



## GLUTEN FREE MENU

(Items not containing "Wheat, Oat, Barley or Rye" Allergens)

These menu items are either gluten free as prepared, or modified to be gluten free. Please be aware that The Greene Turtle Sports Bar & Grille is not a gluten free establishment and therefore, cross contamination may occur. Our management teams and service staff are not trained on the intricacies of Celiac Disease or gluten intolerance and cannot be expected to provide recommendations or other advice on this issue. Patrons are encouraged to consider the information provided, to their own satisfaction, in light of their individual needs and requirements.

<b>Appetizers</b>																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Blackened Ahi Tuna (1 serving)	179	15	2	0	0	77	423	1	0	0	40	323	2	39	2	
<b>Soups</b>																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Chicken Enchilada Soup, Bowl (1 bowl)(no crackers)	325	169	19	8	0	69	1563	24	5	8	16	1563	11	75	2	
Chicken Enchilada Soup, Cup (1 cup)(no crackers)	228	118	13	5	0	48	1094	17	4	5	11	1094	8	53	1	
OC Crab Soup, Bowl (1 bowl)(no crackers)	188	82	9	2	2	30	1371	16	2	4	9	1648	13	93	1	
OC Crab Soup, Cup (1 cup)(no crackers)	141	58	6	1	1	30	992	12	2	3	8	1154	9	73	1	
<b>Salads</b>																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Apple Walnut Salad (1 salad)	645	424	47	9	0	25	435	38	7	23	17	3145	74	242	5	
BLT Wedge Salad (1 salad) with Balsamic Vinaigrette	432	286	32	6	0	32	1279	25	3	17	11	1884	12	198	1	
BLT Wedge Salad (1 salad) with Bleu Cheese Dressing	832	718	80	20	0	92	1759	13	3	9	15	1884	12	358	1	
BLT Wedge Salad (1 salad) with Caesar Dressing	758	631	70	18	1	89	1430	15	4	7	15	2049	18	303	2	
BLT Wedge Salad (1 salad) with Honey Mustard Dressing	864	688	76	16	1	92	1155	29	5	22	13	2004	14	222	2	
BLT Wedge Salad (1 salad) with Lite Italian Dressing	312	196	22	6	0	32	1999	17	3	13	11	1884	12	198	1	
BLT Wedge Salad (1 salad) with Mango Pineapple Vinaigrette	632	466	52	12	0	32	1319	29	3	21	11	1884	12	198	1	
BLT Wedge Salad (1 salad) with Ranch Dressing	592	502	56	12	0	72	1599	13	3	9	11	1884	12	278	1	
BLT Wedge Salad (1 salad) with Sweet Vidalia Onion Dressing	672	430	48	12	0	32	979	49	3	45	11	1884	12	278	1	
Jamaican Chicken Salad (1 salad)	397	130	14	2	0	99	560	22	3	15	43	3044	106	88	6	
Ty Cobb Salad (1 salad)	517	267	30	12	0	125	1015	11	5	4	45	3768	85	285	5	
Ty Cobb Salad (1 salad) with Balsamic Vinaigrette	757	447	50	12	0	125	1775	27	5	16	45	3768	85	285	5	
Ty Cobb Salad (1 salad) with Bleu Cheese Dressing	1157	879	98	26	0	185	2255	15	5	8	49	3768	85	445	5	
Ty Cobb Salad (1 salad) with Caesar Dressing	1083	793	88	24	1	182	1925	17	6	6	50	3933	91	390	5	
Ty Cobb Salad (1 salad) with Honey Mustard Dressing	1188	850	94	22	1	185	1650	31	7	20	48	3888	87	309	6	
Ty Cobb Salad (1 salad) with Lite Italian Dressing	637	357	40	12	0	125	2495	19	5	12	45	3768	85	285	5	
Ty Cobb Salad (1 salad) with Mango Pineapple Vinaigrette	957	627	70	18	0	125	1815	31	5	20	45	3768	85	285	5	

### Salads

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Ty Cobb Salad (1 salad) with Ranch Dressing	917	663	74	18	0	165	2095	15	5	8	45	3768	85	365	5
Ty Cobb Salad (1 salad) with Spicy Ranch Dressing	942	645	72	18	1	143	2274	21	8	8	48	3888	87	357	6
Ty Cobb Salad (1 salad) with Sweet Vidalia Onion Dressing	997	591	66	18	0	125	1475	51	5	44	45	3768	85	365	5

### Entrees

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blackened Tuna (1 serving)	392	39	4	1	0	77	624	41	2	1	46	3875	82	84	4
BBQ Rib and Chicken Platter (1 serving)	642	148	16	6	0	157	1738	65	1	60	57	126	8	45	3
Baby Back Ribs (1 serving) with Cole Slaw, no French Fries	850	309	34	11	0	118	2978	103	3	94	36	1161	27	78	3
Firehouse Chicken (1 serving)	899	271	30	16	0	272	1557	50	1	47	98	769	7	442	2
Jerk Chicken Entree (1 serving)	460	42	5	1	0	197	856	19	2	10	80	439	27	64	4
New York Strip Steak (1 serving) no Gravy	726	406	45	18	0	210	1446	1	0	0	72	6	0	7	5
Roasted Chicken (1 serving) no Gravy	505	318	35	10	0	176	164	0	0	0	44	322	4	26	2

### Side Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Apple Wedges, Side (1 serving)	47	0	0	0	0	0	29	12	1	10	0	0	0	0	0
Broccoli, Side (1 serving)	31	3	0	0	0	0	170	4	2	1	3	2551	79	41	1
Coleslaw, Side (1 serving)	155	100	11	2	0	0	467	14	3	11	2	2081	33	52	1
Redskin Mashed Potatoes, Side (1 serving) no Gravy	160	48	5	1	0	0	734	27	3	1	3	0	2	53	1
Rice, Side (1 serving)	183	21	2	1	0	0	31	35	0	0	3	1000	0	5	1

### Desserts

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Ice Cream Sundae (1 sundae)	556	191	21	14	0	72	147	84	2	74	5	720	0	192	0
Kids Sundae (1 sundae)	317	67	7	5	0	24	59	59	2	52	2	240	0	64	0
Root Beer Float (1 serving)	404	115	13	8	0	48	128	68	0	65	3	480	0	128	0