

Pelican's Gluten Free Menu

Please let your server know your level of gluten sensitivity. If needed, we can make separate cooking accommodations for grilled items to avoid cross contamination potential. We do not have a dedicated gluten-free fryer.

Starters

Pelican Favorite! Seared Ahi Tuna 13.99
Sashimi grade seared tuna w/ wasabi & pickled ginger. Gluten free when served without teriyaki sauce.

Smoked Salmon 11.99
Smoked in-house with capers & mustard-dill gravlaxas (Not served w/ toast points)

Oysters on the half shell (1/2 dz.) 12.99
Charbroiled (5) 12.99

Steaks & Prime Rib

Scotty P. takes pride in serving 21-day aged, choice steaks that are cut in-house. Our steak seasoning is Gluten Free.

Filet - Market Price
Our best, most tender steak

Choice Reserve Angus Rib Eye
12 oz. 23.99 16 oz. 28.99

NY Strip 28.99
14 oz. Regular or Peppercorn style

Top Sirloin 20.99
Choice center cut. Regular or Teriyaki

Surf & Turf Combos

Our fish is generally served on a bed of rice pilaf, but will be eliminated on a gluten free request due to gluten in our pilaf.

Steak & Shrimp Pelican (grilled) 29.99

Steak & Lobster Market

Steak & Alaskan King Crab Market

Steak & Scallops Market

Combos are served with choice center cut top sirloin. Upgrade to any steak of your choice.

Gluten Free request entrées served with bottomless salad w/o croutons, side choice-baked potato, steamed or grilled veggies.

Gluten Free Salad Dressings:

Ranch, Blue Cheese, Italian, 1000 Island, Feta Vinaigrette, Honey Mustard, French

Seafood

Our fish is generally served on a bed of rice pilaf, but will be eliminated on a gluten free request due to gluten in our pilaf.

Grilled Shrimp Pelican 15.99 Large 18.99

Fresh Hawaiian Sea Bass Market
While it lasts!

Cold Water Lobster Tail 5-6 oz Market

Brick Oven Shrimp Scampi 18.99
Sautéed in garlic butter, wine w/ capers. Gluten Free when served without bread crumbs.

Grilled Tilapia 15.99

Shrimp Brochette 21.99
Large jalapeño stuffed shrimp wrapped in bacon and chargrilled

Grilled Salmon 22.99
Fresh salmon filet

Charbroiled Scallops bacon wrapped Market

Alaskan King Crab Market
1 LB.

Southern Blackened Catfish 15.99

Stuffed Tilapia 18.99
Tilapia filets stuffed w/ crab, Monterrey jack & green chilies

Chicken

Grilled Chicken w/roasted garlic & mushrooms 15.99

Lemon Pepper Chicken 14.99

Blackened Chicken 14.99

A La Carte

Mushrooms sautéed in vermouth 5.99

Sautéed Asparagus in white wine 5.99

Brussel Sprouts sautéed w/ bacon 5.99

Sub an a la carte item for side choice 2.99 w/ entree

Loaded Baked Idaho Potato 4.99