



# AVALON

## ALLERGEN INFORMATION MENU

PLEASE ALERT YOUR SERVER OF ANY ALLERGIES BEFORE ORDERING  
ALL ITEMS ARE MADE IN A SHARED KITCHEN  
WHILE WE WILL DO OUR BEST TO ACCOMMODATE ALLERGY REQUEST  
CROSS CONTAMINATION IS A RISK

### DAIRY FREE APPETIZERS

CHICKEN WINGS

AVALON'S HOT PEPPERS IN OIL

HOUSE-MADE CHIPS

Served without Buffalo Dip

FRIED GREEN TOMATOES

without remoulade

### DAIRY FREE SALADS

THE GRILLED SALAD

### DAIRY FREE ENTREES

8 OZ FILET

6 OZ FILET

### DAIRY FREE SIDES

SWEET POTATO (PLAIN)

BAKED POTATO (PLAIN)

ASPARAGUS

\*BROCCOLI WHEN NOTATED

CUCUMBER AND ONION SALAD

### VEGAN OPTIONS

THE HEPBURN

Served without Gorgonzola

THE GRILLED SALAD

### GLUTEN FREE SOUPS

CHICKEN CHILI

### GLUTEN FREE APPETIZERS

AVALON'S HOT PEPPERS IN OIL

STRAWBERRY JALAPENO POPPERS

### GLUTEN FREE SALADS

CITRUS AVOCADO SALAD

THE HEPBURN

THE GRILLED SALAD

SALAD ADDITIONS

grilled steak | grilled salmon

ahi tuna | shrimp

grilled or blackened chicken

grilled portabella

### GLUTEN FREE ENTREES

SEAFOOD PAELLA

BOURBON SALMON

VEAL CACCIATORE

HASSLEBACK CHICKEN

SEA BASS AND CITRUS POLENTA

6 AND 8 OZ FILET

### GLUTEN FREE SIDE

SUMMER SUCCOTASH | CUCUMBER AND ONION SALAD

\*ALL FRIED ITEMS ARE COOKED WITH SOY BEAN OIL | CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS | ALLERGENS SUCH AS MILK, EGGS, FISH, SHELLFISH, PEANUTS, TREE NUTS, WHEAT, SOY AND SESAME ARE USED AS INGREDIENTS IN THIS FACILITY\*