



GLUTEN FREE MENU

STARTERS

BEEF CARPACCIO* 13 Black Angus tenderloin, cilantro, caperinaise, daikon radish, caper blossoms, lemon, (crostinis are not gluten free)	PLATEAU DE FRUITS DE MER* 32 Oysters, jumbo lump crab, PEI mussels, Key West shrimp, Littleneck clams, cocktail, apple-shallot mignonette, horseradish (cocktail sauce, mignonette, and saltines are not gluten free)	CURRIED CLAMS 11 Littleneck clams, red curry, lemongrass, coconut milk, ginger, lemon, cilantro (grilled baguette in not gluten free)
OYSTERS ON THE HALF SHELL* 19 One dozen oysters, cocktail, horseradish (cocktail sauce & saltines are not gluten free)	EDAMAME 7	blu MUSSELS 14 PEI blue mussels, domestic prosciutto, oregano, pink peppercorn, white wine (grilled baguette is not gluten free)

ENTREES

SEA SCALLOP RISOTTO 36 Sea scallops, salmon risotto, jumbo asparagus, lemon-sweet chili beurre blanc	FIRE-GRILLED SWORDFISH 33 Kimchi wild rice, Florida rock shrimp, French green beans, spiced pineapple salad, butternut squash confit	8 OZ. FLAT IRON* 28 Fire-grilled Black Angus steak, hunter's butter, red wine demi-glace, French green beans, roasted fingerling potatoes
--	--	---

SANDWICHES

All sandwiches can be served with soup, brussels sprouts, asparagus, green beans, or side salad.

FISH TACOS 15 Cotija cheese, chipotle lime aioli, pineapple & smoked poblano pico de gallo, avocado, watercress (gluten free with lettuce wrap or no tortilla)	SWORDFISH 17 Zesty baja sauce, daikon radish, tomato, pickled fresno slaw, avocado (gluten free with lettuce wrap or no bun)	SWEET & SMOKEY CHICKEN 18 BBQ rubbed chicken breast, Carolina mustard, wild mushrooms, smoked Gouda, Boston lettuce, sliced tomato (gluten free with no fried shallots & lettuce wrap or no bun)
	BLACK GROUPER REUBEN 18 Sweet and sour kraut, Swiss cheese, Russian dressing (gluten free with lettuce wrap or no bread)	

SALADS

blu LOBSTER COBB 20 Maine lobster, Boston lettuce, tomatoes, English cucumber, domestic prosciutto, avocado, bacon blue cheese dressing	BEET & STRAWBERRY SALAD 14 Baby spinach and arugula blend, strawberries, roasted beets, roasted walnut oil, Valbreso feta, strawberry mint vinaigrette
HOUSE BLEND GREENS 9 Mango and white balsamic vinaigrette, field greens, English cucumber, red onion, heirloom tomatoes, spiced pepita seeds, red bell pepper, shaved carrots	PORK BELLY & BURRATA 15 Seared pork belly, creamy burrata, heirloom tomatoes, ancho-balsamic dressed greens, red onion, poblano pepper (crostinis are not gluten free)

ALL DRESSINGS ARE GLUTEN FREE

SALAD ADD ONS

- Jumbo Scallops (each) - 7
- Key West Shrimp (each) - 4
- Ahi Tuna* - 12
- Salmon Filet - 11
- Lobster Meat - 12
- Grilled Chicken - 5
- Filet* - 24

SIDES

STONE GROUND GRITS 6	STEAMED OR SAUTÉED SPROUTS 8	FRENCH GREEN BEANS 6
SALMON BELLY RISOTTO 10	GRILLED JUMBO ASPARAGUS 8	

GLUTEN FREE SUSHI MENU

STARTERS

EDAMAME 7

NIGIRI (2 PIECES)

SALMON sake 5
TUNA maguro 5
KRAB kani 5
SCALLOP hotategai 5
YELLOWTAIL hamachi 5
SHRIMP ebi 5
SWEET SHRIMP amaebi 7

SASHIMI (3 PIECES)

SALMON sake 10
TUNA maguro 10
YELLOWTAIL hamachi 10
SHRIMP ebi 10

PLEASE NOTE:

OUR SOY SAUCE, EEL SAUCE,
AND PONZU SAUCE ARE NOT
GLUTEN FREE

SPECIALTY ROLLS

WINTER PARK 14
Rice paper wrapped salmon, tuna, yellowtail, shrimp, avocado, mixed green. Topped with sweet chili sauce. Ponzu sauce on the side.

AVENUE 13
Tempura shrimp, avocado, cucumber. Topped with seared tuna, scallions, avocado puree, sesame seeds.

RAINBOW 15
California roll topped with tuna, salmon, yellowtail, shrimp, avocado, masago.

TRIPLE 14
No rice, tuna, salmon, yellowtail, scallions, krab, avocado. Topped with furikake seasoning, cilantro, ponzu sauce.

SUNBEAM 13
Spicy salmon, cream cheese, avocado, cucumber. Topped with shiso leaf, salmon, ponzu sauce, tempura flakes.

BAMBOO 14
Carrots, spinach, mushrooms, red bell peppers. Topped with avocado and white balsamic dressing.

SUSHI ROLLS (WITH SESAME SEEDS)

CALIFORNIA 9
Krab, avocado, cucumber, masago.

SPICY TUNA 9
Spicy tuna, cucumber, spicy mayo.

PHILADELPHIA 9
Salmon, cream cheese, cucumber.

AVOCADO 9
Avocado.

CUCUMBER 6
Cucumber.

PLEASE ALERT YOUR SERVER TO YOUR GLUTEN ALLERGY
SO THAT PROPER STEPS CAN BE TAKEN IN OUR KITCHEN

*CONSUMING RAW OR UNDERCOOKED MEATS, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS

PLEASE NOTE: 18% GRATUITY WILL BE ADDED TO TABLES OF 8 OR MORE

OUR SUSHI CHEFS ARE HAPPY TO ACCOMMODATE ANY SPECIAL REQUESTS, JUST LET YOUR SERVER KNOW. ALL SUSHI IS HAND MADE AND SOME ORDERS MAY TAKE MORE TIME. THANK YOU FOR YOUR PATIENCE.