MANGO'S GLUTEN FREE LUNCH & DINNER

Be sure to let your server know that your order must be prepared gluten free so it is properly communicated with our chef!

SUNSET STARTERS

BACON WRAPPED SHRIMP JALAPENOS 15
Five fresh jalapenos stuffed with shrimp, cream cheese and wrapped in apple wood bacon and gently baked.

JUMBO SHRIMP COCKTAIL 15
Three chilled jumbo shrimp served with our classic cocktail sauce.
Add additional shrimp to either at 4 each!

MARCO'S BEST SALADS & BOWLS

GF Dressings: Mango Vinaigrette, Sweet Onion, Chunky Blue Cheese, Thousand Island, Sweet N' Sour

CARAMELIZED PECAN NORTH ATLANTIC SALMON SALAD 29
Grilled Salmon topped with caramelized pecans and passion fruit–mango buerre blanc, served on a bed of baby greens with gorgonzola, fresh strawberries and red onion. Finished with our sweet n' sour dressing.

TROPICAL ISLAND CHICKEN SALAD 17
Our famous chicken salad (made with just diced celery & mayo) served in a fresh pineapple boat over romaine lettuce & topped with walnuts, gorgonzola, strawberries & red onion. Served with our sweet n' sour dressing.

KEY WEST SALAD 17
Grilled shrimp, feta, hearts of palm, mango, strawberries, dried cranberries and toasted almonds on a bed of romaine with sweet onion dressing.

SPINACH SALAD 17
Grilled chicken breast, caramelized pecans, red onion, strawberries, sliced egg and crispy bacon on a bed of baby spinach with our sweet n' sour dressing.

CAESAR SALAD 11
Request NO croutons! Romaine lettuce topped with our homemade Caesar dressing, parmesan cheese. Remember to add a protein!

MANGOS GARDEN SALAD 11
Fresh strawberries, mandarin oranges, sliced mangos & red onion on a bed of mixed greens. Served with our house mango vinaigrette.
Remember to add a protein!

AHI TUNA POKE BOWL 23
Sushi rice, diced ahi tuna, cucumber, mango, seaweed salad, avocado and crispy wontons. Finished with spicy mayo and sesame seeds .
Be sure to remove the wontons.

***CEVICHE 25**
Traditional citrus lime marinated yellowtail, baby shrimp & scallops, tuna, salmon, octopus, cucumber, avocado, cherry tomatoes, cilantro, onion and jalapenos. Be sure to remove the wontons. Served with raw ingredients.

QUINOA POWER BOWL 14
Organic quinoa, fresh avocado, feta cheese, roasted peppers, grape tomatoes, red onion, cucumber, sweet roasted corn, fresh mango and micro greens. Finished with cilantro lime vinaigrette.

Add a protein!
*Specify Grilled or Blackened
Chicken 7 Shrimp 9 Salmon 13
6oz OR 8oz Fresh Black Grouper – market price

ISLAND SANDWICHES & BURGERS

All burgers, sandwiches & platters are served with choice of one side. Gluten Free options include: Fresh fruit, mango coleslaw, black beans & rice, seasonal vegetables (+$2), House or Caesar salad (+$2).
ALL FRIED SIDES ARE NOT CONSIDERED GLUTEN FREE!

FISH SANDWICH OR PLATTER 16
10 oz white fish fillet on a toasted bun with lettuce, tomato and onions served with a side of tartar sauce. (Blackened or Grilled).
Make it with 6oz OR 8oz Fresh Black Grouper – market price

FISH TACOS 16 *Available ONLY before 4 pm*
Be sure to substitute corn tortilla.
Grilled or blackened fish in tortilla shells with lettuce, fresh pico de gallo and scallion aioli. *Add Guacamole 3.
Make it with 6oz OR 8oz Fresh Black Grouper – market price

COASTAL CALIFORNIA CHICKEN 16
Delicately grilled chicken breast on a toasted bun with avocado, pepper jack, applewood bacon, tomato, onion and lettuce.

DADDY BURGER 16
A burger perfect for the traditional land sharks out there. Ready to be customized to your liking.
Add your own toppings: Bacon 3, Cheese 1.50, Sautéed Mushrooms 2, Caramelized Onions 2, Avocado 2, Pickled Jalapenos 1

BLUE BURGER 18
Take your burger up a notch with bleu cheese crumbles and caramelized onions.

AVOCADO BURGER 18
Our juicy burger topped with melted swiss cheese and fresh avocado slices.

WHISKEY BURGER 19
Request no onion ring!
Topped with pepper jack cheese and an onion ring. Served with a side of smokey whiskey demi-glace. Add bacon or sauteed mushrooms.

ASIAN TUNA BURGER 20
Delicious, protein-packed ground ahi tuna burger. Lightly seasoned Asian style and served with spring greens, thinly sliced cucumber and spicy wasabi mayo on a toasted bun.

BEYOND BURGER ™ 16
6 oz plant based Beyond Burger™ patty grilled and served with lettuce, tomato and onion on a toasted bun. Served with a side of sweet avocado sauce.

YOU MUST REQUEST GLUTEN FREE BUN FOR SANDWICHES & BURGERS!

All substitutions are subject to upcharge PLEASE INFORM YOUR SERVER OF ANY ALLERGIES*
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.

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ENTREES

Entrees served with french fries and fresh seasonal vegetables until 4 pm. ALL FRIED SIDES ARE NOT CONSIDERED GLUTEN FREE! Substitutions include black beans & rice, fresh fruit, mango coleslaw and house or caesar salad for $2 more.

After 4 pm, Entrees are served with seasonal vegetables and choice of coconut rice, potato of the day OR black beans & rice.

FRESH GULF BLACK GROUPER 36
Sauteed fresh local black grouper topped with mango avocado salsa.

SEA SCALLOPS 36
Sea Scallops sautéed to perfection and served with our passion fruit–mango beurre blanc sauce.

7 OZ MAINE LOBSTER TAIL 40
One succulent cold water lobster tail served with hot drawn butter. Enjoy TWIN TAILS 65

DOCKSIDE SHRIMP & CLAMS LINGUINE 30
Be sure to substitute GF pasta and no garlic points.
Succulent little neck white surf clams and shrimp in a mouthwatering lemon butter roasted garlic and white wine sauce over pasta. Served with garlic toast points.

16 OZ RIBEYE STEAK 49
1" thick CHAIRMAN'S RESERVE boneless ribeye. This well marbled and deliciously seasoned steak will make you famous among your friends! Prepared with a Montreal Seasoning Blend™.

8 OZ FILET MIGNON 46
CHAIRMAN'S RESERVE center cut filet. Fire grilled to perfection and served with our red wine demi-glace over top.

Add your own toppings: Caramelized Onions 3 | Sauteed Mushrooms 4 | Gorgonzola 3
(6) Shrimp 9
Add a Lobster Tail to your entrée 25

Gluten Free Kids!

ALL KIDS MEALS ARE $9
Served with choice of seasonal vegetables or fresh fruit cup.

GRILLED CHEESE
Be sure to request gluten free bread.

GRILLED CHICKEN BREAST

GRILLED SHRIMP

GRILLED FISH BASKET

GLUTEN FREE PASTA WITH BUTTER & CHEESE
Specify if you would like it served without cheese.

KIDS DRINKS $3
Milk, Chocolate Milk, Shirley Temple, Root Beer, Coke, Diet Coke, Sprite Orange Juice, Cranberry, Apple, Pineapple, Minute Maid Lemonade

SWEET ENDINGS

CHOCOLATE MUD MOUSSE PIE 11
Decadent chocolate mousse over a chocolate cookie crust. Topped with chocolate sauce & served with whipped topping.

REESE'S® PEANUT BUTTER PIE 11
A light & creamy filling made with *REESE'S® Peanut Butter* in a chocolate graham cracker crust and topped with chunks of *REESE'S® Peanut Butter* Cups and whipped topping.

"KEY WEST STYLE" KEY LIME PIE 11
The best Key Lime Pie is found right here in South Florida! Topped with key lime and raspberry sauces and served with whipped topping.

VANILLA ICE CREAM
One scoop 3.50 Double Scoop 7

MILK SHAKES 6
Chocolate | Strawberry | Vanilla

Add whipped topping & sprinkles for 1
Add Chocolate or Caramel Sauce for 1

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