

# MANGO'S GLUTEN FREE LUNCH & DINNER

Be sure to let your server know that your order must be prepared gluten free so it is properly communicated with our chef!

## SUNSET STARTERS

### BACON WRAPPED SHRIMP JALAPENOS 15

Five fresh jalapenos stuffed with shrimp, cream cheese and wrapped in apple wood bacon and gently baked.

Add additional shrimp to either at 4 each!

## MARCO'S BEST SALADS & BOWLS

ALL SALAD DRESSINGS ARE GLUTEN FREE.

### CARAMELIZED PECAN NORTH ATLANTIC SALMON SALAD 33

Grilled Salmon topped with caramelized pecans and passion fruit—mango bierre blanc, served on a bed of baby greens with gorgonzola, fresh strawberries and red onion. Finished with our sweet n' sour dressing.

### TROPICAL ISLAND CHICKEN SALAD 20

Our famous chicken salad (made with just diced celery & mayo) served in a fresh pineapple boat over romaine lettuce & topped with walnuts, gorgonzola, strawberries & red onion. Served with our sweet n' sour dressing.

### KEY WEST SALAD 20

Grilled shrimp, feta, hearts of palm, mango, strawberries, dried cranberries and toasted almonds on a bed of romaine with sweet onion dressing.

### MANGOS GARDEN SALAD 13

Fresh strawberries, mandarin oranges, sliced mangos & red onion on a bed of mixed greens. Served with our house mango vinaigrette.

Remember to add a protein!

### CAESAR SALAD 12

Request NO croutons! Romaine lettuce topped with our homemade Caesar dressing, parmesan cheese. Remember to add a protein!

### NEW FISH TACO BOWL 26

Seasoned fresh wild triggerfish OR tripletail, mango tropical salsa, roasted corn, pickled red cabbage, guacamole, tortilla strings, black beans over warm rice and chili lime emulsion.

Be sure to remove the tortilla strings.

### AHI TUNA POKE BOWL 25

Sushi rice, diced ahi tuna, cucumber, mango, seaweed salad, avocado and crispy wontons. Finished with spicy mayo and sesame seeds.

Be sure to remove the wontons.

### \*SPICY CEVICHE BOWL 27

Traditional citrus lime marinated yellowtail, baby shrimp & scallops, tuna, salmon, octopus, cucumber, avocado, cherry tomatoes, cilantro, onion, mango and jalapenos. Be sure to remove the wontons. Served with raw ingredients.

### HEALTHY BURRITO BOWL 22

Seasoned chicken breast, edamame, pickled onion, roasted corn and jack cheese blend served over warm rice with guacamole and cilantro ranch.

### QUINOA POWER BOWL 17

Organic quinoa, fresh avocado, feta cheese, roasted peppers, grape tomatoes, red onion, cucumber, sweet roasted corn, fresh mango and micro greens. Finished with cilantro lime vinaigrette.

Add a protein!

\*Specify Grilled or Blackened

Chicken 10 | (6) Shrimp 10 | Salmon 15

With Fresh Black Grouper item price -

6 oz \$30 | 8 oz \$40

Jumbo Scallops MP

## ISLAND SANDWICHES & BURGERS

All burgers, sandwiches & platters are served with choice of one side. Gluten Free options include: Fresh fruit, mango coleslaw, black beans & rice, seasonal vegetables (+\$3), House or Caesar salad (+\$3).

ALL FRIED SIDES ARE NOT CONSIDERED GLUTEN FREE!

### FISH SANDWICH OR PLATTER 25

Fresh wild triggerfish OR tripletail fillet on a toasted bun with lettuce and tomato served with a side of tartar sauce. (Blackened or Grilled). Make it with Fresh Black Grouper - 6oz \$30 | 8oz \$40

### COASTAL CALIFORNIA CHICKEN 19

Delicately grilled chicken breast on a toasted bun with avocado, pepper jack, applewood bacon, tomato, onion and lettuce.

### DADDY BURGER 20

A burger perfect for the traditional land sharks out there. Ready to be customized to your liking.

Add your own toppings: Bacon 3, Cheese 1.50, Sautéed Mushrooms 2, Sautéed Onions 2, Avocado 2, Pickled Jalapenos 1

### NEW BLACK & BLEU BURGER 24

Take your burger up a notch with bleu cheese, sauteed onions and bacon, lightly blackened.

### AVOCADO BURGER 22

Our juicy burger topped with melted swiss cheese and fresh avocado slices.

### CHIPOTLE BURGER 24

Request no onion ring!

Roasted jalapenos, bacon and pepper jack cheese. Topped with chipotle mayo and an onion ring.

**YOU MUST REQUEST GLUTEN FREE BUN FOR SANDWICHES & BURGERS!**

\*All substitutions are subject to upcharge\* PLEASE INFORM YOUR SERVER OF ANY ALLERGIES\*

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have a health condition.\*

# MANGO'S GLUTEN FREE LUNCH & DINNER

Be sure to let your server know that your order must be prepared gluten free so it is properly communicated with our chef!

## ENTREES

Entrees served with seasoned fries and fresh seasonal vegetables until 4 pm. **ALL FRIED SIDES ARE NOT CONSIDERED GLUTEN FREE!** Substitutions include black beans & rice, fresh fruit, mango coleslaw and house or Caesar salad for \$3 more.

After 4 pm, Entrees are served with seasonal vegetables and choice of coconut rice, potato of the day OR black beans & rice.

### FRESH GULF BLACK GROUPEL 45

Sauteed fresh local black grouper topped with tropical mango salsa.

### SEA SCALLOPS MP

Four U10 Jumbo Sea Scallops sautéed to perfection and served with our passion fruit–mango beurre blanc sauce.

### PECAN ATLANTIC SALMON DINNER 35

Grilled Salmon topped with caramelized pecans and passion fruit–mango buerre blanc.

### BAKED SEAFOOD COMBO 51

Half Maine Lobster Tail, 2 Jumbo Sea Scallops and 3 Jumbo Shrimp lightly seasoned & baked in a lemon & white wine butter sauce.

### CHILEAN SEA BASS 52

Delicate sea bass filet gently pan seared over cheesy risotto with sauteed spinach & roasted cherry tomatoes. Topped with sweet ginger soy glaze. **\*Available after 4pm only\***  
**Be sure to substitute the glaze with Bearnaise.**

### NEW SEAFOOD LINGUINE 35

**Be sure to substitute GF pasta and no garlic points.** Three jumbo shrimp, bay scallops and chopped clams in our homemade marinara sauce over linguine pasta. Served with garlic toast points.

### LOBSTER MAC N' CHEESE 36

High class meets down home with buttery lobster and a blend of three cheeses! Boursin, cheddar and american with cavatappi pasta. Baked & finished with bread crumbs.  
**Substitute Shrimp 30. Be sure to substitute GF pasta and no bread crumbs.**

### 8 OZ FILET MIGNON 52

CHAIRMAN'S RESERVE center cut filet. Fire grilled to perfection and served with our red wine demi-glace over top.

Add your own toppings: Sauteed Onions 3 | Sauteed Mushrooms 4 | Gorgonzola 3  
(6) Shrimp 10 | Lump Crab 12  
Jumbo Sea Scallops MP  
7oz Maine Lobster Tail 30

## Gluten Free Kids!

Served with choice of seasonal vegetables or fresh fruit cup.

### CLASSIC GRILLED CHEESE \$9

**Be sure to request gluten free bread.**

### GRILLED CHICKEN BREAST \$10

### GRILLED SHRIMP \$10

### GRILLED FISH BASKET \$13

### GRILLED GROUPEL FINGERS \$20

### GLUTEN FREE PASTA WITH BUTTER & CHEESE \$9

**Specify if you would like it served without cheese.**

### KIDS DRINKS \$3.50

Milk | Chocolate Milk | Shirley Temple | Soda | Juice

## SWEET ENDINGS

### REESE'S® PEANUT BUTTER PIE 13

A light & creamy filling made with REESE'S® Peanut Butter in a chocolate graham cracker crust and topped with chunks of REESE'S® Peanut Butter Cups and whipped topping.

### “KEY WEST STYLE” KEY LIME PIE 13

The best Key Lime Pie is found right here in South Florida! Topped with key lime and raspberry sauces and served with whipped topping.

### VANILLA ICE CREAM

One scoop 4 Double Scoop 8

**Add whipped topping & sprinkles for 2**

### MILK SHAKES 7

Chocolate | Strawberry | Vanilla | Mango  
Passionfruit

**Add Chocolate or Caramel Sauce for 2**

**\*All substitutions are subject to upcharge\* PLEASE INFORM YOUR SERVER OF ANY ALLERGIES\***

**\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have a health condition.\***