

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 31

Grilled Salmon topped with caramelized pecans and passion fruit—mango bierre 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 18

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 18

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

SPINACH SALAD 19

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.

MANGOS GARDEN SALAD 12

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!

CAESAR SALAD 12

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

AHI TUNA POKE BOWL 24

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.

*SPICY CEVICHE BOWL 27

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.

HEALTHY BURRITO BOWL 18

Seasoned chicken breast, edamame, pickled onion, roasted corn and jack cheese blend served over warm rice with guacamole and cilantro ranch.

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 8 | (6) Shrimp 10 | Salmon 14

With Fresh Black Grouper item price -
6 oz \$28 | 8 oz \$38

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 (+\$3), House or Caesar salad (+\$3).

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 Fresh Black Grouper - 6oz \$28 | 8oz \$38

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 Fresh Black Grouper - 6oz \$28 | 8oz \$38

COASTAL CALIFORNIA CHICKEN 18

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

DADDY BURGER 18

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, Sautéed Onions 2, Avocado 2, Pickled Jalapenos 1

BLEU BURGER 20

Take your burger up a notch with bleu cheese crumbles and sautéed onions.

AVOCADO BURGER 20

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

CHIPOTLE BURGER 22

Request no onion ring!

Roasted jalapenos, bacon and pepper jack cheese. Topped with chipotle mayo and an onion ring.

AHI TUNA BURGER 20

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

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 seasoned 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 \$3 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 GROUPE** 40
Sauteed fresh local black grouper topped with mango avocado salsa.
- SEA SCALLOPS** 39
Four Jumbo Sea Scallops sautéed to perfection and served with our passion fruit–mango beurre blanc sauce.
- PECAN ATLANTIC SALMON DINNER** 34
Grilled Salmon topped with caramelized pecans and passion fruit–mango buerre blanc.
- DOCKSIDE SHRIMP & CLAMS LINGUINE** 32
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** 51
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** 49
CHAIRMAN’S RESERVE center cut filet. Fire grilled to perfection and served with our red wine demi-glace over top.

Add your own toppings: Sauteed Onions 3 |
Sauteed Mushrooms 4 | Gorgonzola 3
(6) Shrimp 10 | Lump Crab 12

Gluten Free Kids!

Served with choice of seasonal vegetables or fresh fruit cup.

CLASSIC GRILLED CHEESE \$9
Be sure to request gluten free bread.

GRILLED CHICKEN BREAST \$9

GRILLED SHRIMP \$9

GRILLED FISH BASKET \$9

GRILLED GROUPE FINGERS \$18

GLUTEN FREE PASTA WITH BUTTER & CHEESE \$9
Specify if you would like it served without cheese.

KIDS DRINKS \$3.50
Milk, Chocolate Milk | Shirley Temple | Soda | Juice

SWEET ENDINGS

- REESE’S® PEANUT BUTTER PIE** 12
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** 12
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 4 Double Scoop 8
- MILK SHAKES** 7
Chocolate | Strawberry | Vanilla

Add whipped topping & sprinkles for 2
Add Chocolate or Caramel Sauce for 2

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