



HOME OF THE HOT ROCK

GLUTEN FREE MENU ITEMS FOR YOU

Flinchy's has been working to make it comfortable and easy for those that have Celiac Disease or are Gluten Intolerant to any degree. We have discovered in our research that we have many items that are Gluten Free and many more that can be with a little effort on the part of our staff. Please let us know your needs and even call ahead so we can be prepared so we can make your "Flinchy's Experience" a memorable one. Please be sure that your server knows your needs and also be aware that your meal may take just a little longer to prepare. An (*) indicates extra time to prepare. Deep fried items are done in special virgin oil and "floured" with corn starch.

Drinks: Redbridge Gluten Free Beer plus many Vodkas & Wine

Appetizers:	*Buffalo Oysters	*Wings	BBQ Ribs
	Spinach Dip	Potato Skins	*Chips/Salsa
	Seafood Fondue	Buffalo Fries	Shrimp Cocktail
	Sausage & Honey	Stuffed Portabella	

Soups: Ask Server

Salads: All salads but specify no croutons. Our dressings are made with soybean, corn, or olive oil. If you want chicken added, specify "grilled".

- HOT ROCKS:** All Hot Rock entrees are Gluten Free.
- Entrees:** All entrees are Gluten Free except Chicken Saltimbocca
- Note:** Crab Cakes are 100% void of filler!
- Pasta:** We have Gluten Free Penne Pasta for your enjoyment.
NOT GLUTEN FREE: Maryland Crab Pasta
- Pizza:** Our Thin-Crust Pizza Crusts are Gluten Free
- Chicken Parmesan Pizza can be made with grilled chicken
- Sandwiches:** Sorry – but you can order them without bread or bring your favorite bread in with you!
- Desserts:** We have a selection of Hand Dipped Locally Made Chocolates
- Other:** Flatiron Steak is also Gluten Free
- SPECIAL NOTE:** Always specify that you want dusting with CORNSTARCH, NOT FLOUR with any Veal or Chicken dishes that require it.

1833 Hummel Ave, Camp Hill, PA 17011 (717) 761-9000 eat@flinchys.com

www.flinchys.com www.cateringharrisburgpa.com <http://www.facebook.com/flinchys>

