



Gluten Free Menu

*This menu is approved by the Holistic Nutrition Center to assure you that all recipes are gluten free***

SALADS

(Gluten Free Dressings: Italian, Sun-Dried Tomato Vin, Cherry Vin, Ranch, Thai Peanut, Warm Bacon)

CHICKEN PARMESAN SALAD

Char-grilled breast of chicken & Roma tomatoes bedded on crisp romaine & sprinkled with fresh Parmesan cheese. Served with Parmesan-Peppercorn Dressing. 8.99

THAI SALAD

Crisp romaine with scallions, broccoli, carrots and grilled chicken, topped with Terra stix. Served with spicy Thai Peanut Dressing. 8.99

TRAVERSE CITY CHICKEN SALAD

Garden fresh mixed greens, char-grilled chicken breast, dried cranberries, Mandarin oranges, glazed walnuts and a sprinkling of Gorgonzola. Served with a cherry vinaigrette. 8.99

ENTREES

(All Alfredo sauce listed on this menu is house-made and Gluten Free)

TUXEDO CHICKEN PASTA

Pan-sautéed morsels of white meat chicken with Rice pasta in Alfredo sauce with tomato garnish. 12.95

CARBONARA

Rice pasta, Bacon, mushrooms and sweet peas married with a savory Alfredo sauce. 12.95 —With Chicken add 2.99 —With Shrimp add 4.99

SHRIMP MAURICE

Ribbons of rice pasta with sautéed shrimp, prosciutto, sweet peas, fresh basil & garlic in a vodka tomato-cream sauce. 15.99

EAU CLAIRE

Rice pasta, bacon, chicken, broccoli, mushrooms & tomato in a velvety cheddar cheese sauce. 14.99

MAHI MAHI

Boneless fillet, seasoned, pan-seared & oven finished. Topped with sun-dried tomato butter with pine nuts and julienne of fresh basil. 13.99

PARK AVENUE CHICKEN

Pan-sautéed breast of chicken topped w/shrimp, artichoke hearts & mushrooms in a white wine butter sauce. 13.59

NEW YORK STRIP STEAK*

12oz. choice sirloin char-broiled to your liking, bathed with tomato-garlic butter. 17.99

TOP SIRLOIN STEAK*

8oz. Sirloin served with sautéed fresh mushrooms, topped with garlic butter. 14.99

PIZZAS

(All pizzas are on 10" Gluten Free crust)

SANTA FE CHICKEN

Tomato salsa, chicken, green pepper, mushrooms, Roma tomato, Parmesan and Mozzarella cheeses. Served with sour cream. 11.99

CHICKEN CAESAR

Chicken, Mozzarella & Parmesan topped with Romaine & fresh Roma tomatoes, drizzled with Caesar dressing. 11.99

PEPPERONI MUSHROOM

Tomato-basil sauce, pepperoni, mushrooms, Parmesan & Mozzarella cheeses. 11.99

MEDITERRANEAN

Olive oil pesto, fresh spinach, Roma tomato, olives & Parmesan, Mozzarella & Feta cheeses. 11.99

***Please be aware that in some instances, we rely on products purchased from external suppliers. While we try to ensure that these items are gluten free, 84 East does not guarantee that these products will contain no traces of gluten, or that cross-contamination with gluten and other allergens will not occur.*

**May be cooked to order. Notice: Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food borne illness.*

All pesto sauces & oils contain pine nuts. Vegetable broth can be substituted for any pasta sauce.

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