

FISH FRIENDLY MENU

STARTERS & SHARES

FIRECRACKER SHRIMP 15
lightly battered shrimp tossed in a creamy sriracha sauce topped with sesame seeds

BACON WRAPPED DATES 14
stuffed with goat cheese, cream cheese and almonds, drizzled with a balsamic glaze

SASSY CURDS 13
local fresh fried cheese curds

FLOWER SPROUTS 13
cauliflower and Brussels sprout medley with fried polenta, drizzled with a balsamic glaze

B&H SAMPLER 16
bacon wrapped dates, firecracker shrimp and Sassy Cow curds

THAI CHICKEN LETTUCE WRAPS 18
Boston bibb lettuce, diced chicken tossed in a Thai ginger sauce with raddish, wonton strips and cashews
make it vegetarian: substitute Beyond Beef!

CHICKEN SKEWERS 15
six crispy skewers; choose Asian zing, buffalo, Nashville hot or BBQ

SOUPS & SALADS

SOUP DU JOUR
changes daily

BAKED FRENCH ONION
\$1 charge for extra dressing or sauce

salads are tossed in your choice of dressing
Only 7 | With any entree 5
Substitute soup/salad for side 4

HOUSE SALAD

mixed greens with pepper jack cheese, tomatoes, cucumbers, onions and croutons
Dressings: french, bleu cheese, ranch, balsamic vinaigrette, Italian

SIGNATURE PIZZAS

BOMBERS SPECIAL
sausage, pepperoni, cheese, onions, mushrooms, green peppers and black olives
12" small 20 | 14" large 24

FIRECRACKER SHRIMP
lightly battered shrimp with our famous creamy sriracha sauce, Napa cabbage, cheese and sesame seeds
12" small 22 | 14" large 26

THIN CRUST PIZZA
12" small 15 | 14" large 18
1.50 each topping on 12" pizza
2.00 for each 14" pizza

Toppings: anchovies, bacon, black or green olives, ham, green peppers, ground beef, jalapeños, onions, pepperoni, chicken, pineapple, sausage, tomatoes, mushrooms, or garlic

THAI CHICKEN
grilled chicken, Thai peanut sauce, Napa cabbage, red onion, green onion, sesame seeds and cheese
12" small 20 | 14" large 24

DONATION CREATION
rotates weekly - please ask your server for this week's special
\$2 of each pie donated to local non-profit

ENTREE SALADS

BUFFALO CHICKEN 19
grilled or fried buffalo chicken served over mixed greens with red peppers, red onions, pepper jack, pecans and tortilla strips with your choice of dressing

TRIPLE BERRY SALAD* 14
romaine and spring mix lettuce tossed in a balsamic vinaigrette with mixed berries, red onions, candied walnuts, and goat cheese
Add grilled chicken \$6
Add 2 scallops \$12
Add shrimp skewers (2) \$8

CAPRESE, AVOCADO & SHRIMP SALAD 21
avocado, fresh mozzarella, heirloom cherry tomatoes and basil pesto over a bed of mixed greens with marinated shrimp - topped with balsamic glaze and microgreens



LIFE BALANCE

CHIPS & EGGAMOLE 16
JRS Farms fresh hard boiled eggs mixed into our homemade guacamole served with black bean chips
213 calories, 12g fat, 22g carb

CHICKEN GIARDINIERA 16
grilled chicken topped with mild giardiniera, roasted cauliflower and broccolini; served over cauliflower smash.
350 calories, 17.5g fat, 12g carb

CHIPOTLE MUSHROOM TENDERLOIN* 28
sliced beef tenderloin with mushrooms and a hint of chipotle, served over a bed of sautéed kale; served with one side
381 calories, 27g fat, 11g carb

THE BEYOND BURGER® 18
topped with Bibb lettuce, tomatoes, sliced avocado and onion; with one side - vegan with pretzel bun!
405 calories, 23g fat, 31g carb

 Life Balance menu item
 Gluten Friendly Menu Selection
B&H does not have a gluten free kitchen


PLEASE INFORM YOUR SERVER OF ANY ALLERGIES. WE CAN CONFIRM WHICH MENU ITEMS ARE ALLERGEN FRIENDLY BASED ON OUR RECIPES, BUT CANNOT GUARANTEE THAT THERE MAY NOT BE CROSS-CONTAMINATION, AS WE ARE A SCRATCH KITCHEN. OUR FRYERS USE A 50/50 BLEND OF VEGETABLE AND SOYBEAN OIL, AND MARGARINE IS USED FOR SOME OF OUR COOKING (ALSO CONTAINS SOYBEAN OIL).

— STEAKS & GRILL —


Steaks topped with SuperCharge microgreens and served with 2 sides.
All premium sides additional 2 Add a side salad or soup for 5

LAND & SEA* 56

OPTION 1: 8oz Filet & 2 Scallops 

FILET MIGNON* 48 
8oz brushed with olive oil,
seasoned with salt & pepper

**B&H STYLE BABY
BACK BBQ RIBS** 
slow roasted and finished
on the grill with our
homemade BBQ sauce
full rack 32 / half rack 25

**GRILLED ANGUS
RIBEYE*** 48 
14oz grilled to perfection

ALL STEAKS FINISHED
WITH OUR CHEF'S BUTTER

— FROM THE WATER —

GRILLED SCALLOPS* 42
drizzled with a roasted shallot
beurre blanc sauce, served
with mushroom risotto and
your choice of one side

**LEMON GARLIC SEAFOOD
PASTA** 27 

shrimp, bay scallop,
mussels and lobster in a
lemon garlic cream sauce
with heirloom tomato, basil
and spaghetti pasta

— HOUSE FAVORITES —

T.A.'S HOT COMBY 21
award winning sandwich - Best
of Madison! Ham, salami and
pepperoni topped with green
pepper, onion, our secret
sauce and melted mozzarella
on a toasted hoagie with your
choice of one side

FISH TACOS 20
pico, jicama, Napa cabbage,
chili lime vinaigrette on 50%
corn, 50% flour tortillas (3)
served with one side
Must Substitute Firecracker
Shrimp to be fish free 3
make it vegetarian: substitute Beyond Beef!

**CHIPOTLE CHICKEN
PASTA** 22
penne pasta tossed in a
chipotle garlic cream sauce
with blackened chicken,
onions, mushrooms, red and
green peppers, parmesan
cheese and green onions

WAGYU BURGER* 25
an elegant, refined spin on the
classic burger. Served with
caramelized onions, Swiss
cheese, wild mushroom blend
and a garlic aioli. Served with
your choice of one side

**STUFFED CHICKEN
BREAST** 24
lightly breaded chicken
breast stuffed with cream
cheese, bacon, spinach and
mushrooms, pan-fried until
golden brown and drizzled
with a sage sauce. Served
with your choice of two sides

SPANKY'S MEATLOAF 18
with veal glaze topped with
onion straws and your choice of
two sides. Try garlic mashed
potatoes and the daily
vegetable!

JAMBALAYA 22
tender chicken, sautéed
shrimp and andouille sausage,
tossed with rice, peppers and
onions in a spicy creole sauce
topped with green onions

ENTREE SPECIAL
please see our specials menu
or inquire with your server

VEGGIE CENTRICITY 21
roasted cauliflower, signature
Brussels sprouts and fried
polenta over a bed of
smashed cauliflower drizzled
with a parmesan cream sauce
and balsamic reduction

— RICE BOWLS —

KOREAN BOWL* 22
seared beef tenderloin in a ginger soy dressing,
fried egg, kale, carrots and cucumber over
Jasmine rice; served with kimchi

THAI CHICKEN BOWL* 22
cucumber, carrots, kale, cabbage, cashews,
green onions, sesame seeds and grilled
Thai peanut chicken over Jasmine rice.


make any bowl vegetarian: substitute Beyond Beef!

— SIDES 5 —

DAILY VEGETABLE 

WILD RICE 

GARLIC MASHED POTATOES 

FRESH FRUIT 

FRENCH FRY DIPPERS

Try a dipping sauce! \$1 each: remoulade, BBQ,
ranch or chipotle aioli

— PREMIUM SIDES 7 —

MAC & CHEESE

BRUSSELS SPROUTS

BROCCOLINI 

TWICE BAKED POTATO 

SMASHED CAULIFLOWER  with green onions

MUSHROOM RISOTTO 

**PREMIUM SIDES
ADDITIONAL \$2
UPCHARGE TO ALL
DISHES**

*CONTAINS OR MAY CONTAIN RAW OR UNDER COOKED INGREDIENTS. CONSUMING RAW OR UNDER COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS. PLEASE INFORM YOUR SERVER OF ANY ALLERGIES. WE CAN CONFIRM WHICH MENU ITEMS ARE NUT FREE, BUT CANNOT GUARANTEE THAT ALL INGREDIENTS CAME FROM A NUT-FREE FACILITY.