

# CHELO'S

## GLUTEN FREE

### MENU

## APPETIZERS

### RED CLAM CHOWDER

Voted 'Best in RI Chowder'  
The absolute best around

### CHILI

Homemade chili. Served with  
melted cheese and tortilla chips

### SOUP OF THE DAY

**NOT ALWAYS GLUTEN FREE**  
Made fresh daily

## SALADS

Your choice of Italian. Diet Italian. French. White Zinfandel. Honey Mustard. Balsamic Vinaigrette

### GRILLED CHICKEN

Mixed greens. red onions.  
cucumbers. tomatoes.  
shredded cheddar.  
Monterey Jack cheeses  
and grilled chicken

### GRILLED SALMON

Mixed greens. red onions.  
cucumbers. tomatoes and  
grilled Norwegian salmon

### CHICKEN CAESAR

Romaine lettuce. Caesar  
dressing. shredded romano  
cheese and grilled chicken

### STEAK TIP \*

Grilled steak tips. mixed  
greens. red onion.  
cucumbers. crumbled  
gorgonzola cheese  
and tomatoes

## BURGERS & SANDWICHES

All served without buns. breads or rolls and your choice of a side

### CHEESEBURGER \*

1/3 lb. choice ground beef and  
American cheese

### MET'S BURGER \*

1/2 lb. Angus beef. sautéed  
mushrooms and American cheese

### ROAST BEEF SANDWICH \*

1/2 lb. Roast beef thinly sliced  
**GRILLED CHICKEN SANDWICH**  
Grilled chicken. lettuce and tomato

### TUNA SALAD SANDWICH

Tuna salad over a bed of lettuce

### CORNER BEEF SANDWICH

New York deli-style corned beef.  
Swiss cheese. sauerkraut

### ULTIMATE STEAK SANDWICH \*

1/3 lb. USDA Choice ribeye steak.  
sautéed mushrooms. grilled onions  
and American cheese

## SPECIALS

All specials come with you choice of two sides

### MONDAY & TUESDAY

Poached Haddock  
Roasted Half Chicken

### WEDNESDAY & FRIDAY

Grilled Chicken Dinner  
(without rice)

### THURSDAY

Turkey Dinner  
(without gravy and stuffing)  
Poached Haddock

### SATURDAY & SUNDAY

Roasted Half Chicken  
Chopped Sirloin Dinner \*

## ENTRÉES

All entrées come with you choice of two sides

### RIBEYE \*

10 oz. Grilled ribeye steak

### GRILLED NORWEGIAN SALMON

Grilled Norwegian salmon and  
Chelo's seasoning

### STEAK TIPS \*

10 oz. Grilled steak tips  
(without gravy)

### SIDE OFFERINGS

Sweet Potato. Mashed Potatoes. Baked Potato. Vegetable of the Day (**NOT ALWAYS GLUTEN FREE**) and Cole Slaw

\*This item is raw or partially cooked and can increase your risk of foodborne illness. Consumers who are especially vulnerable to foodborne illness should only eat seafood and other food from animals thoroughly cooked. Please inform your server if a person in your party has any food allergies.

Although our gluten-free menu items are made with the utmost care, they are prepared in the same facility as items that contain gluten. We cannot guarantee that our menu's items are 100% free of gluten as there is always a possibility of trace amounts crossing over from other kitchen areas. Please consider this when ordering from our menu.