

Sample Four Course American Steak & Seafood Menu

Appetizer

Shrimp Cocktail

Meat Entree

Steaks

Side Dish

Baked Potato

Dessert

Flourless Chocolate Torte

Enjoy Your Meal!

Of all the contributions this country has made to dining out, none is so quintessentially American as the Steak House.

—John Mariani

Overview

Of the 25-plus menu items detailed in American Steak & Seafood Cuisine from the *Let's Eat Out!* Series, below is a sample four course meal including:

- Sample menu
- Respective menu item descriptions
- Gluten-free decision factors for each item
- Food allergen preparation considerations for each item

American Steak and Seafood Menu Item Descriptions

Appetizer

Shrimp Cocktail



Shrimp cocktail is a common appetizer in many international cuisines. Most restaurants prepare and serve this appetizer in a similar fashion. Large shrimp are steamed or boiled in water or fish stock, shelled and chilled. The shrimp are served with a cocktail sauce (tomato sauce, horseradish and lemon juice), lemon wedges and sometimes an additional mayonnaise-based sauce.

Gluten-Free Decision Factors:

- Ensure stocks and broths are made fresh and not from bouillon which may contain gluten

Food Allergen Preparation Considerations:

- Contains shellfish from shrimp
- May contain corn from bouillon and corn syrup in cocktail sauce

- May contain eggs from mayonnaise-based sauce
- May contain fish from fish stock
- May contain soy from bouillon and mayonnaise-based sauce

Meat Entree Steaks



Steaks come in a variety of cuts, the most popular being filet mignon, New York strip, porterhouse and rib eye. Steaks are generally broiled or grilled and seasoned with salt and pepper. They may also be pan-fried in butter or oil. Some restaurants may marinate their steaks or serve them with a sauce, usually a béarnaise, hollandaise or a reduction.

Gluten-Free Decision Factors:

- Ensure beef is not dusted with wheat flour
- Ensure no soy sauce or wheat flour in marinade
- Ensure no wheat flour in sauce

Food Allergen Preparation Considerations:

- May contain corn from vegetable oil
- May contain dairy from butter, béarnaise or hollandaise sauce
- May contain eggs from béarnaise or hollandaise sauce
- May contain peanuts from vegetable oil
- May contain soy from soy sauce in marinade and vegetable oil

Side Dish

Baked Potato



A baked potato is typically a safe choice in any restaurant. The accompaniments vary from restaurant to restaurant, but can include bacon bits, butter, cheese, chives and sour cream. Cheese sauce may also be offered. Mix and match what you like or have it plain. Almost all baked potatoes are made to order.

Gluten-Free Decision Factors:

- Ensure bacon bits are real—artificial bacon bits may contain gluten
- Ensure no wheat flour in cheese sauce

Food Allergen Preparation Considerations:

- May contain corn from artificial bacon bits and cheese sauce
- May contain dairy from butter, cheese and sour cream
- May contain soy from artificial bacon bits and cheese sauce

Dessert

Flourless Chocolate Torte



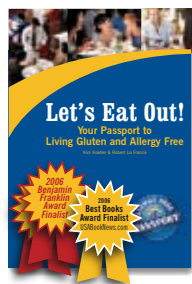
Yes, there is such a thing as flourless chocolate torte...even if some pastry chefs forget the title. Butter, chocolate, eggs and sugar are the standard ingredients and ground nuts may also be added to make up for the lack of flour which would normally hold everything together. Some pastry chefs may use bread crumbs or flour, even though the title suggests they are omitted.

Gluten-Free Decision Factors:

- Ensure no wheat flour as ingredient
- Ensure no bread crumbs

Food Allergen Preparation Considerations:

- Contains dairy from butter, chocolate and possibly from bread crumbs
- Contains eggs as an ingredient and possibly from bread crumbs
- May contain corn from bread crumbs
- May contain peanuts from bread crumbs
- May contain soy from chocolate and bread crumbs
- May contain tree nuts from bread crumbs



Excerpted from:

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