

# GLUTEN FRIENDLY MENU

PLEASE NOTIFY YOUR SERVER OF ANY ALLERGIES OR INTOLERANCE WHEN YOU ORDER. THE SETTLER PUB WILL NOT ASSUME ANY LIABILITY FOR ADVERSE REACTIONS TO FOOD CONSUMED OR ITEMS ONE MAY COME IN CONTACT WITH WHILE EATING IN OUR ESTABLISHMENT.

## SEAFOOD MUSHROOM CAPS

Our shrimp and real crab seafood blend over plump mushroom caps and baked with cheese.  
Served with corn tortilla chips

**17.95**

## SETTLER NACHOS

Fully loaded with diced tomatoes, black olives, green onions, jalapeños, banana peppers and our 3-cheese blend on crisp tortilla chips.  
Served with salsa and sour cream

**22.95**

## WEST COAST GREENS

A grilled 4oz wild salmon fillet on top of baby greens, roasted red peppers, dried figs, artichoke hearts and feta cheese served with mango vinaigrette

**24.95**

## SETTLER CHICKEN SALAD

A chargrilled 6oz chicken breast on top of baby greens, avocado, tomato, blueberries and feta cheese with our own citrus mango vinaigrette

**24.95**

## BLACK N BLUE STEAK SALAD

6oz Cajun New York steak on baby greens with chopped tomatoes, roasted red pepper, cucumbers, red onion, caramelized pecans and crumbled blue cheese, then finished with a honey dijon vinaigrette

**27.95**

## NEW YORK STEAK

Our famous 10oz AAA Canadian New York steak done as you like it! Served with baked potato and fresh seasonal veggies

**42.95**

## SETTLER BBQ RIBS

A one-pound rack of tender baby back ribs slow-roasted in Settler BBQ sauce. Served with baked potato and fresh seasonal veggies

**30.95**

## PROTEIN PLATE

A tender-grilled 6oz chicken breast with 6 succulent pan-fried black tiger prawns and sliced avocado

**20.95**

## CAJUN CHICKEN BURGER

A fire-grilled 6oz Cajun spiced BC chicken breast on a gluten free bun served with salad

**25.95**

## WILD SOCKEYE SALMON

A 6oz wild salmon fillet with our own white wine cream sauce. Served with rice and fresh seasonal veggies

**31.95**

## THE RIB EYE

12oz and boneless AAA Canadian beef, topped with sautéed mushrooms and onions. Served with baked potato and seasonal veggies

**51.95**

## GLUTEN FREE DRESSINGS

RANCH, MANGO VINAIGRETTE, HONEY DIJON, THOUSAND ISLANDS