



## GLUTEN FREE LIFESTYLE LUNCH & DINNER MENU

Items on this menu are either naturally gluten free or are modified to be made without gluten-containing ingredients and are prepared with dedicated cooking equipment; separate fryer, grill, toaster, etc. to minimize the potential of any cross contamination. A full description of the menu item can be found on the regular menu. Please let your server know your preferences when ordering. Whatever your dietary lifestyle, Wally's is committed to providing a place where everyone can come relax, have fun and enjoy fresh food together.

### STARTERS

Drunken Mussels — 15.95

Guac & Chips — 12.95

Spinach Artichoke Dip — 14.45

### SOUPS

2023 Chowderfest Winner! Rhode Island  
Chowder — 6.45

New England Clam Chowder — 7.25

🍷 Wild Rice & Mushroom — 6.25

### SALADS

All of our dressings are house-made: Vegan Ranch, Vegan Caesar, O & V, Champagne & Balsamic Vinaigrettes, Thousand Island, Bleu Cheese, Ranch, Caesar & Dijon Honey Mustard.

– Add Protein: Salmon 3oz \$3.95, Chicken 6oz \$5.45, Shrimp (4) \$6.25 –

California Cobb Salad — 16.45

House Salad — 12.95

Wedge Salad — 14.45

Buffalo Salad — 16.95

Summer Salad — 14.45

Caesar Salad — 13.45

Greek Salad — 15.25

### SANDWICHES & SPECIALTIES

All sandwiches served with gluten free fries & pickle chips

Philly Cheesesteak — 18.45

Blackened Tilapia Sandwich — 18.45

Roasted Turkey Club — 17.45

Ahi Tuna Sandwich — 19.45

BBQ Pulled Pork — 16.45

Grilled Chicken Avocado Sandwich — 17.45

### BURGERS

Hamburgers — 15.95

🍷 The Impossible Burger — 18.45

Cheeseburger \$17.95

🍷 Quinoa Beet Burger — 18.95

Bacon Cheeseburgers — 18.95

🍷 Chickpea Burger — 17.95

Whiskey Burger — 17.95

Southwest Burgers — 17.45

### DINNER

All entrées include soup (request no crackers) or a salad (request no croutons)

Peach Bum Pork Chop — 21.95

Barnegat Light Sea Scallops — 25.95

Ahi Tuna — 24.95

Braised Short Ribs — 24.95

### KIDS MENU

Lunch/Dinner served all day

Hot Dog — 7.95

Hamburger — 8.45

Grilled Chicken Breast — 6.95

– add cheese .50

Mac & Cheese — 7.95

Pasta Marinara — 7.95

### DESSERTS

Mango Sorbet — 3.95

Crepe Caramel Flan — 6.50

Vanilla Ice Cream — 3.95