

Bayou on Bay: Food Allergy Friendly Menu

All of our food is **Soy Free** and all of our food is **Cooked in Oil** not butter

Not a dedicated facility or fryer- if you have serious, potentially harmful, food allergies tell your server!

Available for Lunch and Dinner

Gluten Free and Dairy Free

Smoked Chicken Wings
Barbeque Prawns
Sweet Potato Fries
Oyster Shooters
Collard Slaw
Collard Greens
Cajun Roasted Potatoes
House Salad
Red Beans and Rice
Jambalaya
Vegetable Gumbo
Seasonal Vegetables

Gluten Free

Caesar Salad- no croutons
Smoked Chicken Salad- no croutons.....sub vinaigrette
Roast Beef Po' Boy- no bread
Pulled Pork Po' Boy- no bun..... no cheese
Bbq Chicken Po' Boy- no bun..... no cheese
Bbq Portobello Po' Boy- no bun..... no cheese
Muffaletta Po' Boy- no bun..... no cheese

Dairy Free

Fried Okra- sub remoulade
Pan- Fried Oysters
Pan- Fried Oyster Po' Boy

Available for Dinner Only

Gluten Free and Dairy Free

Boudin Sausage
Andouille and Prawn Skewers

Gluten Free

Steak Salad.....no cheese
Smoked Pork Chop..... no gravy
Flat Iron Steak..... no butter
Rib Eye Steak.....no sauce
Blackened Tuna..... no sauce
Market Fresh Fish.....sometimes, ask your server
Catfish- no butter, substitute
for cornbread
Andouille Sausage Po' Boy
Roasted Cornish Hen-no sauce.....on request
Seafood Pasta- substitute rice
Blackened Chicken Pasta- substitute rice.....tomato sauce
Seasonal Vegetable Pasta- substitute rice.....tomato sauce

Dairy Free

Gluten Free and Dairy Free

Scotch Eggs
Bacon
Sweet Potato Fries
House Sausage Patties
1 Egg
Cajun Roasted Potatoes
Oyster Shooters
House Salad
Jambalaya
Vegetable Gumbo
Red Beans and Rice
Eggs in Purgatory

Available for Brunch

Gluten Free

All Egg Scrambles.....no cheese or hollandaise
Classic, Salmon Benedicts- no muffin.....no hollandaise
All Omelettes..... no cheese
Pulled Pork Po' Boy- no bun..... no cheese
Caesar Salad- no croutons
Smoked Chicken Salad- no croutons.....substitute vinaigrette
Shrimp and Grits (not certified gf but no gluten ingredients)

Dairy Free

Toast- no butter
English Muffin- no butter

Available for Dessert- Mallard's Vanilla Ice Cream