



WATERFRONT  
GRILLE

## Gluten Free Lunch

### STARTERS

#### JUMBO SHRIMP COCKTAIL

Yuzu Cocktail Sauce 16.95

#### SHRIMP SAMBAL

Sweet Chili Aioli, Apple-Cucumber Slaw 15.95

#### PRINCE EDWARD ISLAND MUSSELS

Melted Leek Cream 15.95

#### HEIRLOOM BEET TARTAR

Fresh Goat Cheese, Pistachio Vinaigrette  
Blood Orange, Crème Fraîche 15.95  
*With Shrimp 10 ... With Chicken 7*

### SALADS

#### ORGANIC BISTRO SALAD

Field Greens, Watermelon, Cranberries,  
Cucumber, Goat Cheese, White Balsamic Vinaigrette 15.95  
*With Shrimp 10 With Chicken 7*

#### STEAK & BLUE WEDGE

Iceberg Wedge, Cherry Tomatoes,  
Smoked Bacon, Scallion Oil,  
Peppercorn Blue Cheese Dressing 23.95

#### VENETIAN BAY SALAD

Duet of Lobster & Tuna Salad, Baby Field Greens,  
Crispy Potatoes & Leeks, Herb Vinaigrette 21.95

#### AHI TUNA NICOISE SALAD

Tomato, Haricot Vert Puree, Cured Olives,  
Red Onion, Hardboiled Egg, Herb Vinaigrette 23.95

#### NEW ENGLAND LOBSTER SALAD

Organic Greens, Cucumber, Mandarin Oranges,  
Strawberry, Honey Dijon Vinaigrette 24.95

#### M BENTO BOX

One Scoop Tuna Salad, Served with the Chef's Soup of the Day,  
Field Greens Salad & Fresh Fruit 18.95

### SANDWICHES

*-All Sandwiches Are Complimented By Your Choice Of Fresh Fruit Or Mixed Greens In Our Light House Dressing-*

#### SIGNATURE M GRILLE BURGER

Lettuce, Tomato, Housemade Coffee BBQ Sauce,  
*Served Without Kaiser Roll 16.95*

#### TUNA SALAD

Spinach, Vine Ripe Tomatoes,  
Seasoned Mayonnaise, Over Organic Greens 15.95

#### GRILLED GROUPEL

Pineapple Grilled Coleslaw, Key Lime Tartar,  
Over Organic Greens 18.95

#### NEW ENGLAND LOBSTER ROLL

Hot Lobster Sautéed, Fresh Herbs,  
Served in a Casserole 26.95

### COMFORTS

#### SWORDFISH TACOS

Roasted Corn & Queso Fresco Guacamole,  
Red Cabbage, Lime & Cilantro Crema,  
Fresh Fruit 19.95

#### GRILLED SCOTTISH SALMON

Honey Roasted Carrots,  
Apple-Sherry Gastrique 24.95

#### FRESH CATCH OF THE DAY

Please Be Sure to Ask Your Server  
For Our Fresh Catch Of The Day,  
Served With Petite Organic Vegetables and Meyer Lemon Oil  
~ Market Price~

*\*\*Our bread service for Lunch is available upon request*

*\*\* The consumption of raw or undercooked food items may cause foodborne illness \*\**

**EXECUTIVE CHEF JOHN BERRY & ADAM NARDIS**