

Gluten Free Menu

SOUP AND SALAD

Caesar Salad GF

Romaine, Parmesan Cheese, Creamy Caesar Dressing
8 sm 11 lg

Garden Salad GF

Mixed Greens, Cherry Tomatoes, English Cucumber,
Red Onion, Shredded Carrots, Balsamic Vinaigrette
Dressings: Ranch, bleu cheese, honey mustard,
1000 island, Italian, balsamic and peppercorn
8 sm 11 lg

Cobb Salad GF

Summer Greens, Hard Boiled Eggs, Bacon, Tomato, Red
Onions, Cucumber, Blue Cheese, Ranch Dressing
13

The Sand Wedge GF

Iceberg Lettuce, Smoked Bacon, Red Onion, Cherry
Tomato, Cucumber, Blue Cheese Crumbles, Blue Cheese
Dressing & Balsamic Glaze
12

Strawberry Salad GF

Baby Spinach, Strawberries, Sliced Grapes, Dried Cranberry,
Candied Walnuts, Goat Cheese, Honey Vinaigrette
11

Summer Corn Salad GF

Romaine, Sweet Corn, Red Onion, Black Beans, Tomatoes,
Cheddar Cheese, Diced Peppers, Ranch
12

Salad Add Ons

Chicken 6 Steak 14 Salmon 8 Shrimp 3pc 12 Yellowfin Tuna 9

STARTER

Shrimp Cocktail GF 4p

Poached Jumbo Shrimp, Cocktail Sauce,
Lemon
16

Tuna Tartar GF

Sushi Grade Tuna, Soy Glaze, Sliced Cucumber, Topped with
Sriracha Aioli
16

Mediterranean Plate GF

Roasted Red Pepper Hummus, Herb Hummus, Tabbouleh,
EVOO, Cucumber, Celery, Carrots
14

BURGERS & SANDWICHES

The Common Burger

American, Lettuce, Tomato, Red Onion on
a Toasted Gluten Free Bun
16

Diablo Burger

Pepper-Jack, Lettuce Tomato, Red Onion,
Cherry Peppers, Sriracha Aioli on a Toasted
Gluten Free Bun
17

Lamb Burger

Garlic Rubbed Lamb Patty, Tzatziki,
Lettuce, Tomato, Red Onion, Toasted
Gluten Free Bun
18

Truffle Mushroom Burger

Swiss Cheese, Bacon, Sautéed
Mushrooms, Garlic-Truffle Aioli on a
Toasted Gluten Free Bun
18

burger add on bacon \$2 caramelized onions \$1 sautéed mushrooms \$1
choice of 8oz angus beef, 8 oz turkey burger, or Beyond Burger

STERLING NATIONAL

ENTRÉE

PIZZA

Pesto Splash GF 15 Homemade Basil Pesto, Diced Tomatoes, Fresh Mozzarella, Parmesan Cheese

Vegetable GF 14 Red sauce, Peppers, Onions, Broccoli, Black Olives, Garlic Oil Shredded Mozzarella

Margherita GF 14 Tomato Sauce, Diced Tomato, Fresh Mozzarella, Basil, Balsamic Glaze

Pepperoni GF 15 Pepperoni, Red Sauce, Shredded Mozzarella

Gluten Free Cauliflower Crust Available

STERLING'S GRILLE

Pan Seared Scallops GF

Pan Seared Day Boat Scallops, Corn, Tomato, Mushroom Risotto, topped with Lemon Beurre-Blanc Sauce
33

Steak Tips GF

8oz of House Marinated Steak Tips, Red Bliss Mash Potatoes, Zucchini, Summer Squash
29

Mahi Mahi GF

Blackened Mahi Mahi, Coconut Rice, Summer Vegetable Medley, Raspberry Sauce
28

16oz Bone-In Ribeye GF

Red Bliss Mash, Roasted Green Beans, Au Poivre Sauce
43

8oz Filet GF

Roasted Fingerling Potatoes, Grilled Asparagus, Red wine Demi
39

Faroe Island Salmon GF

Grilled Salmon, Zucchini, Summer Squash, Grilled Asparagus, Pineapple Salsa
27

Chef's Specialties

Pappardelle Bolognese GF

Veal, Pork, Beef, Tomato & Basil Ragout tossed with Gluten Free Pasta topped with Parmesan-Reggiano Cheese
24

Prosciutto Wrapped Cod GF

Baked to Perfection, Parmesan-Herb Risotto, Grilled Asparagus, Balsamic Glaze
25

Pasta Primavera GF

Roasted Cherry Tomatoes, Spinach, Onions, Peppers, Fresh Herbs with a Lemon-Garlic sauce, over Gluten Free Pasta
19

Shrimp Scampi GF

Sautéed Shrimp, Garlic-lemon-white wine sauce, roasted cherry tomatoes, basil, over Gluten Free Pasta
29

Chicken Broccoli Alfredo GF

Pan Seared Chicken Breast, Fresh Broccoli, Creamy Parmesan Alfredo Sauce, served with Gluten Free Pasta
24

Vegetable Stir-Fry GF

Peppers, Onions, Carrots, Broccoli, Mushrooms, Teriyaki Glazed served over Jasmine Rice
21

Stir-Fry Add Ons

Chicken 6 Steak 14 Salmon 8 Yellowfin Tuna 9

Gluten Free Pasta Can Be Made to Order

Sides 6

Red Bliss Mash Potato, Roasted Fingerling Potato, Jasmine Rice, Green Beans, Roasted Broccoli, Grilled Asparagus, Parmesan-Herb Risotto

*This item is raw or partially cooked and can increase your risk of food borne illness. Gluten Free Menus Available
Consumers who are especially vulnerable to food borne illness should only eat seafood and other food from animals thoroughly cooked