

GLUTEN FREE MENU

Our restaurant offers products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take extra steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat/ceeliac concerns.

APPETIZERS

Maryland Crab Soup

Tomato-based soup loaded with veggies & crab meat.

Black Bean Chili

Made with black beans & traditionally seasoned ground beef.

Mother's Chicken Fingers

Grilled, Blackened with Chipotle Mayo, or Jerked with Honey Mustard.

Charred Black Pepper Tuna

Sushi grade Ahi Tuna seared rare and sliced thin, served with wasabi mayo.

DeMatha Steak Tips

Beef tenderloin tips sautéed in secret sauce, finished with balsamic onions and chipotle mayo. No French points.

Mussels

Steamed with garlic, basil, white wine, tomatoes, and butter

Camden Crab Dip

No Pita Chips – Ask for carrots and celery

Blechman's Famous Hummus Platter

Roasted garlic hummus with paprika sesame oil, toasted naan, carrots, celery, and a Cucumber, tomato salad. No Pita Bread – Ask for carrots and celery instead.

SALADS

Try one of our salads without Caesar dressing, or croutons.

SANDWICHES

(NO BREAD OR GLUTEN FREE ROLL)

Please see our regular menu for specific ingredients.

Burgers

Grilled Chicken Sandwich

Wharf Rat Club

Miss Patty's Pesto Shrimp

Iron Man

Turkey and the Pig

Fire on the Mountain

Roasted Turkey Club

OC BLT

Federal Hill French Onion Dip

ENTRÉE'S

Mother's Filet

8oz. beef tenderloin marinated in "jus" served with two sides.

Bayou Jambalaya

Savory chicken, Andouille sausage, and shrimp tossed in a spicy tomato creole sauce served over a bed of rice.

Madre's Ribs

Baby back ribs braised in our secret recipe grilled with BBQ sauce. No Fries – substitute for another side.

Mediterranean Salmon

Grilled Salmon, tomato, cucumber, spinach, olives, feta, balsamic glaze, rice pilaf

*Our restaurant offers products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take extra steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat/ceciac concerns. *