

Gluten Free Lunch Menu



Appetizers and Salads

All Raw Bar Items are Gluten Free

Icy Blue Mussels Steamed in a garlic white wine sauce | 1.95

Middle Neck Clams Steamed in a garlic wine sauce | 1.95

Charcoal Shrimp Skewer Served with melted butter 8.95

Goat Cheese Salad romaine, spring greens, toasted pecans, roasted red peppers and raspberry vinaigrette 6.95

Arugula Salad dried cranberries, parmesan cheese with toffee pecans and lemon thyme vinaigrette 6.95

House Salad spring greens, topped with tomatoes, gorgonzola cheese and maple walnut vinaigrette 6.95

Chopped Salad romaine, carrots, tomatoes, corn and cucumbers tossed in our buttermilk garlic ranch dressing 6.95

Spinach Salad warm apple cider vinaigrette, bacon, mushrooms, eggs and gorgonzola cheese 6.95

Greek Salad romaine, spring greens, tomatoes, olives, cucumbers, red onion, feta cheese and a light vinaigrette 6.95

The "Wedge" Iceberg lettuce with gorgonzola cheese, bacon, tomatoes and buttermilk garlic ranch 6.95

The Caesar crisp romaine, fresh parmesan cheese, homemade Caesar dressing using pasteurized eggs 6.95

Most of our **Homemade Soups** are Gluten Free, Ask your server for today's offerings

Entrees

Crab Cakes 1 or 2 Crab cakes served with a choice of 2 sides MKT PRICE

Fresh "Fish of the Day" Choose a fresh fish from the Big Fish Board to be grilled, blackened or broiled served with 2 sides MKT PRICE

The "Big Fish" Salad Choose grilled chicken, shrimp or a fresh fish off the "Board" w/any gluten free salad listed above MKT PRICE

Big Chicken organic free-range grilled double chicken breast served with your choice of 2 sides 15.95

Big Filet An 8 oz. pan seared center cut Black Angus filet served with your choice of 2 sides 32.95

Big Shrimp Large "Flame Grilled" shrimp sprinkled with our famous char- seasoning served with choice of 2 sides 22.95

Big Fish Jambalaya Traditional spicy sauce with chicken, shrimp, crawfish and andouille sausage served over saffron rice 15.95

Fresh Shrimp Salad Our homemade shrimp salad served over a bed of lettuce with a choice of 1 side 12.95

Fresh Angus Steak House Bacon Cheeseburger Our 8 oz. Cheeseburger without the bun served with shredded lettuce, tomato, and pickle with choice of 1 side 13.95

Little Fish Menu (Under 12 yrs. Only)

Pan seared Tilapia served with 1 side OR **Kids Grilled Shrimp (5)** served with 1 side.

*INCLUDES A SCOOP OF ICE CREAM

Homemade Sauces

Fresh Fruit Salsa
Bruschetta Tomatoes

Lemon Cream
Honey Mustard

Dijon Cream
Cocktail Sauce

Mustard Sauce
Tartar Sauce

Desserts

Vanilla Ice Cream

Cinnamon Ice Cream

Homemade Sides

Coleslaw Sliced Tomato

Sautéed Spinach Broccoli

Fresh Fruit Saffron Rice

Jasmine Rice



Dairy Free Lunch Menu

Appetizers and Salads

All Raw Bar Items can be ordered dairy free MP

GRILLED CHARCOAL SHRIMP served with a lemon wedge 8.95

BRUSCHETTA toasted country loaf white bread topped with tomato, onion, garlic, basil and E.V.O.O. 9.95

½ LB PEEL AND EAT SHRIMP served cold with cocktail sauce and old bay 13.95

HOUSE SALAD field greens, topped with tomatoes, walnuts and maple walnut vinaigrette 6.95

GOAT CHEESE SALAD romaine, field greens, toasted pecans, roasted red peppers and raspberry vinaigrette 6.95

SPINACH SALAD warm apple cider vinaigrette, bacon, egg & mushrooms 6.95

ARUGULA SALAD dried cranberries and lemon thyme vinaigrette 6.95

Entrees

FRESH FISH OF THE DAY

Choose a fresh fish from the Big Fish Board to be grilled or blackened served with a dairy free sauce and 2 sides MP

THE "BIG FISH" SALAD

Choose a fresh fish, chicken, shrimp, steak or crabcake from the "BOARD" served over any salad above MP

BIG SHRIMP

Large "Flame Grilled" shrimp sprinkled with our famous char-seasoning served with choice of 2 sides 22.95

SIRLOIN STEAK AND SHRIMP

An 8 oz grilled center cut sirloin steak and our charcoal shrimp served with 2 sides 23.95

BIG CHICKEN

A grilled organic free range double breast served with your choice of 2 sides 15.95

Little Fish menu (Under 12 yrs. Only)

Kids Pan Seared Tilapia served with 1 side

Kids Sautéed Shrimp (5) served with 1 side

Homemade Sauces

Fresh Fruit Salsa

Bruschetta Tomatoes

Cocktail Sauce

Honey Mustard

Homemade Sides

Steamed Spinach

Small Side Salad

Sliced Tomato

Fresh Fruit

Jasmine Rice

Steamed Broccoli

Spinach

Dairy Free Dressings

Raspberry Vinaigrette

Lemon Thyme Vinaigrette

Apple Cider Vinaigrette

Maple Walnut Vinaigrette

TO ENSURE A GREAT DINING EXPERIENCE FOR ALL GUESTS, BIG FISH GRILL HAS CREATED ALLERGY MENUS TO ASSIST OUR GUESTS WITH FOOD ALLERGIES TO MAKE INFORMED SELECTIONS. WHILE WE TAKE STEPS TO MINIMIZE THE RISK OF CROSS CONTAMINATION AND TO ACCOMMODATE ALL ALLERGIES, WE CANNOT GUARANTEE OR ASSUME RESPONSIBILITY FOR GUESTS WITH ALLERGIES. **GUESTS EAT AT THEIR OWN RISK.** PLEASE ASK TO SEE A MANAGER FOR ADDITIONAL INFORMATION.

Gluten Free Menu



Appetizers and Salads

All Raw Bar Items are Gluten Free

Icy Blue Mussels Steamed in a garlic white wine sauce 12.95

Middle Neck Clams Steamed in a garlic wine sauce 11.95

Charcoal Shrimp Skewer Served with melted butter 8.95

Goat Cheese Salad romaine, spring greens, toasted pecans, roasted red peppers and raspberry vinaigrette 6.95

Arugula Salad dried cranberries, parmesan cheese with toffee pecans and lemon thyme vinaigrette 6.95

House Salad spring greens, topped with tomatoes, gorgonzola cheese and maple walnut vinaigrette 6.95

Chopped Salad romaine, carrots, tomatoes, corn and cucumbers tossed in our buttermilk garlic ranch dressing 6.95

Spinach Salad warm apple cider vinaigrette, bacon, mushrooms, eggs and gorgonzola cheese 6.95

Greek Salad romaine, spring greens, tomatoes, olives, cucumbers, red onion, feta cheese and a light vinaigrette 6.95

The "Wedge" iceberg lettuce with gorgonzola cheese, bacon, tomatoes and buttermilk garlic ranch 6.95

The Caesar crisp romaine, fresh parmesan cheese, homemade Caesar dressing using pasteurized eggs 6.95

Most of our **Homemade Soups** are Gluten Free, Ask your server for today's offerings

Entrees

Crab Cakes (2) Crab cakes served with a choice of 2 sides MKT PRICE

Fresh "Fish of the Day" Choose a fresh fish from the Big Fish Board to be grilled, blackened or broiled served with 2 sides MKT PRICE

The "Big Fish" Salad Choose grilled chicken, shrimp or a fresh fish off the "Board" w/any gluten free salad listed above MKT PRICE

Big Filet An 8 oz pan seared center cut Black Angus filet served with your choice of 2 sides 32.95

12oz New York Strip Hand-cut Black Angus char-grilled strip served with your choice of 2 sides 29.95

Big Chicken organic free-range grilled double chicken breast served with your choice of 2 sides 15.95

Big Shrimp Large "Flame Grilled" shrimp sprinkled with our famous char- seasoning served with choice of 2 sides 22.95

Sirloin Steak and Shrimp An 8 oz. U.S.D.A. grilled center cut sirloin steak and our charcoal shrimp served with choice of 2 sides 23.95

Big Fish Mixed Grill skewered char grilled beef tenderloin medallions, scallops, & shrimp with our broiled signature crab cake, 2 sides 34.95

Big Fish Jambalaya Traditional spicy sauce with chicken, shrimp, crawfish and andouille sausage served over saffron rice with 1 side 18.95

Little Fish Menu (Under 12 yrs. Only)

Pan seared Tilapia served with 1 side OR **Kids Grilled Shrimp (5)** served with 1 side.

*INCLUDES A SCOOP OF ICE CREAM

Homemade Sauces

Fresh Fruit Salsa Lemon Cream Dijon Cream Mustard Sauce
Bruschetta Tomatoes Tartar OR Cocktail Honey Mustard

Desserts

Vanilla Ice Cream Cinnamon Ice Cream

Homemade Sides

Mashers Mushrooms Coleslaw Sweet Potato Mashers Sliced Tomato
Sautéed Spinach Broccoli Saffron Rice Jasmine Rice Fresh Fruit



Dairy Free Menu

Appetizers and Salads

All Raw Bar Items can be made dairy free MP

GRILLED CHARCOAL SHRIMP served with a lemon wedge **8.95**

BRUSCHETTA toasted country loaf white bread topped with tomato, onion, garlic, basil and E.V.O.O. **10.95**

½ LB PEEL AND EAT SHRIMP served cold with cocktail sauce and old bay **13.95**

HOUSE SALAD field greens, topped with tomatoes and maple walnut vinaigrette **6.95**

GOAT CHEESE SALAD romaine, field greens, toasted pecans and raspberry vinaigrette **6.95**

SPINACH SALAD warm apple cider vinaigrette, bacon, mushrooms **6.95**

ARUGULA SALAD dried cranberries and lemon thyme vinaigrette **6.95**

Entrees

FRESH FISH OF THE DAY

Choose a fresh fish from the Big Fish Board to be grilled or blackened served with a dairy free sauce and 2 sides **MP**

THE "BIG FISH" SALAD

Choose a fresh fish, chicken, shrimp, steak or crab cake from the "BOARD" served over any salad above **MP**

BIG FILET

An 8 oz pan seared center cut Black Angus filet served with your choice of 2 sides **32.95**

BIG SHRIMP

Large "Flame Grilled" shrimp sprinkled with our famous char-seasoning served with choice of 2 sides **22.95**

SIRLOIN STEAK AND SHRIMP

An 8 oz U.S.D.A grilled center cut sirloin steak and our charcoal shrimp served with 2 sides **23.95**

BIG CHICKEN

A juicy grilled double breast served with your choice of 2 sides **\$15.95**

Little Fish Menu (Under 12 yrs. Only)

Kids Pan Seared Tilapia served with 1 side or **Kids Sautéed Shrimp (5)** served with 1 side

Homemade Sauces

Fresh Fruit Salsa

Bruschetta Tomatoes

Cocktail Sauce

Honey Mustard

Homemade Sides

Sliced Tomato

Steamed Spinach

Small Side Salad

Steamed Broccoli

Fresh Fruit

Jasmine Rice

Mushrooms



Garlic Free Menu

Appetizers and Salads

½ LB PEEL AND EAT SHRIMP served cold with cocktail sauce and old bay **13.95**

PRINCE EDWARD ISLAND MUSSELS steamed and served with drawn butter **12.95**

MIDDLE NECK CLAMS steamed and served with drawn butter **8.95**

HOUSE SALAD field greens, topped with tomatoes, gorgonzola cheese, walnuts and maple walnut vinaigrette **6.95**

SPINACH SALAD warm apple cider vinaigrette, bacon, mushrooms, eggs, and gorgonzola cheese **6.95**

Entrees

FRESH FISH OF THE DAY

Choose a fresh fish from the Big Fish Board, to be pan-seared with your choice of 2 sides **MKT Price**

THE "BIG FISH" SALAD

Choose a fresh fish off the "Board" to be pan seared and served over any salad above **18.95**

BIG FILET

An 8 oz pan seared center cut Black Angus filet served with your choice of 2 sides **32.95**

Little Fish Menu (Under 12 yrs. Only) * INCLUDES A SCOOP OF ICE CREAM

Kids Pasta served with butter and cheese,
Kids Sautéed Shrimp (5) served with 1 side

Homemade Sauces

Dijon Cream Lemon Cream Fruit Salsa Honey Mustard Cocktail Sauce

Desserts

Choose any dessert off the menu

Homemade Sides

Sweet Potato Mashers Creamed spinach Cole Slaw Steamed Broccoli Steamed Spinach Fresh Fruit



Egg Free Menu

Appetizers and Salads

All Raw Bar Items are available Egg Free MP

PRINCE EDWARD ISLAND MUSSELS steamed in garlic wine or spicy diablo and served with drawn butter 12.95

MIDDLE NECK CLAMS steamed in garlic wine and served with drawn butter 11.95

GRILLED CHARCOAL SHRIMP served with melted butter 8.95

½ LB PEEL AND EAT SHRIMP served cold with cocktail sauce and old bay 13.95

HOUSE SALAD field greens, topped with tomatoes, gorgonzola cheese, walnuts and maple walnut vinaigrette 6.95

CHOPPED SALAD romaine, carrots, tomatoes, corn and cucumbers tossed in our buttermilk garlic ranch dressing 6.95

GOAT CHEESE SALAD romaine, field greens, toasted pecans, roasted red pepper and raspberry vinaigrette 6.95

SPINACH SALAD warm apple cider vinaigrette, bacon, mushrooms, and gorgonzola cheese 6.95

GREEK SALAD romaine, field greens, olives, cucumbers, red onion, and feta cheese 6.95

Entrees

FRESH FISH OF THE DAY

Choose a fresh fish from the Big Fish Board to be grilled or blackened served with your choice of 2 sides MP

THE "BIG FISH" SALAD

Choose a fresh fish, chicken, shrimp or steak off the "Board" with any above salad MP

BIG FILET

An 8 oz U.S.D.A pan seared center cut Black Angus filet served with your choice of 2 sides 25.95

BIG SHRIMP

Large "Flame Grilled" shrimp sprinkled with our famous char-seasoning served with choice of 2 sides 22.95

SIRLOIN STEAK AND SHRIMP

An 8 oz U.S.D.A grilled center cut sirloin steak and our charcoal shrimp served with 2 sides 23.95

BIG CHICKEN

A organic free-range grilled double breast served over mashers with your choice of 1 side \$16.95

Little Fish Menu (Under 12 yrs. Only) INCLUDES A SCOOP OF ICE CREAM

Kids Pan Seared Tilapia served with 1 side

Kids Sautéed Shrimp (5) served with 1 side

Homemade Sauces

Fresh Fruit Salsa

Bruschetta Tomatoes

Lemon Cream

Cocktail Sauce

Desserts

Vanilla Ice Cream

Peanut Butter Pie

Cinnamon Ice Cream

Homemade Sides

Mashers

Sweet Potato Mashers

Creamed Spinach

Mushrooms

Steamed Spinach

Broccoli

Fresh Fruit



Shellfish Free Menu

Appetizers and Salads

- BIG FISH BRUSCHETTA** oven-baked homemade garlic bread topped with plum tomato, onion, garlic, basil, E.V.O.O **10.95**
- GOAT CHEESE SALAD** romaine, field greens, toasted pecans, roasted red peppers and raspberry vinaigrette **6.95**
- HOUSE SALAD** field greens, topped with tomatoes, gorgonzola cheese, walnuts and maple walnut vinaigrette **6.95**
- CHOPPED SALAD** romaine, carrots, tomatoes, corn and cucumbers tossed in our buttermilk garlic ranch dressing **6.95**
- SPINACH SALAD** warm apple cider vinaigrette, bacon, mushrooms, eggs, and gorgonzola cheese **6.95**
- GREEK SALAD** romaine, field greens, olives, cucumbers, red onion, and feta cheese **6.95**
- CAESAR SALAD** romaine, shredded parmesan and croutons tossed in our homemade Caesar dressing **6.95**
- ARUGULA SALAD** dried cranberries, toffee pecans, lemon thyme vinaigrette and parmesan **6.95**
- "THE WEDGE"** of iceberg lettuce with gorgonzola cheese, bacon, tomatoes & buttermilk garlic ranch **6.95**

Entrees

- Fresh "Fish of the Day"** Choose a fresh fish from the BF Board, served with a shellfish free sauce and 2 sides **MKT PRICE**
- The "Big Fish" Salad** Choose Chicken or a fresh fish from the BF Board, pan-roasted served over any salad **MKT PRICE**
- Big Filet** An 8 oz. center cut Black Angus filet served with homemade demi-glace and your choice of 2 sides **32.95**
- Big Chicken** organic free-range pan-roasted double chicken breast served with your choice of 2 sides **15.95**
- Fresh Vegetable Pasta** linguini or penne tossed in E.V.O.O served with fresh vegetables **14.95**
- Vegetable Pizza** Fresh Pizza topped with marinara, mozzarella and fresh vegetables **9.95**

Little Fish Menu (Under 12 yrs. Only) Cheese Pizza *INCLUDES A SCOOP OF ICE CREAM

Homemade Sauces

Mustard Sauce Dijon Cream Lemon Cream Fruit Salsa
 Bruschetta Tomatoes Honey Mustard Cocktail OR Tartar

All Desserts are shellfish free

Homemade Sides

Mashers Neva's Potatoes Creamed Spinach
 Stewed Tomatoes Mushrooms Coleslaw
 Sweet Potato Mashers Sautéed Spinach Saffron Rice
 Jasmine Rice Broccoli Sautéed Spinach



Vegan/Vegetarian Menu

Appetizers and Salads

- BRUSCHETTA** toasted country loaf white bread topped with tomato, onion, garlic, basil and E.V.O.O. **10.95**
HOUSE SALAD field greens, topped with tomatoes, walnuts and maple walnut vinaigrette **6.95**
SPRING MIX SALAD romaine, field greens, toasted pecans and raspberry vinaigrette **6.95**
SPINACH SALAD warm apple cider vinaigrette & mushrooms **6.95**
ARUGULA SALAD dried cranberries and lemon thyme vinaigrette **6.95**

Vegan Entrees

- VEGAN FLATBREAD** Fresh handmade flatbread served with E.V.O.O. and served with daily fresh vegetables **9.95**
VEGAN PASTA Fresh linguini or penne tossed in E.V.O.O. and served with daily fresh vegetables **14.95**

Vegetarian Entrees

- VEGETARIAN PIZZA** Fresh handmade pizza served with marinara sauce, mozzarella and fresh veggies **9.95**
VEGETARIAN PASTA Fresh linguini or penne tossed in marinara or garlic wine sauce and served with daily fresh vegetables **14.95**

Homemade Sauces

Fresh Fruit Salsa Bruschetta Tomatoes Cocktail Sauce

Homemade Sides

Sliced Tomato Steamed Spinach Steamed Broccoli Steamed Spinach
Fresh Fruit Salad Small Side Salad Jasmine Rice



Nut Free Menu

Appetizers and Salads

Big Fish uses soy bean oil for all fried items

- All soups are nut free except for pumpkin crab bisque
 - All Raw Bar items are nut free
 - All salads can be made to order without the nuts
- All dressings are nut free except for Maple Walnut Vinaigrette
 - All appetizers are nut free

Entrees

FRESH FISH OF THE DAY

Choose a fresh fish, chicken or shrimp from the Big Fish Board to be grilled served with 2 sides **MKT Price**

MARYLAND CRAB CAKES

(2) served with tartar sauce and your choice of 2 sides **MKT Price**

- All Pasta dishes are nut free
- All grilled items are prepared nut free
- All Sandwiches and entrée salads can be ordered to be nut free

Little Fish Menu (Under 12 yrs. Only) All kids meals are nut free.

* INCLUDES A SCOOP OF ICE CREAM

Homemade Sauces

Most homemade sauces are nut free

Desserts

Cinnamon Ice Cream

Key Lime Pie

Vanilla Ice Cream

Homemade Sides

Most sides are nut free except for creamed spinach & certain seasonal sides on our Big Fish Board