

GLUTEN FREE ALTERNATIVES

Listed below are menu suggestions that we trust contain no known traces of gluten. Please be aware that, because of logistical constraints, Connors cannot maintain separate, sterile, grill & frying areas for the preparation of the numerous items that could cause allergic reactions. We will assume no liability for the possibility that traces of gluten may be transferred in the grilling or frying process or the use of utensils in accordance with our normal cooking procedures. This could potentially result in an allergic reaction causing discomfort or gastric distress.

Also be aware that our service staffs are not experts in food allergies or diseases related to allergies, nor do they possess an involved knowledge of all ingredients within products or seasonings. Therefore, any questions concerning our menu should be directed to the manager on duty or to our Corporate Office.

APPETIZERS & SMALL PLATES

JUMBO SHRIMP COCKTAIL
FIRE-GRILLED PORK BELLY ~ no buns
BLUE POINT OYSTERS
PAN-SEARED AHI TUNA ~ no ginger lime & orange ginger sauces
LOBSTER DIP
ISLE OF SHELLFISH

SALADS

HOUSE SALAD
CAESAR SALAD ~ no croutons
AHI TUNA SALAD ~ no wonton strips or ginger soy vinaigrette
GRILLED CHICKEN SALAD ~ no marinade
STEAK CAESAR SALAD ~ no seasoning on steak or croutons
BABY SPINACH & STRAWBERRY SALAD

STEAKS & CHOPS

ALL STEAKS & CHOPS (except PRIME RIB) are gluten free if prepared with “no seasoning.”
LAMB CHOPS ~ no seasoning & no demi-glace

STEAK TOPPINGS

BOURSIN CHEESE & TOBACCO ONIONS ~ no tobacco onions
BLUE CHEESE BUTTER & RED WINE REDUCTION
SCAMPI ~ no marinade on shrimp
OSCAR ~ no hollandaise
BLACK TRUFFLE BUTTER

FRESH SEAFOOD

SHRIMP & GRITS ~ no grits & no tasso gravy
CILANTRO LIME GRILLED SHRIMP ~ no marinade
ATLANTIC SALMON
CAJUN RED GROUPER
CHILEAN SEA BASS
ALASKAN KING CRAB LEGS
COLD WATER LOBSTER TAIL

POULTRY

8 OZ. GRILLED CHICKEN ~ no marinade
APPLEWOOD SMOKED DUCK BREAST ~ no demi-glace

SANDWICHES & BURGERS

PHILLY-STYLE CHEESESTEAK ~ no bun or au jus
CONNORS REUBEN ~ no bread
GRILLED CHICKEN CLUB ~ no marinade or bun
CLASSIC BURGER ~ no bun or seasoning
SMOKY BURGER ~ no bun or seasoning
MUSHROOM BURGER ~ no bun, seasoning, or tobacco onions

(PLEASE SEE REVERSE SIDE FOR SALAD DRESSINGS, SIDE ITEMS, DESSERTS, LUNCH MENU & CHILD MENU)

SALAD DRESSINGS

RANCH
BLUE CHEESE
HONEY MUSTARD
BALSAMIC VINAIGRETTE
SWEET VINAIGRETTE
1000 ISLAND
OIL & VINEGAR
CAESAR

SIDE ITEMS

BAKED POTATO (butter, sour cream, cheese, bacon & chives)
GARLIC HERB MASHED POTATOES
FRENCH FRIES
COLE SLAW
FRESH STEAMED BROCCOLI
GRILLED ASPARAGUS
SWEET POTATO FRIES

DESSERTS

HOMEMADE VANILLA ICE CREAM
CRÈME BRULÉE
BANANAS FOSTER ~ no puff pastry
STRAWBERRY SHORTCAKE ~ no pound cake

LUNCH MENU (in addition to those on first page)

GRILLED CHICKEN CAESAR SALAD ~ no marinade or croutons
GRILLED SALMON CAESAR SALAD ~ no croutons
GRILLED SALMON HOUSE SALAD
STEAK CAESAR SALAD ~ no seasoning on steak or no croutons
ANGUS CHOPPED STEAK ~ no seasoning
7 OZ LUNCH SIRLOIN STEAK ~ no seasoning
GRILLED CHICKEN ~ no marinade
RAINBOW TROUT

CHILD MENU

CHILD BURGER ~ no bun or seasoning
CHILD GRILLED CHICKEN ~ no marinade

NOTE: FOR ADD-ONS, REFER TO THE SECTION THEY WOULD BE LOCATED ON THIS MENU.