

kelly's

bar and grill

We at kelly's understand that living with a gluten intolerance is burden enough without having to explain yourself every time you enter a restaurant. Below we have laid out as much information as we have regarding what is available to you at kelly's to the best of our knowledge.

PLEASE NOTE:

kelly's kitchen is space poor. We will attempt to minimize contact with gluten but no product can be guaranteed 100% gluten free as many dishes with high gluten content are prepared in the same area and cooked on the same grill.

ALWAYS MENTION WHEN ORDERING THAT YOU HAVE A GLUTEN INTOLERANCE.

ENTREES

Soup of the day- on occasion will be gluten free
we will put GF next to it if it is

Chicken livers peri-peri

Haloumi

Vegetarian frittata

Mussels- ask for the tomato sauce only

Boerewors-ask for no basting and no monkey business sauce.
Ask for gluten free tomato sauce if you wish.

King prawns- ask for plain grilled with olive oil.

SALADS

All salads except Caesar Salad are OK.
Please ask for NO dressing.
Ask for extra virgin olive oil and fresh lemon.

SEAFOOD

Most fish including specials can be plain grilled.

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THE GRILL

All steaks and lamb cutlets are OK- please ask for NO BASTING

Ribs are not an option unfortunately as the sauce is high in gluten and without the sauce would not be a product for consumption.

None of our sauces are gluten free.

SIDES THAT ARE SERVED WITH YOUR MEAL:

Chips- ask for no chip salt

Mashed potato

Baked Potato

Rice- ask for plain rice not our standard Spanish rice which we normally serve.

Steamed green vegies (\$3.95 supplement)

SIDE DISHES AS EXTRAS:

Corn

Green vegies

Mixed vegies

Peas

Grilled tomatoes

Mashed potato

Baked potato

Chips- ask for no chip salt

Fried eggs

Plain rice-ask specifically for plain rice no seasoning

DESSERT

Sorbet

Affogato