

# Catfish Parlour Gluten Sensitive Menu

## Appetizers

Deluxe Shrimp Cocktail  
Gulf Select Fried Oysters (Request Cornmeal Only)  
Four Jumbo Shrimp (Grilled, Lemon Pepered or Blackened)

## Southern Fried Catfish

**100% USA Farm Raised Catfish  
Rolled in Cornmeal Only, and Fried in a  
Dedicated Non-Flour Canola Oil Fryer.  
Includes Caesar Salad Bar, Hushpuppies  
and 2 sides**

Lite Plate, All American Plate or  
Big Cat Plate

## Sides

Savory Pinto Beans      Steamed Cabbage w/ Bacon  
Tangy Cole Slaw      Home Style Mashed Potatoes  
Green Beans w/ Bacon      Seasoned Rice

## From The Grill

Available Grilled, Blackened, or Lemon Pepered  
With Hushpuppies, Caesar Salad Bar, and Two Sides

100% American Farm Fresh Grilled Catfish

Small Portion 6oz Fillet or Large 12oz Portion

Grilled Gulf Coast Jumbo Shrimp

4 Jumbo Shrimp or 6 Jumbo Shrimp

Fresh Atlantic Salmon

Tilapia or Grilled Chicken

## Caesar Dinner Salads

Choice of Grilled, Blackened or Lemon Pepper Catfish Salad

Grilled Chicken Salad

4 Jumbo Shrimp, Salmon or Tilapia Salad

Please Request NO crooutons

## Desserts

Mike's Gourmet Key Lime Pie

Blue Bell Homemade Vanilla Ice Cream

**These items ARE NOT GLUTEN FREE – French Fries, Fried Okra, Onion rings, Corn  
Fritters, Fried Shrimp, Fried oysters, Spicy fried catfish, chicken fried anything !**