

NOLAN'S

On Canandaigua Lake

ALLERGEN-SAFE LUNCH MENU

DAIRY

STARTERS- Shrimp Cocktail
SOUPS- French Onion (*NO Cheese*), Ask Server
SIDES- Potato Salad, Coleslaw
DRESSINGS- Maple Balsamic, Oil & Vinegar
GREENS & GRAINS- Cobb (*NO Cheese or Croutons*), Mediterranean Grain Bowl (*NO Cheese or Bruschetta*)
ADD ONS- Grilled Chicken, Grilled Shrimp, Broiled Salmon, Filet Mignon, Impossible Burger, Crab Cake
WRAPS- Grilled Buffalo Chicken (*NO Dressing*)
OUR FAVORITES- Broiled Fish, Blackened Fish, Petite Filet, Classic Chicken, Pub Burger, Impossible Burger, (NO Cheese): The Sheridan, Shari's Turkey Melt, Portobello Mushroom Melt, Kate Karnegie Reuben, Crab Cake

SOY

STARTERS- Shrimp Cocktail, Loaded Potato Puffs
SOUPS- None
SIDES- Cottage Cheese
DRESSINGS- Oil & Vinegar
GREENS & GRAINS- Cobb (*NO Croutons*)
ADD ONS- Grilled Shrimp, Grilled Chicken, Broiled Salmon, Filet Mignon, Impossible Burger
WRAPS- None
OUR FAVORITES- Broiled Fish or Blackened Fish (*Both: NO Coleslaw or Tartar*), (NO Bun): Grilled Classic Chicken, Pub Burger, Impossible Burger, The Sheridan, Lobster Roll

SEAFOOD/ SHELLFISH

STARTERS- Garlic Bread, Loaded Potato Puffs
SOUPS- French Onion, Ask Server
SIDES- Potato Salad, Coleslaw, Cottage Cheese
DRESSINGS- Maple Balsamic, Tomato Basil, Avocado Ranch, Gorgonzola, 1000 Island
GREENS & GRAINS- Cobb, Mediterranean Grain Bowl, Wedge
ADD ONS- Grilled Chicken, Filet Mignon, Impossible Burger
WRAPS- Buffalo Chicken, Turkey, Chicken Salad
OUR FAVORITES- Petite Filet, Classic Chicken, Pub Burger, Impossible Burger, The Sheridan, Shari's Turkey Melt, Portobello Mushroom Melt, Kate Karnegie Reuben, Flatbread

EGG

STARTERS- Shrimp Cocktail, Garlic Bread
SOUPS- French Onion, Seafood Chowder, Ask Server
SIDES- Cottage Cheese
DRESSINGS- Maple Balsamic, Tomato Basil
GREENS & GRAINS- Cobb (*NO Egg*), Mediterranean Grain Bowl
ADD ONS- Grilled Chicken, Grilled Shrimp, Broiled Salmon, Filet Mignon, Impossible Burger
WRAPS- Turkey BLT, Grilled Buffalo Chicken (*NO Dressing*)
OUR FAVORITES- Broiled Fish or Blackened Fish (*NO Slaw or Tartar*), Petite Filet, Classic Chicken, Pub Burger, Impossible Burger, The Sheridan, Portobello Mushroom Melt

GLUTEN

STARTERS- Shrimp Cocktail, Loaded Potato Puffs
SOUPS- French Onion (*NO Cheese or Croutons*), Ask Server
SIDES- Potato Salad, Coleslaw, Cottage Cheese
DRESSINGS- Maple Balsamic, Caesar, Avocado Ranch, Gorgonzola, Cajun Ranch, 1000 Island
GREENS & GRAINS- Caesar, Wedge, Cobb (*All NO Croutons*)
ADD ONS- Grilled Chicken, Grilled Shrimp, Broiled Salmon, Filet Mignon, Impossible Burger
WRAPS- All Available Without the Wrap OR Substitute Gluten-Free UDI Roll (Add \$1)
OUR FAVORITES- All Available Without the Bread OR Substitute Gluten-Free UDI Roll (Add \$1), Flatbread, EXCLUDES CRAB CAKE

PEANUT/ TREENUT

STARTERS- All
SOUPS- French Onion, Seafood Chowder
SIDES- All
DRESSINGS- All
GREENS & GRAINS- All
ADD ONS- All
WRAPS- Buffalo Chicken, Turkey BLT
OUR FAVORITES- All