

Marlow's Tavern

EST. 2004

GLUTEN FREE MENU

Welcome to Marlow's, we take great pride in sourcing the FRESHEST INGREDIENTS possible.

We handle all ingredients with care and prepare these dishes with your dietary needs in mind.

MENU ITEMS THAT do not HAVE GLUTEN FREE (GF) BY THEM, ARE PREPARED IN A SHARED FRYER.

ALL THE ITEMS USED TO PREPARE THESE DISHES ARE **GLUTEN FREE**. However, there may be a higher chance of trace amounts of gluten from the OIL itself.

☞ Let your Chef know about any ALLERGIES OR SENSITIVITIES so we can prepare a meal **ESPECIALLY FOR YOU**.

START | SNACK

GF - SOUP OF THE DAY PD

Please ask Your Server if Today's Soup is 100% Gluten Free

GF - MARINATED OLIVES 3

Cold Pressed Olive Oil, Lemon, Rosemary

*BEEF CARPACCIO 11

Filet Mignon, Dijonnaise, Parmesan, Fines Herbs, Crispy Capers

TRUFFLED PARMESAN FRIES 5

Hand-Cut Tavern Fries, Truffle Oil, Parmesan

J.T. KETTLE CHIPS 8.5

Crispy Potato Chips, Gorgonzola Cheese, Scallion, Roma Tomato, Bacon

HOT & SWEET WINGS 11

Classic Buffalo or Honey Mustard Sauce, Crisp Celery, Carrots, House-Made Gorgonzola Dressing

MARLOW'S FAMOUS HUMMUS 7.5

Classical Creamy Hummus, Crisp Veggies, Marinated Olives and Extra Virgin Olive Oil

SMOKED TROUT DIP 8.2

Ducktrap River Smoked Trout, Olive Oil, Horseradish, Fresh Herbs, House-Made Potato Chips

CRISP | COOL SALADS

Our Gluten Free Salad Dressings Include: Ranch, Caesar, Citrus Vinaigrette, Lemonette, Sweet Herb, Creamy Gorgonzola, Honey Lime Vinaigrette

GF - TAVERN 6.5

Baby Artisan, Field Greens, Granny Smith Apples, Thin Celery, Spiced Toasted Seeds, Citrus Dressing

GRILLED CHICKEN +5 | *GRILLED SALMON +9.5

*GF - BLACK AND BLUE STEAK 14.5

Grilled Beef Tenderloin, Crisp Field Greens, Orange Tomato, Crumbling Gorgonzola, Scallion, Pickled Red Onion, Creamy Gorgonzola Dressing

GF - CAESAR CHOP 6.5

Crisp Romaine, Baker Farm Kale, Radicchio, Chopped Egg, Parmesan, Caesar Dressing

BLACKENED CHICKEN +5 | *BLACKENED SALMON +9.5

CHICKEN TORTILLA 12

Prestige Farms Chicken, Sliced Thin, Crisp Field Greens, Avocado, Tomato, Carrot, Cucumber, Fresh Cilantro, Tortilla, Honey Lime Vinaigrette

ASIAN AHI TUNA 15

Spice Crusted Ahi Tuna, Field Greens, Roma Tomato, Fresh Avocado, Snap Peas, Cucumber, Pickled Red Onion, Miso Soy Vinaigrette

BIG BAR SANDWICHES

Sandwiches Can Be Prepared in a Crisp Lettuce Wrap, Corn Tortillas or with No Bread & Your Choice of Side

GF - CHICKEN SALAD WRAP 9

House-Made Curry Chicken Salad, Romaine & Broccoli Slaw, Golden Raisin, Fresh Cilantro

GF - INFAMOUS FISH TACOS 12

Blackened Tilapia, Red Cabbage & Jicama Slaw, Black Bean Corn Salsa, Smoked Chili Cream

GF - ROAST CHICKEN FRISCO CLUB 12

Prestige Farms Chicken, Melting Swiss, Arugula, Apple-Wood Smoked Bacon, Granny Smith Apple, Pickled Red Onion, Horseradish Aioli

SIDE BARS ALL 3

Grilled Jumbo Asparagus +1.5

Fresh Fruit

Jalapeno Corn Grits

Nice Small Salad

Hail Little Caesar

Broccoli Slaw

*Locally-Sourced
& INSPIRED*

ITEMS MARKED WITH AN ASTERISK ARE SERVED RAW OR UNDERCOOKED; CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. BURGERS, STEAKS, TUNA AND SALMON COOKED TO ORDER.

CLASSIC TAVERN BURGERS

Sandwiches Can Be Prepared in a Crisp Lettuce Wrap, Corn Tortillas or with No Bread & Your Choice of Side

*GF - TAVERN BURGER 9.5

Our Classic, Simple and Seasoned Perfectly, with Shredded Romaine, Thin Sliced Red Onion, Roma Tomato

HOUSE-MADE TOMATO BACON JAM (Try it! It's delicious...and FREE)

ADD ANY CHEESE IN THE KITCHEN 1.5

Not a Fan of Beef? SUB WITH GRILLED PRESTIGE FARMS CHICKEN

*GF - BLACK AND BLUE BURGER 12.5

Gorgonzola, Apple-Wood Smoked Bacon

*GF - ROYALE WITH CHEESE 15

Wagyu Beef Seared Perfectly & Stacked, American Cheese, Dill Pickle

TAVERN FAVORITES

GF - ROAST CHICKEN STACK 16

Tender Roasted Prestige Farms Chicken, Fingerling Potato, Green Beans, Roast Chicken Pan Sauce

*GF - GRILLED ATLANTIC SALMON 17.5

Broccoli, Carrot, Red Onion, Golden Raisin, Parsley, Toasted Almond & Port Wine Reduction

*GRILLED CENTER CUT FILET 23.5

Filet Mignon, Grilled and Seasoned Perfectly, Fingerling Potato, Radish, Sugar Snap Peas, Charred Scallion Oil

*GF - SEARED JUMBO SCALLOPS 22.5

Simply Seasoned & Perfectly Seared, Roast Jalapeño Corn Grits, Spanish Chorizo, Poblano, Roma Tomato, Roasted Tomato Fondue, Parslied Olive Oil

GF - SHRIMP & GRITS 16.7

Jalapeño Corn Grits, Sautéed Spinach, Roma Tomato, Shallot, Roasted Tomato Beurre Blanc

KID'S-FUN FOODS | ALL 5

GF - TWO TINY BURGERS

Two Mini Marlow's Burgers with Cheddar Cheese with No Bun or in a Crisp Lettuce Wrap

BIG KID STEAK +4.5

Grilled Tenderloin Cooked the Way Mom Likes it, Tavern Fries and Steamed Broccoli

GF - TAVERN-STYLE CHICKEN FINGERS

Grilled Chicken Skewered With Honey Mustard

SWEET STUFF

GF - CLASSIC CRÈME BRÛLÉE 6

This NYC Classic, House-Made with Madagascar Vanilla Bean and Crispy Sweet Crust

GF - SCOOP VANILLA BEAN ICE CREAM 3

FAVORITE BEVERAGES

All of Marlow's Juices are Fresh Squeezed

Coca-Cola® Products

COCA-COLA, SPRITE, DIET COKE, COKE ZERO, LEMONADE, DR. PEPPER

On The Fresh & Sweet Side

FRESH-BREWED ROYAL CUP® PEKOE CUT BLACK ICED TEA, BLUE RASPBERRY LEMONADE

Bottle Tops

IBC® ROOT BEER 3.5 IBC® CREAM SODA 3.5
SAN PELLEGRINO® SPARKLING WATER 4 FIJI® ARTESIAN WATER 4

Ice Cold Beers

STONE DELICIOUS IPA - CA 5.5
Gluten Reduced

GF - GF - ACE PINEAPPLE CIDER - CA 6

GF - CRISPIN CIDER - MN 6.75

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