



GLUTEN FREE DINNER MENU

Enjoy the following options
for those who are Gluten sensitive.

STARTER

Peel & Eat Shrimp... ½ lb. of succulent peel & eat shrimp served with hot sauce and lemons. \$11.95



Portabella Mushroom Stacker... marinated portabella mushrooms, fresh sliced tomato, buffalo mozzarella and roasted red peppers. Drizzled with balsamic reduction and fresh basil. \$14.95



Order without cheese for Vegetarian option.

GREENS

Local Field Greens... jicama mango slaw, sun-dried raisins, toasted macadamia. Served with oil & vinegar. House \$4.95 Grand \$7.95

Chicken Cobb Salad... traditional cobb salad with grilled chicken and crispy iceberg lettuce, topped with hard boiled eggs, kalamata olives, smoked ham, diced tomatoes, avocado and feta cheese served with oil & vinegar. \$14.95



Sunset Salmon Salad... grilled blackened fresh salmon served on top of a salad of fresh mixed greens with candied walnuts, raisins, diced tomatoes, blue cheese crumbles and topped with a balsamic vinaigrette. \$18.95

Fat 30g Sat. Fat 9g Cholesterol 165mg Carbs 54g Pro. 61g Cal 720
(HEALTHY DINING: Request less blue cheese [1 oz.] and no candied walnuts)



Sea Breeze Shrimp Salad... 5 marinated chilled jumbo shrimp, served on top of a salad of fresh mixed greens with candied walnuts, raisins, diced tomatoes, blue cheese crumbles and topped with a balsamic vinaigrette. \$15.95

Fat 28g Sat. Fat 8g Cholesterol 205mg Carbs 64g Pro. 32g Cal 610
(HEALTHY DINING: Request less blue cheese [1 oz.] and less candied walnuts [1 oz.]

MANGOS FAVORITES

Chicken Pesto... grilled chicken breast topped with mushrooms, onions and creamy pesto sauce. 16.95

New York Strip... 12oz certified Hereford Strip, garlic basted. 29.95

Filet Mignon... 7oz. certified Hereford Filet, garlic basted. 31.95

Delmonico... 12oz. of heavily marbled certified Hereford Ribeye, garlic basted. 31.95

Mangos Meatloaf... While it lasts! Mixture of fresh Angus ground beef, bell peppers, onions, ground corn tortillas and a special blend of spices. Served with Cholula ketchup. 16.95

SEAFOOD ENTRÉES

All entrees are served with a choice of two sides.

Mahi Limon... grilled Mahi topped with a blend of avocado, tomato, onion, cilantro and lime juice. 25.95

Tilapia Tropical... 8 oz. flaky domestic farm-raised tilapia filet topped with mango tropical salsa. 24.95

Gulfside Grouper... chargrilled Gulf Grouper finished with lemon pepper seasoning and a squeeze of fresh lemon. 27.95
Fat 7g Sat. Fat 3g Cholesterol 175mg Carbs 40g Pro. 47g Cal 430

Mediterranean Tuna... chargrilled Ahi Tuna topped with a cherry tomato, capers, zucchini, chick peas and olive sauce. 24.95

Veracruz Salmon... pan seared salmon topped with a garlic butter, green olives, capers, and salsa sauce. 24.95

SIDE ITEMS

Creamy Coleslaw, Fresh Mixed Fruit, Chef's Vegetables, Steamed Jumbo Asparagus, Yukon Gold Mashed Potatoes, Potato Salad

This menu and the information on it is provided by Mangos Restaurant as a service to our customers. Mangos Restaurant assumes no responsibility for its use and information which has not been verified by Mangos Restaurant. You are encouraged to your own satisfaction, to consider this information in light of your individual requirements and needs. These items are produced in the same kitchen where Gluten-containing items are prepared.

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MANGOS FAVORITES



HEALTHY DINING® OPTIONS

These items meet HEALTHY DINING'S nutrition criteria and are featured on HealthyDiningFinder.com



VEGETARIAN OPTION