

# GLUTEN FREE

THE COVE  
COUNTRY INN  
FOUR SEASONS RESORT & SPA

**IMPORTANT** - Please confirm with your server that you are ordering a gluten free (GF) meal to avoid cross contamination.

## LUNCH

\*Cold Smoked Salmon Sandwich - cream cheese, dill, cucumber with garden salad \$12.49

Basa Fillet Salad - buttery and flaky ocean fish on spinach salad \$11.99

\*Grilled Chicken Wrap - mozzarella, pesto, sun-dried tomato with fries \$11.99

\*Chicken Quesadilla - cheddar, onion, banana peppers, salsa, sour cream with garden salad \$12.99

\*Chicken Wrap - lettuce, tomato, cheddar and tzatziki with garden salad \$11.99

\*Heart Smart Wrap - fresh roasted turkey, feta, tomato, red onion with salad \$11.99

The Cove Nachos - mozzarella, cheddar, banana peppers, onion, salsa, sour cream \$11.99

Cranberry & Feta Salad - mixed nuts & seeds on mixed greens, balsamic vinaigrette S \$8.99 LG \$10.99

Spinach Salad - boiled egg, tomato, bacon, onion, mushroom, raspberry vinaigrette S \$8.99 LG \$10.99

Greek Salad - feta, cucumber, tomato, red onion, romaine, balsamic vinaigrette S \$8.99 LG \$10.99

The Cove Signature Salad - grilled salmon fillet, cucumber, marinated onions, mixed nuts, cranberry, house citrus dressing on spinach \$12.99

\*Served on gluten free wrap.

**ADD** grilled chicken \$3

GF dressings: raspberry or balsamic vinaigrette, ranch, french, blue cheese, 1000 islands, lime cilantro.

## DINNER

ALL Gluten Free entrees served with a garden salad to start and fresh vegetables.

Grilled Australian Lamb Rack - marinated on garlic mashed potatoes \$32.99

The Cove Chicken Curry - fresh cilantro, mixed vegetables, sour cream with rice \$18.99

12oz Beef Ribeye Steak - with mashed potatoes \$26.99

8oz Beef Tenderloin & King Prawns - with mashed potatoes \$29.99

8oz N.Y. Striploin Steak - with mashed potatoes \$23.99

Pickeral Fillet - pan-fried, fresh lemon with mashed potatoes \$23.99

Fish of the Day - ask our server for our feature

Ontario Maple Glazed Salmon - broiled with fresh lemon with rice \$23.99

\*Mediterranean Pasta - fresh basil & parsley, feta, olives, sun-dried tomato, red onion \$16.99

\*Alfredo Pasta - tossed in our alfredo sauce \$14.99

\*Chicken Parmigiana - baked on pasta with mozzarella and house tomato sauce \$18.99

\*Gluten Free Pasta available