

GLUTEN FREE OPTIONS

Special instructions for each item are in bold uppercase accompanying each menu item.

These modifications show how the gluten-free version of the dish differs from the standard preparation. Please communicate these changes with your server so our kitchen will be able to take the utmost care in preparing your meal.

Note: Cola's does not have a dedicated fryer for gluten free items. **Depending on your level of sensitivity, you may wish to avoid fried items to eliminate risk of cross contamination.**

*Some of the molds used to create **blue cheeses** are grown on **gluten**-based breads.

APPETIZERS

MUSSELS PROVENCAL garlic, tomatoes, peppers, basil, white wine...\$18 **NO GARLIC BREAD**

SAUTEED SHRIMP AND RISOTTO CAKE country ham gravy...\$16 **NO FLOUR ON RISOTTO CAKE**

SHRIMP SAVANNAH cream, Pernod, mushrooms...\$14 **NO GARLIC BREAD**

SALADS

COLA'S SALAD iceberg, tomatoes, cucumbers, red onions, radishes, carrots, chickpeas, blue cheese vinaigrette...\$11

POACHED PEAR arugula, spiced walnuts, blue cheese fritter, port wine pear vinaigrette...\$14 **NO BLUE CHEESE FRITTER**

ROASTED BEET arugula, goat cheese, spiced candied walnuts, orange vinaigrette...\$13

CLASSIC CAESAR parmesan cheese, croutons, classic caesar dressing...\$11 **NO CROUTONS**

MIXED LETTUCE CHOPPED SALAD cucumbers, *blue cheese, bacon, grape tomatoes, red onion, red wine vinaigrette...\$12

POULTRY/FARM

SPICE RUBBED CHICKEN braised greens, sweet potato with pecan butter...\$25

ROASTED "BRICK" CHICKEN roasted vegetables, natural jus...\$25

SEAFOOD

BLACKENED MAHI AND SHRIMP roasted garlic buerre blanc, creamy polenta, sauteed vegetables ... \$38

SHRIMP AND GRITS fried leeks, tasso ham gravy...\$26 **NO FRIED LEEKS**

GRILLED BBQ GLAZED SALMON pear chutney, grits, garlic spinach...\$30 **NO BBQ SAUCE**

MEATS

COLAS HAMBURGER candied bacon, fried green tomato, house made bread and butter pickles, pimento cheese, Hawaiian bun, fries...\$21 **NO BUN, NO FLOUR ON FRIED GREEN TOMATO**

8oz FILET MIGNON OF BEEF au poivre, roasted golden potatoes, onion rings, mixed vegetables...\$49 **NO ONION RINGS, NO AU POIVRE SAUCE**

SIDES

*Cola's does not have a dedicated gluten-free fryer. Asterisked sides have seen a fryer during preparation.

*ROASTED GOLDEN POTATOES

GRITS

*FRIES

GLAZED CARROTS

SAUTEED LOCAL VEGETABLES

CREAMY POLENTA

BRAISED GREENS

SWEET POTATO WITH PECAN BUTTER

GARLIC SPINACH

ROASTED SPRING CARROTS

GLAZED CARROTS

BRUSSELS SPROUTS

BROCCOLI