

# Catfish Parlour

## Gluten Sensitive Menu

### Appetizers

**Hush Puppies and Tartar Sauce**  
**Shrimp Cocktail**  
**Caesar Salad Bar (no croutons)**  
**Grilled Shrimp,**  
**Fried Oysters (request cornmeal only)**

### Caesar Salads

**Grilled, Blackened, or Lemon Peppered**  
**Chicken, Catfish, Shrimp,**  
**Salmon, Rainbow Trout**  
**or Chilled Shrimp**  
**(Please request no croutons)**

### Dietary Notes

**These items DO INCLUDE FLOUR – French Fries,**  
**Fried Okra, Onion rings, Corn fritters, Fried**  
**Shrimp, Fried oysters, Spicy fried catfish,**  
**chicken fried anything !**

### Southern Fried Catfish

**100% USA farm raised catfish**  
**rolled in cornmeal only, and fried in a dedicated**  
**non-flour canola oil fryer..**

**Big Cat Plate – Half pound**  
**All American Plate – 4 piece**  
**Lite Plate – 3 piece**  
**Served with Beans and Coleslaw (no fries)**

### Grilled Items

**Grilled, Blackened, or Lemon Peppered**  
**Or Very Spicy Grilled**

**Catfish, Chicken, Salmon, Rainbow Trout,**  
**Tilapia, Jumbo Shrimp**  
**Served with Rice and Veggie of the day**

### Sides and Desserts

**Beans, Coleslaw, Rice,**  
**Daily veggies, Mashed Potatoes**

**Blue Bell Homemade Vanilla and**  
**Mike's Key Lime pie are also Gluten Free!**