

Catfish Parlour Gluten Sensitive Menu

Appetizers

**Hush Puppies and Tartar Sauce
Shrimp Cocktail
Caesar Salad Bar (no croutons)
Grilled Shrimp,
Fried Oysters (request cornmeal only)**

Caesar Salads

**Grilled, Blackened, or Lemon Peppered
Chicken, Catfish, Shrimp,
Salmon, Rainbow Trout
or Chilled Shrimp
(Please request no croutons)**

Dietary Notes

**These items DO INCLUDE FLOUR - French Fries,
Fried Okra, Onion rings, Corn fritters, Fried
Shrimp, Fried oysters, Spicy fried catfish,
chicken fried anything!**

9/27/2018

Southern Fried Catfish

**100% USA farm raised catfish
rolled in cornmeal only, and fried in a dedicated
non-flour canola oil fryer..**

**Big Cat Plate - Half pound
All American Plate - 4 piece
Lite Plate - 3 piece**

Served with Beans and Coleslaw (no fries)

Grilled Items

**Grilled, Blackened, or Lemon Peppered
Or Very Spicy Grilled**

**Catfish, Chicken, Salmon, Rainbow Trout,
Tilapia, Jumbo Shrimp
Served with Rice and Veggie of the day**

Sides and Desserts

**Beans, Coleslaw, Rice,
Daily veggies, Mashed Potatoes**

**Blue Bell Homemade Vanilla and
Mike's Key Lime pie are also Gluten Free!**