



GLUTEN FREE OPTIONS

Please note that our kitchen is NOT 100% gluten or allergen free!
We always strive to take our best care, but we can not guarantee allergen free,
due to cross contamination and traces of gluten and other allergens.

At your time of ordering, please ensure you inform our staff of your allergens!

CHIPS

Our Chips are Gluten Free by ingredient and cooked in separate fryers to all other products

Our Sweet Potato Wedges are Gluten Free by ingredient and we can cook them in the separate chip fryers when requested

FISH

We can cook your choice of fish on our Grill using our Rice Bran Oil and you can choose from:

- Plain Gluten Free Grilled - Lemon Pepper Gluten Free Grilled - Cajun Gluten Free Grilled

We recommend choosing a firmer flesh fish for Gluten Free Grilling, with our recommendations being either our Broome Spanish Mackerel or Albany Shark...
or you can also ask the staff about our local catches of the day too!!!

SEAFOOD

We can cook the Squid Rings, Prawns and Scallops on our Grill using our Rice Bran Oil and you can choose from:

- Plain Gluten Free Grilled - Lemon Pepper Gluten Free Grilled - Cajun Gluten Free Grilled

SALADS

All of our salad options are Gluten Free and the dressings are also Gluten Free by ingredient

FEELING FANCY

We offer Gluten Free Burger Buns, so both of our Burgers can be made Gluten Free.

However please be aware that they are prepared using the same equipment as products containing Gluten.

The Healthy Hooked Bowl can be made Gluten Free by grilling the fish or squid in the same way as mentioned above.

CONDIMENTS

All of our sauces are Gluten Free as well as the Gravy and Mushy Peas (curry sauce is not GF)

Our Vinegar DOES contain Gluten as it is a malt vinegar