

Add to any salad: ½ Seasoned Chicken Breast for 4; or five Tiger Prawns for 8.5, or 5oz rare Ahi Tuna for 16

Gluten Free Menu

STARTERS

Bruschetta with seasoned corn tortilla chips  5.5

Sweet chili sesame Edamame Beans  7

Sweet chili, sesame, tamari, topped with sesame seeds

Mushrooms a la greque  10.5

Marinated in extra virgin olive oil, herbs, gluten free roll

Pacific style prawns  13.5

Tamari, maple, Sriracha, 5 spice, Asian slaw

beetroot cured kuterra salmon gravlax  17

Fennel bulb, preserved lemon, orange segments, cilantro

Masala poutine Spiced masala cheese curds, cilantro 12.5

(Celiacs will require specially made fries)

House fries \$6 (Celiac fryer) sweet fries  7.5

guacamole Seasoned corn tortilla chips 5.5

roasted red pepper hummus Toasted naan, crudité 7.5

Flatbreads

Our 10" flatbreads are served on gluten free flatbread without tomato sauce.

Margherita flatbread 18

Olive oil, basil, marinated bocconcini cheese, tomato

Mediterranean red pepper hummus flatbread 19

Masala roasted chickpeas, grape tomatoes, feta, red onion, olives, crème fraiche, and fresh torn basil 

fryer available)

Blueberry provolone chicken sandwich 18

Arugula, red onion, pickled carrot, house-made blueberry ketchup, gluten free bun

The Green coddess  17

Baked cod, lettuce, cucumber & fennel pickle, avocado citrus dressing, gluten free bun

Black bean falafel veggie burger  17

Homemade patty, arugula, tomato, Asian inspired slaw, miso dressing, gluten free bun

8oz Cab sirloin Steak 23

Cremello tortilla roll Add warm Mushrooms a la Greque 6

SOUP & SALAD

&

Soups *Please ask your server whether soups are gluten free*

Cup 5 | Bowl 6.5

Salads

½ House - 7 | Full House - 11

½ Caesar - 8 | Full Caesar - 13

(no croutons or bacon, & our Worcestershire is gluten free)

Soup & Salad

12

One soup and house or caesar salad (no toast)

spinach & Quinoa Salad  15

Ancient grain quinoa, peppers, red onion, grape tomato, cucumber, feta, dried cranberry, pumpkin seeds, citrus avocado vinaigrette

Cobb Salad (No bacon or salami) 17

Chicken, boiled egg, carrots, grape tomatoes, cucumber, cheddar, mixed greens, crispy prosciutto, roasted garlic dressing

Rhubarb mint lentil  17

Bell pepper, onion, tomato, sultanas, apple, arugula, sumac, 3 Crows Farms sunflower  shoots, rhubarb mint vinaigrette

Warm potato Salad 8

Marinated Yukon potatoes, crispy prosciutto, spinach, scallions

Warm roasted root vegetable salad 10

Carrot, yellow beet, rutabaga, yam, red onion, radish, balsamic date vinaigrette, fresh arugula

18

Ancient grain quinoa in citrus avocado vinaigrette, masala roasted chickpeas, bocconcini, cucumber & fennel pickle, roasted red pepper hummus, pumpkin seeds, pickled beets, sunflower shoots, daily protein selection (please ask your server)

Gluten Free Menu



Recommended by the Vancouver Aquarium as ocean-friendly.

Mains

Curry Chicken masala

24

South Indian masala spiced chicken breast, cumin basmati rice, cilantro sour cream. Our cook, Raj's recipe from Madurai, India. No naan bread

Thai mango seafood rice bowl

22

Mussels, clams, prawns, Thai style red curry, cumin basmati rice

12 oz Flame Grilled CAB Ribeye

39

Flame grilled CAB ribeye, roasted root vegetables, spinach & grape tomato salad, roasted red pepper hummus, natural jus (no Yorkshire pudding)

lemongrass Noodle Bowl

12

Lemongrass ginger broth, rice noodle, Asian style slaw, gf seaweed salad, Enoki mushrooms, fresh radish, house-made hot sauce
Add 5 tiger prawns \$8.5 OR 4oz Certified Angus Sirloin - \$9
OR 5oz rare Ahi Tuna \$16.00

Pasta Carbonara 15

Mushrooms, cream reduction, parmesan cheese & gluten free penne pasta (no bacon) Add 5 tiger prawns \$8.5; Add ½ chicken breast \$4

Fish and chips (celiac fryer)

15

Our 1 piece house rice flour battered cod, fries, lemon caper & cilantro aioli Add an extra piece for \$7.00

Haida gwaii Halibut Filet

37

6oz pan seared halibut filet, roasted baby blue potato, mango chutney, arugula pesto, fresh radish, beet chips

green pea, chickpea & mushroom masala

19

Cumin basmati rice, seasonal vegetables, cilantro sour cream

Fisher peak Buddha bowl

Sesame crusted rare ahi tuna

31

5oz seared rare Ahi Tuna loin, green lentils, zucchini curls, wakame salad

Mediterranean Vegetables 15

Baby bell peppers, Indian eggplant, red onion, zucchini, Kalamata olives, sautéed in extra virgin olive oil, oregano, topped with cow feta (No focaccia)

With 8oz CAB Steak 33

With 5oz rare ahi tuna (Fairtrade) 31

With 6oz Halibut Filet 37

With 6oz Chicken Breast 25

The tomahawk Expense Account 99

Tomahawk 1 kilogram Steak, five jumbo garlic Tiger prawns, baby blue potato, Mediterranean vegetables (2 hours notice please)

Desserts

Chocolate Quinoa Cake & Raspberry Mousse 8.5

Flourless quinoa cake with balsamic red wine syrup, candied orange, coffee dust

Crème Brulee of the Week 8.5

Weekly flavour feature, please ask your server

Black bean brownie

8.5

Coconut caramel, orange sorbet, candied orange garnish

The
HEIDOUT
RESTAURANT & BREWHOUSE