

# The Grille on Main

GLUTEN FREE

Main St. East Greenwich, RI phone: (401) 885-2200

## STARTERS

- Crispy Calamari** ..... \$9  
*Squid lightly breaded in quinoa flour and fried, tossed with hot pepper rings and garlic butter.*
- Hummus Platter** ..... \$9  
*House made chickpea spread served with cucumber, feta, kalamata olives, celery, carrots and crisp gluten free toast points.*
- Crispy Chicken Wings** ..... \$8  
*Available in buffalo or BBQ. Served with carrot and celery sticks with a ranch dressing.*
- Also available as  
grilled chicken tenders.....add \$1
- Grilled Ahi Tuna** ..... \$11  
*Roasted lemon aioli, baby spinach leaves and caramelized shallot vinaigrette.*
- Pan Seared Sea Scallops** ..... \$11  
*Served with garlic creamed spinach.*
- Smokehouse Rib Appetizer** ..... \$10  
*Our own Smokehouse barbeque ribs smothered in our tangy BBQ sauce. Served with cole slaw.*

## SALADS

- Mixed Greens** ..... \$7  
*Field greens, cucumbers, grape tomatoes, julienne vegetables and choice of dressing.*
- Traditional Caesar\*** ..... \$8  
*Chopped Romaine tossed with our house made Caesar dressing, topped with garlic croutons and shaved Parmesan cheese.  
Add Steak...\$12 Chicken...\$10 Shrimp...\$11*
- Spinach Salad** ..... \$10  
*Baby spinach tossed in apple cider vinaigrette, goat cheese, caramelized onions, dried cherries, sliced apples, fried leeks, port wine syrup and candied pecans.*
- Buffalo Chicken Salad** ..... \$10  
*Grilled chicken, spicy pepper sauce, mixed greens, grape tomatoes, cucumbers, black olives, cheddar-jack cheese and ranch dressing.*
- Grilled Salmon Salad\*** ..... \$11  
*Smoked tomato & jalapeño jam, mixed greens, blood orange vinaigrette, corn black bean salsa, avocado, goat cheese and crisp tortillas.*
- Grilled Sirloin Steak Salad\*** ..... \$13  
*Mixed greens, balsamic vinaigrette, charred bell peppers, shiitake mushrooms, caramelized onions, artichoke hearts and goat cheese*
- Caribbean Jerk Rubbed Shrimp Salad** ..... \$11  
*Sugar cane skewered shrimp, mixed greens, passion fruit – mango vinaigrette, tropical fruit salsa and plantain crisps.*
- Chopped Cobb** ..... \$10  
*Iceberg & romaine lettuces, vine ripe tomatoes, toasted corn, apple wood smoked bacon, hard cooked eggs, goat cheese and caramelized shallot vinaigrette.*

## GRILLED PIZZA

One size available...\$11

### Old Fashioned

*Pomodoro sauce, sausage, sliced pepperoni and romano cheese.*

### Mashed Potato Pizza

*Garlic mashed potatoes, cheddar jack cheese, crispy bacon, tomato finished with scallions and a side of sour cream.*

### The Famous Number Three

*Spinach, goat cheese, roasted red peppers, chicken, caramelized onion and mozzarella.*

### The Reuben Pizza

*Lean corned beef, thousand island spread, swiss cheese, mozzarella cheese and sauerkraut.*

### Grilled Chicken Portabella

*Fontina fondue, mozzarella, marinated portabellas, roasted red peppers and grilled chicken.*

### Veggie

*Pomodoro, mozzarella, artichoke hearts, caramelized onions, spinach, roasted peppers and marinated portabellas.*

### Buffalo Chicken Pizza

*Buffalo sauce base, grilled chicken, cheddar jack cheese, mozzarella cheese, black olives and hot pepper rings.*

### Pizza Fresco

*Basil pesto, sliced tomatoes and fresh mozzarella cheese.*

### Barbeque Pulled Pork

*Smokehouse BBQ sauce, cheddar jack cheese, caramelized onions and scallions.*

### Cheeseburger Pizza

*Ketchup and mustard base, ground angus burger, cheddar jack cheese, shredded lettuce, tomato and pickles.*

# GLUTEN FREE SANDWICHES

All sandwiches served with choice of french fries, mashed potatoes, vegetable of the day, fresh fruit salad or quinoa pilaf. Side salad or sweet potato fries add \$1

<b>Turkey &amp; Brie wrap</b> .....	\$9
<i>Sliced turkey, red onion marmalade, lettuce, basil aioli and brie cheese served in a brown rice wrap.</i>	
<b>Caprese B.L.T.</b> .....	\$9
<i>Red beef steak tomatoes, lettuce, crispy bacon, fresh mozzarella and basil pesto served on an onion roll.</i>	
<b>Tuna Melt</b> .....	\$8
<i>Traditional tuna salad, dill havarti cheese and American cheese served on an onion roll.</i>	
<b>Grilled Chicken Sandwich</b> .....	\$8
<i>Leaf lettuce, sliced tomatoes with choice of: honey mustard or smokehouse barbeque sauce served on an onion roll.</i>	
<b>Roasted Portabella &amp; Brie</b> .....	\$9
<i>Garlic aioli, red onion marmalade, spinach and alfalfa sprouts served on an onion roll.</i>	
<b>Corned Beef Reuben</b> .....	\$9
<i>Sauerkraut, thousand island spread and swiss cheese served on an onion roll.</i>	
<b>Grilled Angus Burger*</b> .....	\$9
<i>Sliced tomatoes and green leaf lettuce served on an onion roll.</i>	
<b>Grilled Turkey Burger</b> .....	\$9
<i>Chipotle aioli, lettuce, tomato, corn black bean salsa and avocado served on an onion roll.</i>	

# ENTREES

<b>New York Sirloin*</b> .....	\$20
<i>Montreal steak rub, hand cut steak fries, shallot - truffle butter and vegetable of the day.</i>	
<b>Black &amp; White Sesame Seed Encrusted Ahi Tuna</b> .....	\$18
<i>Mesclun Greens, mandarin ginger dressing, julienne carrots, pine nuts, goat cheese and mandarin oranges.</i>	
<b>Spanish Paella</b> .....	\$19
<i> Littleneck clams, shrimp, scallops, chicken, tomatoes, asparagus and saffron rice.</i>	
<b>Beef Tenderloin Au Poivre</b> .....	\$24
<i>Peppercorn crust, garlic mashed potatoes, cognac dijon demi glace and asparagus.</i>	
<b>Baked Cod</b> .....	\$16
<i>Roasted potatoes, house vegetables and white wine - roasted garlic butter.</i>	
<b>Hickory Smoked Baby Back Ribs</b> .....	\$17
<i>Full rack of falling off the bone ribs, smokehouse bbq sauce, sweet potato fries and cole slaw.</i>	
<b>Pan Seared Shrimp &amp; Scallops</b> .....	\$21
<i>Polenta, asparagus and melted leek – white wine sauce.</i>	
<b>Pan Blackened Tilapia Fillet</b> .....	\$17
<i>Roasted potatoes, asparagus and blood orange butter.</i>	