

# Gluten Free Menu

The Buell Street Bistro 27 Buell, Brockville, Ontario. 613-345-2623

Welcome! Please inform your server of any allergies.

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## Soups & Starters

**Gluten Free Bread** - with extra virgin olive oil and Balsamic vinegar \$4

**Olives** - Herb marinated black and green olives \$4.50

**Soup du Jour** - please ask your server for today's freshly made selection \$9

**Baked Brie** - 5 ounces of brie cheese brushed with maple syrup and rolled in ground pecans; topped with spiced peach chutney; served with gluten free bread \$15

**Classic Escargot** - sautéed with parsley and garlic butter au gratin;  
served with gluten free bread \$14.50

## Mussels

One pound of fresh PEI mussels (while quantities last) choose from:

**Cardinal** - Lobster bisque, green onions, shallots, cognac \$18

**Garlic Lovers** - Roasted garlic, red onion, parsley, cream, white wine \$18

Served with gluten free bread for dipping..... add a side of house-cut fries \$7.50  
(Our deep fryer is not designated gluten free)

## Salads

**Bistro Bouquet Salad** - artisan lettuce garnished with tomato, cucumber, carrots, bell peppers, radishes and a side of citrus herb vinaigrette \$11 / \$18

**Classic Caesar Salad** - Fresh Romaine Lettuce tossed in house Caesar dressing topped with bacon bits and Parmesan \$12/ \$20

**Mediterranean Salad** - tomatoes, cucumber, peppers, black olives, artichoke hearts and red onion lightly dressed and topped with Iberico cheese \$14 / \$22

**Add chili-lime marinated chicken to any salad for \$12**

**Add a pan seared salmon fillet \$15 / add 5 garlic shrimp to any salad for \$14**

Our servers will be happy to tell you about our dinner specials.  
Most are gluten free or can be adjusted to be gluten free.

## Entrees

### Mediterranean Quinoa \$25

Ancient grain quinoa served chilled with black beans, cucumber, peppers, carrots, tomatoes and herbs; tossed with vinaigrette and topped with toasted seeds

### Indo Stir Fry \$33

A stir fry of basmati rice, chicken breast, black tiger shrimp, seasonal vegetables, coconut milk and our signature house-made curry blend; topped with sesame seeds.  
Ask for it mild, medium or hot!

### Seafood Thermidor \$34

Tiger shrimp nestled on a fillet of Pacific snapper topped with sea scallops in thermidor sauce (onions, mushrooms, lobster paste, white wine, cream, Dijon) topped with melted Swiss cheese. Served with basmati rice and fresh vegetables

### Seafood Pasta \$34

Gluten free pasta sautéed with tiger shrimp, sea scallops, salmon, onions, mushrooms, peppers and a white wine cream sauce; topped with Parmesan cheese (vegetarian version without seafood \$26)

### Chili Lime Chicken \$30

Pan seared lime-chili marinated boneless chicken breast served with roasted potatoes provincial, sauteed vegetables and tangy peach chutney

### Maple Hazelnut Salmon \$33

Fresh Atlantic Salmon fillet with a maple-hazelnut-preserved lemon crust broiled to perfection and served with basmati rice and fresh vegetables

### Java Pork \$30

Spiced coffee rubbed butterflied pork tenderloin grilled to medium well served with creamy mashed potatoes, fresh vegetables and marsala wine sauce

### New York Striploin 8 oz-\$40 / 10 oz-\$45

Canadian AAA beef grilled to your specifications served with roasted potatoes, sautéed vegetables and classic red wine green peppercorn crema

**Add 5 garlic shrimp to any main course for \$14**  
**Add sautéed mushrooms or onions for \$8**