

Blue Wind Gourmet

Gluten Free

Open everyday 11:00 – 7:30 Phone 301-737-2714

www.bluewindgourmet.com

10% Bonus on Mixed Case Wine Purchases

15-25 % discounts on full case Wine purchases

WE USE EARTH-FRIENDLY PACKAGING MADE FROM SUGARCANE AND OTHER NATURAL MATERIALS, THESE PRODUCTS ARE BIODEGRADABLE & COMPOSTABLE

Gluten-Free Pizza Available ONLY at BWG! \$8.95 (20-25 min cook time)

Basil pesto, Roma tomatoes, onions, roasted red peppers, squash, zucchini, mozzarella, and goat cheese baked on a gluten-free crust.

Add Chicken \$2.95 Add Lamb & Beef Gyro meat \$2.95

Lentil Marsala Soup (when available) bowl \$5.25 | cup \$2.95

Seafood

Chilled Shrimp Cocktail - 1oz Shrimp
with Cocktail Sauce or Get them Cajun no extra charge
6 for \$8.00 or 12 for \$14.00

Cajun Catfish with Pepper jack and Avocado
w/ Remoulade Sauce (no bread) \$9.95

Pan Seared Tuna Rare with Wasabi and Pickled Ginger \$9.95

*Cobb Salad over Greens with Bleu Cheese, Cheddar, Parmesan,
Hard Cooked Egg, Avocado and Tomato for \$7.95
Chicken \$9.95 | Shrimp \$10.95 | Pork \$9.95 | Cajun Catfish \$10.95 |
Rare Tuna \$12.95 | Crab Cake \$14.95*

Chef's Salad \$7.95
Field greens, tomatoes, egg, turkey, ham, roast beef, Swiss,
cheddar, and parmesan cheese

Salads

100% Organic Greens - doing our best to keep you healthy!
(Served without croutons)

Greek Salad \$8.95

Lamb & Beef Gyro meat on a Large Field Greens Salad with Roma
tomatoes, Feta and Parmesan cheese

Small Side Salad \$1.75

Fresh Field Greens, Parmesan cheese, and Roma tomatoes

Large Field Greens Salad \$5.25

Fresh Field Greens, Parmesan cheese, and Roma tomatoes

Fresh Greens with Fresh Mozzarella Cheese and Roma tomatoes, fresh
Pesto, and Balsamic Vinaigrette \$7.95

Blue Wind Gourmet Salad \$4.75

Fresh Field Greens, Parmesan cheese, Roma tomatoes, cheddar, and
raw onions

Gluten-free Dressings served on the side:
Ranch, Roasted Garlic Balsamic Vinaigrette, Caesar

Add 1/2 Avocado to anything \$.95
Side or Topping of Fresh Roasted Vegetables \$1.95

Some menu items are subject to availability

We Buy Local - Whenever Possible / This Menu is Printed on 100% Recycled Paper All Paper and plastic ware @ BWG is made from 100% renewable, recyclable and compostable materials

