

Mango's Gluten Free Breakfast

DOCKSIDE FAVORITES

2 Egg Breakfast

2 eggs cooked your way served with apple wood-smoked bacon, smoked ham
OR sausage and Gluten free toast. 11

Sail Away Steak & Eggs

Juicy 6 oz. Sirloin steak served with 2 eggs your way and Gluten free toast. 16

Corned Beef Hash & Eggs

2 poached eggs served with homemade corned beef hash and
Gluten free toast. 15

INCREDIBLE OMELETS

Served with fresh Seasonal fruit, breakfast potatoes and gluten free toast

Meat Lovers Omelet

3 egg omelet with ham, sausage, apple wood smoked bacon and
Cheddar cheese. 13

Western Omelet

3 egg omelet with ham, peppers, onions and Cheddar cheese. 13

Seafood Omelet

Melt-in-your-mouth Lobster, Shrimp and Scallops in a 3 egg omelet with
provolone cheese, tomatoes and fresh Spinach. 20

Greek Omelet

3 egg omelet with fresh spinach, Feta cheese, local tomatoes,
red onion and Greek olives. 12

Garden Omelet

3 egg omelet with fresh spinach, mushrooms, tomatoes, peppers and onions. 12

GRIDDLE DELIGHTS

Gluten Free French Toast 10

Dockside Gluten Free Pancakes 12

Add Fresh Blueberries, Strawberries or Chocolate Chips Add 2

SIDES

Seasonal Fresh Fruit Plate 7

Apple Wood Smoked Bacon 4

Sausage Links or Spicy Sausage Patties 3

Breakfast Potatoes 3

Smoked Honey Ham 4

Egg any style 2

Gluten Free toast 2

Mango's Gluten Free Lunch & Dinner



STARTERS

Jumbo Shrimp Cocktail

Three jumbo shrimp served with cocktail sauce. 14

Bacon Wrapped Shrimp Jalapeños

Five fresh jalapeños stuffed with large shrimp, cream cheese and wrapped in Apple wood bacon, then gently baked. 13

SALADS

GF Dressings: Chunky Bleu Cheese, Thousand Island, Mango Vinaigrette, Sweet n' Sour, Caesar, Sweet Onion

Caramelized Pecan Scottish Salmon

Grilled Salmon topped caramelized pecans and mango Buerre blanc, served on a bed of baby greens with Gorgonzola, fresh strawberries and red onion.

Finished with our Sweet n' Sour dressing. 26

DUO Stuffed Tomato

Two Halves of fresh local tomato, one stuffed with Chicken salad and one with Shrimp salad (made with diced celery and Hellman's® mayo) served on a bed of romaine with red onion, cucumber, sliced egg and Mango Vinaigrette. 20

Key West Salad

Grilled shrimp, Feta, hearts of palm, mango, strawberries, dried cranberries and toasted almonds on a bed of romaine with Sweet Onion dressing. 17

Spinach Salad

Grilled chicken breast, caramelized pecans, red onion, strawberries, sliced egg and crispy bacon on a bed of baby spinach with Sweet N' Sour dressing. 16

Tropical Island Salad

Our famous chicken salad (made with diced celery and Hellman's® mayo) served in a fresh pineapple boat on a bed of romaine lettuce and topped with walnuts, Gorgonzola, strawberries and red onion. Served with our Sweet N' Sour dressing. 17

Caesar Salad **Request no Croutons!**

Romaine lettuce topped with our famous homemade Caesar dressing and Parmesan cheese. 10

Add Grilled or Blackened Chicken 6 Add Grilled or Blackened Shrimp 8

Add Fresh Catch of the day (market price)

ISLAND SANDWICHES & BURGERS

Served with choice of: Fresh Fruit, Mango Cole slaw, French Fries OR Black Beans & Rice

****Please note... Our French Fries are NOT gluten free****

Request all sandwiches and Burgers with Gluten Free Bread

Fish Sandwich or Platter

10 oz Crispy white fish with lettuce, tomato, and onion, served with tarter sauce.

Or make it a fish n' chips basket!

(Blackened OR Grilled) 16 **Or make it Fresh Grouper at Market Price!**

Coastal California Chicken

Delicately grilled chicken breast with avocado, Pepper Jack cheese, bacon, tomato, onion and lettuce. 16

Daddy Burger

A burger perfect for the traditional land sharks out there. 15

Add your own toppings: Bacon 2, Cheese 1, Sautéed Mushrooms 2, Caramelized Onions 2.

Whiskey Burger

This is what you get when you add Smokey Whiskey glaze and Pepper Jack cheese to our juicy burger. It is not for the weak of heart! 18

Avocado Burger

Our juicy burger topped with melted Swiss cheese and fresh avocado slices. 17

Blue Burger

Take your burger up a notch with Blue Cheese crumbles and caramelized onions! Delicious! 17

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have a health condition.

Mango's Gluten Free Lunch & Dinner



ENTREES

Entrees served with French fries and fresh seasonal vegetables until 4 pm.

Please note... Our French Fries are NOT gluten free

After 4 pm, Entrees are served with seasonal vegetables and choice of coconut rice or potato of the day OR choose Black Beans & Rice

Fresh Black Grouper

Ask your server about today's special! Market Price

Sea Scallops

Six large Sea Scallops sautéed to perfection and served with our mango-Beurre blanc sauce. 34

Maine Lobster Tail **Subject to Availability**

One Cold Water, succulent Lobster tail, served with hot drawn butter.
Market Price

14 oz Bone-In Ribeye Steak

This premium USDA choice steak will make you famous among your friends!
Market Price

6 oz Fire Grilled Filet Mignon

Fire-grilled to perfection! Topped with house made Gluten free
Red Wine demi glace Market Price

Add your own toppings: Caramelized Onions 3, Sautéed Mushrooms 4, Gorgonzola 3

**Add a Cold-water Lobster Tail to your steak Market Price*

Dockside Shrimp & Clams Linguine **Request Gluten Free pasta**

Succulent little neck white surf clams and shrimp in a mouthwatering
lemon butter, roasted garlic and white wine sauce over linguine pasta. 28

KID'S GLUTEN FREE

Grilled Cheese 7 **Request Gluten Free bread**

Grilled Chicken Breast 6

Grilled Shrimp 8

Grilled Fish Basket 7

Gluten Free Pasta with butter & Cheese 6

**Be sure to let your server know that your ordered meals must be
Gluten Free so it is properly communicated with our chef!**

*****Please note, our French fries are NOT Gluten Free, they are fried in the
same oil as other items that contain Gluten ingredients. Fresh fruit and/or
fresh vegetables are available upon request.*****