

FIRE & OAK

AN AMERICAN GRILL

GLUTEN FREE MENU

STARTERS & SUSHI

P.E.I. Mussels, "Fra Diavolo"

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(all GF sushi served without the bbq eel sauce)

Classic California Roll

Coconut Shrimp Roll

Vegetable Roll

Thai Tuna Roll

Spicy Tuna Roll

Salmon Mango Roll

Rainbow Roll

RAW BAR

Blue Point Oysters

Beausoleil Oysters

Featured Oysters

Colossal Crabmeat Cocktail

Shrimp Cocktail

Raw Bar Sampler

SALADS

Add: chicken 7, shrimp 8, salmon 14, sliced filet mignon 11)

B.L.T. SALAD

bacon, tomato, onion, bibb lettuce, blue cheese dressing

ROASTED BEETS & ORGANIC BABY KALE

candied walnuts, truffle vinaigrette

GREEK ISLAND SALAD

*french feta cheese, heirloom tomato, cucumbers,
mediterranean olives, red peppers, extra virgin olive oil &
balsamic reduction*

MARKET GREENS SALAD

(without the herbed croutons)

*bacon, egg, onion, tomato, cucumber, radish,
choice of dressing*

CAESAR SALAD

(without the herbed croutons)

romaine, reggiano, & caesar dressing

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BURGERS & SANDWICHES

FIRE & OAK BURGER

small farm vermont cheddar, peppered bacon, tomato c

F & O VEGGIE BURGER

(without the sweet soy glaze)

lemon herb aioli

KOBE BURGER DELUXE

danish blue cheese, caramelized onions

*All Served Without The Bun And With
Extra Bibb Lettuce*

Choice Of Cole Slaw Or Bistro Salad

ENTREES

add caesar or market greens salad to any entrée +7

ROTISSERIE ORGANIC HALF CHICKEN

choice of side (no herbed pan sauce)

SALMON PROVENCAL

*french beans, charred cherry tomatoes,
smashed red bliss potatoes, beurre blanc*

SIMPLY GRILLED FISH

Scottish Salmon

Ahi Tuna Mignon

U-8 Wild Shrimp

Served with Choice of Side

SIGNATURE STEAKS

*topped with our signature sea salt herb butter
served with choice of side*

10oz Filet Mignon

16oz Rib Eye

16oz U.S.D.A. Prime N.Y. Strip Steak

34 Day Dry Aged 23oz Bone-In Cowboy