



Gluten Friendly Menu**

The Cove's Famous Lobster Roll

Hot buttered choice lobster meat served
on a gluten free roll with fries MP

Also available – cold lobster salad

Tuna Salad Sandwich

Solid white tuna, Hellman's
mayo, chopped tomato and lettuce on
a gluten free roll served with
coleslaw 10.99

Cheeseburger

1/2 # Steak burger with American
cheese, lettuce, tomato, pickle on a
gluten free bun served with fries 10.99

Grilled Cheese

American cheese grilled on
gluten free whole grain bread and served
with fries 7.99

Gluten Friendly Chicken Tenders

Golden fried tenders served with honey
mustard and fries 10.99

Turkey Sandwich

Sliced smoked turkey on gluten free
whole grain bread with lettuce and
tomato and served with fries 10.99

Gluten Free Desserts Available

** Captain's Cove is not a Gluten Free Establishment, although we work to ensure these products are
gluten "Free" Cross contamination may occur

*Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.

Please notify your server if you have any food allergies.