

# GLUTEN FREE MENU

All items do not contain wheat, oat, barley, or rye. We try our best to check labels to ensure items are gluten free. There may be some traces of gluten in items that are fried. Mother's is not responsible in the event there is cross contamination of non-gluten items. We can only provide a suggested list of Gluten Free Items. Additional items on our full menu can be modified to be served gluten free\*

## APPETIZERS

### Maryland Crab Soup

Tomato-based soup loaded with veggies & crab meat.

### Black Bean Chili

Made with black beans & traditionally seasoned ground beef.

### Mother's Chicken Fingers

Grilled, Blackened with Chipotle Mayo, or Jerked with Honey Mustard.

### Charred Black Pepper Tuna

Sushi grade Ahi Tuna seared rare and sliced thin, served with wasabi mayo.

### DeMatha Steak Tips

Beef tenderloin tips sautéed in secret sauce, finished with balsamic onions and chipotle mayo. No French points.

### Mussels

Steamed with garlic, basil, white wine, tomatoes, and butter

### Camden Crab Dip

No Pita Chips – Ask for carrots and celery

### Blechman's Famous Hummus Platter

Roasted garlic hummus with paprika sesame oil, toasted naan, carrots, celery, and a Cucumber, tomato salad. No Pita Bread – Ask for carrots and celery instead.

## SALADS

\*Try one of our salads without Caesar dressing, or croutons.\*

Our restaurant offers products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take extra steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat/ceeliac concerns.

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## **SANDWICHES**

**(NO BREAD OR GLUTEN FREE ROLL)**

*Please see our regular menu for specific ingredients.*

### Burgers

Grilled Chicken Sandwich

Wharf Rat Club

Miss Patty's Pesto Shrimp

Iron Man

Turkey and the Pig

Fire on the Mountain

Roasted Turkey Club

OC BLT

Federal Hill French Onion Dip

## **ENTRÉE'S**

### Mom's Tacos

3 corn tortillas, shredded cheese, chipotle slaw, Pico de Gallo. Choose 1 protein

Sautéed Shrimp, seared Rockfish, braised pork, steak tips

### Mother's Filet

8oz. beef tenderloin marinated in "jus" served with two sides.

### Bayou Jambalaya

Savory chicken, Andouille sausage, and shrimp tossed in a spicy tomato creole sauce served over a bed of rice.

### Madre's Ribs

Baby back ribs braised in our secret recipe grilled with BBQ sauce. No Fries – substitute for another side.

### Mediterranean Salmon

Grilled Salmon, tomato, cucumber, spinach, olives, feta, balsamic glaze, rice pilaf

**MOTHER'S NORTH GRILLE**

**2450 BROAD AVENUE TIMONIUM, MD 21093**