

THE OAK

TAPHOUSE

GLUTEN-SENSITIVE ALTERNATIVE MENU

THE FOLLOWING ITEMS ARE SUITABLE FOR THOSE WITH
MINOR GLUTEN SENSITIVITIES ONLY. PLEASE READ THE
DISCLAIMERS AND INFORM YOUR SERVER OF ALL ALLERGIES
AND MODIFICATIONS NEEDED.

STARTERS

OAK NACHOS \$22 | Deep-fried tri-coloured tortilla chips topped with nacho cheese, pico de gallo and refried beans; served with sour cream and house-made salsa | **TORTILLA CHIPS ARE FRIED IN THE SAME FRYER OIL AS GLUTEN-CONTAINING ITEMS, SO THERE ARE TRACE AMOUNTS OF GLUTEN IN THIS ITEM**

CHICKEN WINGS \$19 | A pound of chicken wings deep-fried and tossed in your choice of house hot sauce, teriyaki, zesty Dijon, sweet Thai chili, lemon pepper, spicy sea salt or house-made honey barbecue | **WINGS ARE FRIED IN THE SAME FRYER OIL AS GLUTEN-CONTAINING ITEMS, SO THERE ARE TRACE AMOUNTS OF GLUTEN IN THIS ITEM**

RIBLETS \$18 | Slow-roasted beef riblets done in your choice of house hot sauce, teriyaki, zesty dijon, sweet Thai chili, lemon pepper, spicy sea salt, or honey barbecue | **RIBS ARE PREPARED NEAR OTHER GLUTEN-CONTAINING ITEMS, SO THERE ARE TRACE AMOUNTS OF GLUTEN IN THIS ITEM**

SPINACH ARTICHOKE DIP \$19 | Four cheese dip with spinach, artichoke and roasted garlic, baked until golden and served with house-cut chips or toasted baguette | **PLEASE ASK FOR THIS ITEM WITH THE CORN TORTILLA CHIPS, AND PLEASE NOTE THE TORTILLA CHIPS ARE FRIED IN THE SAME FRYER OIL AS GLUTEN-CONTAINING ITEMS, SO THERE ARE TRACE AMOUNTS OF GLUTEN IN THIS ITEM**

BASKET OF SWEET POTATO FRIES \$10 | Deep-fried sweet potato fries served with our house-made ancho roasted garlic aioli to dip | **SWEET POTATOES ARE FRIED IN THE SAME FRYER OIL AS GLUTENCONTAINING ITEMS, SO THERE ARE TRACE AMOUNTS OF GLUTEN IN THIS ITEM**

MERRIDALE MUSSELS \$23 | Mussels steamed with locally-crafted Merridale cider cream sauce, bacon and onions; served with toasted garlic-buttered baguette | **PLEASE ASK FOR THIS BOWL WITHOUT THE BAGUETTE, AS IT CONTAINS GLUTEN. SUB A GLUTEN-FREE BUN FOR \$1 EXTRA**

SALADS

ROASTED BEET SALAD \$18 | Mixed greens and arugula, roasted beets, mandarin oranges, feta cheese and toasted walnuts in our house-made maple balsamic dressing

CRISPY POTATO & PICKLED APPLE SALAD \$18 | Crispy, smashed baby Yukon potatoes, shredded cabbage, celery, scallions, sharp cheddar cheese and house pickled apples with cider Dijon vinaigrette

SANTE FE CAJUN CHICKEN SALAD \$25 | Romaine, cilantro lime vinaigrette, dates, feta, corn and black beans topped with crispy tortilla chips and Cajun chicken breast | **CORN TORTILLA CHIPS ARE FRIED IN THE SAME FRYER OIL AS GLUTEN-CONTAINING ITEMS, SO THERE ARE TRACE AMOUNTS OF GLUTEN IN THIS ITEM**

ADD TO YOUR SALAD: CHICKEN BREAST \$9 | PRAWNS \$9 | SALMON \$11

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BOWLS

POKE BOWL \$24 | Warm sushi rice, pickled carrots, cucumbers, avocado and green onions finished with spicy mayo, crispy wontons and black sesame seeds; served with your choice of marinated Yellowfin tuna or salmon
PLEASE ASK FOR THIS BOWL WITHOUT THE CRISPY WONTONS, AS THEY CONTAIN GLUTEN

VERMICELLI NOODLE BOWL \$24 | Rice vermicelli stir fried with scrambled egg, mixed vegetables, your choice of shrimp, chicken or beef in a savoury sesame-soy sauce with a hint of chili heat

HANDHELDS
SERVED WITH
BEET SALAD OR
UPGRADE TO
CAESAR SALAD \$2
OR SWEET
POTATO FRIES \$2
(FRIED IN GLUTEN-
CONTAINING OIL)

SUB GLUTEN FREE
BUN FOR \$1

TAPHOUSE BURGER \$21 | House-made beef burger on a brioche bun with bacon, cheddar cheese, our signature burger mayo, pickles, lettuce, tomato and red onion | **PLEASE SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA**

BACON JAM BRIE BURGER \$23 | House-made beef burger with bacon jam, double cream brie cheese, arugula, tomato and ancho roasted garlic aioli on a brioche bun | **PLEASE SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA**

DIRTY BURGER \$24.5 | House-made beef burger, four strips of bacon, over-easy fried egg, cheddar cheese, fried onions, lettuce and our ancho roasted garlic aioli on a brioche bun | **PLEASE SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA**

CHICKEN BRIE BURGER \$23 | Chicken breast, house-made red pepper jelly, double cream brie cheese, arugula, tomato, red onion and ancho roasted garlic aioli on a brioche bun | **PLEASE SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA**

COD BURGER \$22 | Seared cod, pickles, crispy coleslaw and tartar on a toasted brioche bun | **PLEASE ASK TO SUBSTITUTE A GLUTEN-FREE BUN FOR \$1 EXTRA**

ENTREES

COASTAL CURRIED SEAFOOD POT \$27 | Pan-seared rockfish, mussels and prawns in a fragrant coconut curry broth with peppers, onions and potatoes, finished with fresh cilantro and lime

RACK OF RIBS | Braised baby back pork ribs in your choice of house-made honey barbecue sauce or sweet Thai chili; served with creamy coleslaw and chef's choice potatoes
HALF RACK \$26 | FULL RACK \$34