



GEDDY'S
FOOD ALLERGENS: GLUTEN FREE & OTHER SENSITIVITIES
FREQUENTLY ASKED QUESTIONS
June 6, 2025

CELIAC AND NON-CELIAC GLUTEN SENSITIVITIES

Celiac disease: About 3 million Americans have celiac disease — an autoimmune condition in which consuming gluten triggers an autoimmune response that attacks the body's own intestinal lining.

Non-celiac gluten sensitivities: Up to forty million Americans are believed to have non-celiac gluten sensitivity. Having this condition means consuming gluten causes unpleasant symptoms that can be avoided by sticking to a gluten-free diet.

Irritable bowel syndrome (IBS): For some people with IBS, following a gluten-free diet can resolve their symptoms.

CELIAC DISEASE & GLUTEN FREE

GENERAL

* **Is Geddy's a gluten free restaurant?**

98% of Geddy's menu is either gluten free or can be prepared gluten free. We do everything possible to ensure the safety of our gluten free food. However, please note that Geddy's is not a dedicated gluten free restaurant.

* **Is Geddy's good for celiac disease or non-celiac food sensitivities?**

Yes. Geddy's serves many customers with food allergens – those with celiac disease and non-celiac sensitivities.

* **Do you have a gluten free menu?**

No, we do not have a separate gluten free menu, as most of our items are gluten free or can be made gluten free – except for our seafood pie, tuna tacos, wasabi dressing, focaccia bread, wontons, blueberry pie & tart, chocolate parfait, whoopie pie sundae, and salted caramel cheesecake.

* **How much of the main menu is gluten free?**

98% of our menu is gluten free or can be prepared gluten free.

* **Is the staff knowledgeable about celiac disease and non-celiac gluten sensitivities?**

Yes. The staff is well-trained and knowledgeable about menu ingredients – knowing to avoid anything with flour, breadcrumbs, and soy. In fact, we only use gluten free soy sauce and gluten free crumbs for our fried foods.



* **Do you have a food allergens ingredients list?**

Yes, we do have a food ingredients list that serves as a guideline. In addition, the staff is knowledgeable and can answer any questions that you may have regarding ingredients and allergens. Also, the chef and general manager are always available to address any concerns.

* **Do you have a dedicated gluten free fryer?**

Yes, we use a dedicated gluten free fryer to avoid any cross contamination.

* **What menu items are gluten free OR can be made gluten free**?**

- * Crispy calamari
- * Wild caught Maine steamer clams
- * Garlic mussels – without focaccia bread**
- * Brussel sprouts
- * Fresh oysters
- * Lobster stew – without focaccia bread**
- * Clam chowder – without oyster crackers**
- * Ahi tuna poke – without wasabi dressing**
- * Bar Island lobster cobb
- * Geddy's taco salad (corn chips)
- * Quinoa, roasted sweet potatoes, & burrata
- * Garden salad
- * Cap'n Geddy's lobster bake – without blueberry pie**
- * Lobster rolls – mini lobster bake (without blueberry cream cheese tart**), Maine lobster roll, & bacon jalapeno lobster roll – on gf buns**
- * Seared wild caught haddock – when celiac is written on the food ticket, haddock is cooked in the oven instead of on the grill (where regular rolls are prepared)**
- * Salmon teriyaki (gluten free teriyaki sauce) – without wontons, since not gluten free**
- * Shrimp scallop scampi – can be prepared with rice instead of pasta and without focaccia**
- * Fried food – fish and chips. Also, fish sandwich (Cap'n John's fish fiesta) and crispy chicken sandwich (crispy buttermilk chicken sandwich) on gf rolls**
- * Burgers – MDI American burger and Bar Island burger on gf buns**
- * Angus pub sirloin
- * Pizzas – gluten free dough**
- * French fries, no flour or coating is ever added
- * Salad dressings – cilantro lime vinaigrette, sriracha crema, balsamic vinaigrette, blueberry balsamic vinaigrette, ranch, blue cheese, and oil & vinegar
- * Condiments – ketchup, cranberry ketchup, mayo, seasoned mayo, & tartar sauce
- * Soy sauce (gluten free soy sauce)
- * Coleslaw
- * Flourless chocolate torte

* **What food items are NOT gluten free?**

- * Seafood pie (flour)



- * Oyster crackers – served with clam chowder
- * Tuna tacos – served in flour tortillas. Also, tuna is seared on flattop, used for regular rolls
- * Wasabi salad dressing
- * Focaccia bread (flour) – served with our garlic mussels, lobster stew, and seafood pasta
- * Wontons – served with our salmon teriyaki
- * Blueberry pie and blueberry cream cheese tart (flour)
- * Chocolate parfait (flour)
- * Salted caramel cheesecake (crust)
- * Blueberry whoopie pie (flour)

* **How are fried food items prepared?**

- * The kitchen crew dusts food items with gluten free crumbs and deep fries them in a dedicated
gluten free fryer
- * There are no coatings added to the French fries, which are deep fried in a gf fryer

* **What kind of oil is used in the fryer and for cooking gluten free dishes?**

- * Canola oil is used in the fryer and for sautéing
- * Sesame oil is added to the Asian vegetables, served with teriyaki salmon. So, calamari is exposed to sesame oil since it is cooked on same flat grill as salmon. Additionally, haddock and tacos are exposure to sesame oil and soy from their marinade. IF ALLERGIC TO GLUTEN, GARLIC, SESAME or SOY, PLEASE LET SERVER KNOW SO FOOD CAN BE COOKED SEPARATELY ON CAST IRON PAN.
- * When grilling, searing, steaming, and baking, a cooking spray is used which often contains highly refined soybean oil – not considered allergenic and exempt from labeling, per FDA requirements

* **Does the Kitchen follow cross-contamination protocols for gluten free safety measures?**

- * There is a dedicated gluten free fryer, along with pans and utensils
- * The kitchen crew carefully cleans each station before prepping gluten free food
- * The kitchen stores gluten free food in a dedicated area
- * The kitchen staff puts on a fresh pair of gloves when preparing gluten free items

BREAD

* **Do you have gluten free buns/rolls?**

Yes, gluten free buns and rolls are available for lobster rolls, hamburgers, and sandwiches.

* **Are any menu items served with bread?**

The kitchen prepares garlic mussels, seafood pasta, & lobster stew with focaccia, which has gluten.

* **Are any food items breaded?**

No, we use gluten free crumbs for all our fried food.

SAUCES



* **Do any of your dishes have sauces that contain flour, soy sauce, or teriyaki sauce?**

* Ahi tuna bowl – the kitchen uses gluten free soy sauce. However, the wasabi dressing is not gluten free

* Salmon teriyaki – the kitchen crew prepares the dish with gluten free teriyaki sauce.

However,

the wonton strips are not gluten free

* Geddy's taco salad & ahi tuna tacos – the kitchen uses a Siracha crema, which is gluten free.

However, soy is used in the tuna tacos, which are not recommended for those with gluten sensitivities.

SALADS

* **Are croutons, wontons, or crispy noodles used on salads or other dishes?**

Yes. The kitchen prepares our salmon teriyaki with wontons, which are not gluten free.

SALAD DRESSINGS

* **Do the salad dressings contain wheat or flour? Which dressings are gluten free?**

Except for the cucumber wasabi dressing, all our dressings are gluten free – balsamic vinaigrette, blueberry balsamic vinaigrette, cilantro vinaigrette, ranch, blue cheese, sriracha crema, and oil & vinegar.

SOUPS

* **Do any of your soups contain flour or barley?**

No. Our New England clam chowder and lobster stew are gluten free. However, our lobster stew comes with focaccia bread, which has gluten. Also, the clam chowder is served with oyster crackers. The stew is prepared without bread and the clam chowder without oyster crackers when the server writes celiac or gluten sensitivity on the ticket.

FRIED FOODS

* **Does the kitchen dust fried food with flour before sautéing or frying?**

No. We ONLY use gluten free crumbs for the dusting of our fried foods.

* **Is the oil used for the French fries also used to make the other breaded products?**

Are the French fries coated with flour?

The French fries do not have a coating and are prepared in a gluten free fryer with other gf food.

OTHER ALLERGENS:

SOY* and Sesame

* **Is soy & sesame used in any menu items?**

Yes. Soy is found in several of our menu items, & some foods are exposed to sesame oil.

* Our plant burgers have soy

* The Gulf of Maine Salmon Teriyaki has a Teriyaki sauce which contains soy

* Ahi Tuna Tacos are prepared with soy and exposed to both sesame and soy from the



marinade.

- * Our Crispy Calamari has a Teriyaki drizzle, which has soy (and is exposed to sesame oil when cooking veg.)
- * Haddock is exposed to sesame and soy from taco marinade being cooked on same flat top

* Also, we use a cooking spray that often contains highly refined soybean oil. Cooking spray is used for food, such as potatoes and steak, to prevent sticking. Please see detailed list below.

So, we would not recommend Geddy's for anyone with an extreme soy allergy.

* **What meals are prepared using the cooking spray?**

- * Pies and tarts
- * Rice in the rice cooker
- * Seafood pie pans
- * Searing/grilling haddock, tuna, and chicken
- * Black bean salsa for taco salad

* *Soy Allergies - Under FDA regulations, the FDA does not consider highly refined soybean oil to be allergenic and, as such, is exempt from labeling. However, we have chosen to identify our menu items in which we use a cooking spray that often contains highly refined soybean oil for our guests with extreme soy allergies.*

- * Chickpeas, potatoes, and black bean salsa for the quinoa, roasted sweet potatoes, & burrata bowl
- * Salmon to help from sticking to the grill
- * Steak and potatoes to prevent sticking
- * Pans for GF dough
- * Pizza for portioning

SHELLFISH AND SEAFOOD

* **What if I have a severe seafood/shellfish allergy?**

While we offer non-seafood options, we would be concerned with severe seafood/shellfish allergies, as we are primarily a seafood restaurant.

* **Are shellfish products fried in the same fryer as other fried foods?**

We do not have a dedicated seafood fryer. So, fish and shellfish could be fried in our gf fryer. So, please avoid fried food ... or confirm with your server before ordering.

OAT

* **Do your gluten free burger buns contain oats?**

No. Our gluten free buns do not contain oats ... but they do have egg.

NUTS

* **What if I am allergic to nuts. What menu items should I avoid?**

- * Quinoa salad – walnuts



- * Ahi tuna poke – sesame seeds
- * Bar Island plant burger – tree nuts
- * Eggplant, pesto, & goat cheese pizza – pine nuts in pesto
- * Chocolate death parfait – heath bar crunch contains almonds. Also, these candy bars are prepared in a facility, in which there may be exposure to peanuts
- * Blueberry Pie – prepared in a facility, in which there may be exposure to nuts
- * Blueberry Whoopie Pie – whoopie pie shells prepared in a facility, in which there may be exposure to nuts

EGG

• What menu items contain eggs?

- * Brussel sprouts – mayo in sauce
- * Ahi tuna poke – mayo in honey ginger dressing
- * Bar Island lobster cobb – served with a cooked egg
- * Geddy's taco salad – mayo in sriracha crema dressing
- * Cap'n Geddy's lobster bake – served with blueberry pie
- * Mini lobster bake – lobster prepared with mayo & served with blueberry cream cheese tart
- * Ahi tuna tacos – mayo in sriracha crema dressing
- * Shrimp & scallop scampi – eggs in pasta
- * Fish & chips – mayo in both tartar sauce and coleslaw
- * Maine lobster roll – lobster meat mixed with seasoned mayo
- * Bacon jalapeno lobster roll – lobster meat mixed with seasoned mayo
- * MDI American burger – served on brioche roll (egg). *Note: GF rolls have eggs*
- * Bar Island burger – served on brioche roll (egg). *Note: GF rolls have eggs*
- * Cap'n John's fish fiesta – served on brioche roll (egg). *Note: GF rolls have eggs*
- * Crispy buttermilk chicken sandwich – served on brioche roll (egg). *Note: GF rolls have eggs*
- * Maine blueberry pie – egg wash/glaze
- * Blueberry whoopie pie sundae – whoopie pie, ice cream, & cream filling all have egg
- * Salted caramel cheesecake – eggs in cheesecake
- * Chocolate death parfait – chocolate cake and chocolate custard (egg)
- * Flourless chocolate torte – eggs

DAIRY

*** Are your condiments dairy-free?**

- * Our mayo and seasoned mayo (mayo, salt & pepper, lemon juice, & Dijon) are both dairy free
- * Tartar sauce is dairy free
- * Both ketchup and cranberry ketchup are also dairy free

*** Are your rolls and buns dairy free?**

Our brioche rolls have dairy. However, gluten free rolls are available, which are dairy free ... but do have egg.

*** What food dishes contain dairy ... and what menu items can be made without dairy? ****

- * Crispy calamari placed in the gf fryer. Please note possible contamination from buttermilk marinade used for chicken sandwich to make the chicken crispier in the fryer



- * Brussel sprouts with shaved parmesan cheese – available without the cheese **
- * Steamed clams with butter – available without the butter **
- * Garlic mussels with parmesan cheese and butter – without cheese and butter **
- * Lobster stew
- * Clam chowder
- * Bar Island lobster cobb with buttermilk ranch dressing and Gorgonzola blue crumbles – served without the blue crumbles and an oil & vinegar or vinaigrette dressing instead **
- * Geddy's taco salad with cheddar & jack cheese and sriracha crema dressing – without cheeses and crema dressing **
- * Quinoa, roasted sweet potatoes, & burrata cheese with lime cilantro vinaigrette – available without the burrata cheese **
- * Dressings – ranch, blue cheese, and sriracha crema dressings – alternative dairy free options:
cilantro lime vinaigrette, balsamic vinaigrette, blueberry balsamic vinaigrette, wasabi dressing, and oil and vinegar **
- * Cap'n Geddy's Lobster Bake – served without butter and clam chowder **
- * Mini lobster bake – without butter, clam chowder, and blueberry cream cheese tart**
- * Maine lobster roll – without butter on roll
- * Seared wild caught haddock – served without the lemon butter sauce**
- * Ahi tuna tacos with cheese and siracha crema – without cheese and siracha crema **
- * Shrimp and scallop scampi with butter and parmesan cheese
- * Atlantic seafood pie with lemon butter sauce and dairy in crust along with butter on veggies
- * Fish & Chips. However, please note possible contamination from buttermilk marinade used for chicken sandwich to make the chicken crispier in the fryer
- * Bacon jalapeno lobster roll with seasoned mayo and cream sauce on buttered roll – without cream sauce and buttered roll **
- * Angus pub sirloin with gorgonzola butter and butter on veggies – without gorgonzola butter and butter on veggies **
- * MDI Burger – without cheese and brioche roll***
- * Bar Island Burger, our plant-based burger with hummus on brioche roll – without the roll **
- * Cap'n John's fish fiesta on brioche roll. Please note possible contamination from buttermilk marinade used for chicken sandwich to make the chicken crispier in the fryer
- * Crispy buttermilk chicken sandwich with buttermilk ranch dressing on brioche roll. Additionally, buttermilk chicken marinade is added to make the chicken crispier in the fryer
- * Pizzas with cheese and white sauce – without white sauce & cheese. Alternatively, served with a non-dairy vegan cheese instead **
- * Blueberry cream cheese tart with whip cream
- * Blueberry pie with whip cream and milk wash on pie (pre-baked)
- * Chocolate death parfait with chocolate cake, chocolate custard, caramel whipped cream, & heath bar crunch
- * Blueberry whoopie pie sundae with blueberry cream filling, ice cream, chocolate pie shell, and chocolate sauce
- * Salted caramel cheesecake with caramel drizzle & graham cracker crust
- * Flourless chocolate torte with strawberry drizzle



VEGAN

- **What vegan options are available?**

- * Brussel sprouts – without the cheese
- * Gluten free pizza dough with vegan cheese and veggies
- * Quinoa bowl – without the burrata cheese, lime cilantro vinaigrette (honey), and sriracha crema vinaigrette (mayo & dairy)
- * Garden salad
- * Taco salad with plant burger or meatless – without cheese, cilantro lime vinaigrette (honey), & sriracha crema dressing (mayo & dairy)
- * Bar Island plant burger with hummus ... and without the roll

VEGETARIAN

- **What vegetarian options are available?**

- * Brussel sprouts with parmesan cheese
- * Taco salad with veggie meat or meatless
- * Quinoa bowl with burrata cheese, lime cilantro vinaigrette, and sriracha crema
- * Garden salad
- * MDI burger with veggie meat
- * Bar Island plant burger with hummus
- * Cheese pizza
- * Pizza with cheese and veggies (build your own)
- * Fig, prosciutto, & gorgonzola pizza – without prosciutto
- * Eggplant, pesto, and goat cheese
- * Brussels sprouts and roasted mushrooms
- * Maine blueberry pie
- * Blueberry whoopie pie sundae
- * Salted caramel cheesecake
- * Chocolate death parfait
- * Flourless chocolate torte

NOTE: Please confirm the above with server, before ordering, given occasional supply chain issues.