



# Gluten Free / Vegan



## CHICKEN BROCCOLI & PENNE (GF)

Sauteed chicken medallions, garlic, crushed red pepper and broccoli tossed with gluten free pasta and garnished with parmesan cheese

18.5

## CHEESE PIZZA (GF)

Ten-inch UDI'S gluten free pizza crust brushed with house marinara and topped with melted imported mozzarella cheese

16

## BBQ CHICKEN AND CHEESE (GF)

Grilled boneless chicken breast topped with melted American cheese, crisp hickory smoked bacon and tangy barbecue sauce. Served on a toasted gluten free bun with your choice of side

17

## LO MEIN BOWL (V)

Sauteed fire roasted red pepper, pea pods, pineapple and broccoli tossed in teriyaki sauce and served over Lo Mein noodles.

17

Add Gardein plant-based chicken 6

## CHICKEN ROLL-UP (V)

A soft white flour tortilla stuffed with sliced Gardein plant-based chicken breast, lettuce, tomato and red onion. Choice of plain, buffalo or BBQ style, served with your choice of side

14

## SOUTHWEST SALAD (V)

chopped iceberg lettuce, cucumber, grape tomato, sliced jalapeno, scallions, grilled onions & pepper. Served with plant based Hidden Valley ranch dressing.

12.5

Add sliced Gardein plant-based chicken 6

Gluten free roll & gluten free pasta also available to substitute with any of our regular menu items

## DESSERT

### ICE CREAM SUNDAE (GF)

Sweet vanilla ice cream topped with hot fudge and whipped cream

5

### CHOCOLATE BROWNIE SUNDAE (V)(GF)

A vegan and gluten free chocolate chunk brownie, vanilla bean coconut milk ice cream and a drizzle of Dutch chocolate sauce

10

## GLUTEN FREE SIDES

Parmesan Mashed Potatoes  
Steamed Peas . Corn Niblets  
Sautéed Mushrooms . Steamed Broccoli  
Caramelized Vidalia Onions  
Side House Salad w/ no Croutons (add 3.50)  
Side Caesar Salad w/ no Croutons (add 3.50)

## VEGAN SIDES

Steamed Peas . Sautéed Mushrooms  
Steamed Broccoli . Caramelized Vidalia Onions  
Side House Salad w/ no Croutons (add 3.50)

Although the Abington Ale House does not have a gluten free kitchen, we will make every attempt to meet your gluten needs. We have prepared this list of menu options based on the most current information from our food suppliers and their stated absence of wheat/gluten within these items