGOS CLASSICS

**Grouper Sandwich...** imported grouper served blackened or broiled on a toasted GF sesame seed bun with lettuce, tomato, and onion. 14.95

**Triple Decker Club...** ham, turkey, salami, swiss, lettuce, tomato and bacon piled high on toasted GF Seven Grains bread. 10.95

**Turkey Melt...** smoked turkey breast with melted swiss cheese, bacon and avocado, drizzled with Thousand Island dressing on grilled GF Seven Grains bread. 10.95

**Chicken Caprese Sandwich...** grilled marinated boneless Chicken breast on a toasted GF sesame seed bun, with sliced tomato, fresh buffalo mozzarella and pesto mayo. 11.95

**Turkey Reuben...** roasted turkey breast, Swiss cheese, sauerkraut & Thousand Island dressing on toasted GF caraway bread. 9.95

### FROM THE GARDEN

**Mangos Seared Tuna...** Lightly blackened pan seared tuna topped with mango chili sauce, served alongside a salad of fresh mixed greens with cucumber jicama slaw, and garnished with sliced mango. 12.95 

**Garden Grilled Salad...** choice of sirloin steak, chicken or shrimp on a bed of fresh mixed greens surrounded by tomato, cucumber and onion slices. 12.95

**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, cilantro and feta cheese served with low fat ranch dressing. 12.95 

Fat 38g Sat. Fat 10g Cholesterol 285mg Carbs 23g Pro. 41g Cal 600

**Traditional Caesar...** traditional Caesar salad with fresh grated parmesan, homemade croutons and our own Caesar dressing. 7.95 *Add:* grilled chicken 2.95, tender steak 4.95, shrimp 3.95 or grouper 5.95.

**Beach Umbrella...** Chicken salad, tuna salad and potato salad with Cottage cheese, surrounded by fresh fruit. 10.95

**Beef Tenderloin Salad...** fresh baby greens drizzled with balsamic vinegar and olive oil, tomatoes, cucumbers and bleu cheese accompanied with grilled lean beef tenderloin and caramelized onions. 16.95 

Fat 18g Sat. Fat 8g Cholesterol 25mg Carbs 14g Pro. 36g Cal 360

### LATE RISER

**Western Omelet...** ham, onions & peppers. Add your choice of cheese for an additional 75. 9.25

**Tropical Delight...** cup of strawberry yogurt surrounded by a fresh assortment of seasonal fruit. 9.75

**BOLD & SPICY**



**EAT RIGHT OPTIONS**



## TIKI FAVORITES

*Served with choice of chips, potato salad, fruit or slaw*

**Turkey Burger...** 6oz. ground turkey patty dusted with our own southwest seasonings, served on toasted GF sesame seed bun with lettuce, tomato, onion and choice of American, Swiss or Cheddar. 9.95

## LUNCH ENTRÉES

**Tilapia Tropical...** 8 oz. flaky tilapia filet topped with mango tropical salsa. Served with island rice. 9.95

**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 and Yukon gold mashed potatoes. 8.95

**Chicken Pesto...** grilled chicken breast topped with mushrooms, onions and creamy pesto sauce. Served with Yukon gold mashed potatoes. 8.95

Seasonal, locally sourced produce used whenever possible.

## FROM THE GRILL

*Served with choice of chips, potato salad, fruit or slaw*

**Beachside Burger...** ½ lb. thick and juicy Angus Beef charbroiled and brushed with garlic butter and special seasoning, served with American, Swiss, provolone or cheddar cheese. Served on a toasted GF sesame seed bun. 9.95

**Chicken Sandwich...** Grilled chicken breast served on your choice of toasted GF bread. 9.95

**Bleu Burger...** ½ lb. thick and juicy Angus Beef blackened and topped with crumbled bleu cheese crumbles and sautéed onions, served on toasted GF sesame seed bread. 10.95

**Hot Dog...** ¼ lb. Oscar Meyer® all beef hot dog, served on a Gluten Free hot dog bun with cheese, onions & kraut ~ if you like. 7.95

\* Our Gluten Free Breads come from Canyon Bakehouse. Canyon Bakehouse is "passionately determined to produce delicious breads that taste good and are healthy for you".

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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**GRATUITY IS NOT INCLUDED.**

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