

STARTERS & SHARES

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

CRAB CAKES 22**
real lump crab meat served with remoulade sauce over a bed of mixed greens

DRY RUB CHICKEN WINGS* 15

6 dry rub chicken wings with your choice of sauce

FLOWER SPROUTS 13
cauliflower and Brussels sprout medley with fried polenta, drizzled with a balsamic glaze (vegan without polenta or cheese)


**Dairy free without parmesan cheese and without polenta

ENTREE SALADS

Gluten free without croutons, bread, wonton strips or bleu cheese. Please notify your server

BUFFALO CHICKEN 18
grilled buffalo chicken served over mixed greens with red peppers, red onions, pepper jack, pecans and tortilla strips with your choice of dressing

**Dairy free without pepper jack

SEARED AHI SALAD* 23 
shredded Napa cabbage tossed in chili lime vinaigrette topped with sesame seared rare ahi tuna, cashews, jicama, fried wontons and drizzled with wasabi mayo and a balsamic reduction.

GRILLED ROMAINE AND TENDERLOIN SALAD* 20
grilled romaine heart with beef tenderloin topped with bleu cheese crumbles, fried polenta, bleu cheese dressing and balsamic reduction.

**Dairy free without bleu cheese, polenta and dressing.

GRILLED CHICKEN CAESAR 19
hearts of romaine tossed in our house made Caesar dressing with croutons, parmesan cheese and polenta wedges

**Dairy free without parmesan, polenta and dressing.

HOUSE SALADS & SOUP

salads are tossed in your choice of dressing \$5 in addition to any entree \$4 to substitute soup/house salad for side

CAESAR SALAD 7

HOUSE SALAD 7
mixed greens with pepper jack cheese, tomatoes, cucumbers, onions and croutons

dressings: French, balsamic vinaigrette - made in-house!

\$1 charge for extra dressing or sauce

SOUP DU JOUR 7
changes daily



LUNCH MENU: Dairy Allergy

HOUSE FAVORITES

Add a soup or salad for 5

FISH TACOS 16

marinated mahi mahi, pico, jicama, chipotle sour cream, Napa cabbage, chili lime vinaigrette dressing on 50% corn, 50% flour tortillas (2) served with one side. Make it vegetarian: substitute Beyond Beef!

**Dairy free without chipotle sour cream

CHICKEN GIARDINIERA 16**

grilled chicken topped with mild giardiniera, roasted cauliflower and broccolini; served with cauliflower smash.

350 calories, 17.5g fat, 12g carb

**Dairy free without cauliflower smash

LB BLACKENED MAHI MAHI 22  

served with 2 sides
253 calories, 12g fat, 8g carb

100% GROUND STEAK BURGERS

Served on split-top brioche or pretzel roll (v) with lettuce, tomato, and onion. Choose one side Premium Side Additional \$2 Gluten free bun available upon request

**All burgers dairy free without cheese and without aioli or mayo sauces.

CLASSIC BURGER* 15

TURKEY BURGER 15
Add cheese, mushrooms, caramelized onion, egg* \$1 each
Add avocado \$2
Add bacon \$3

BIRD BURGER* 18

fried egg, bacon and American cheese

MUSHROOM & SWISS* 18

sautéed mushrooms and Swiss cheese

CHIPOTLE BACON* 18

chipotle seasoning, habanero bacon jam, pepper jack, bacon and chipotle mayo

WAGYU BURGER* 25

elegant, refined spin on the classic burger. Served with swiss cheese, caramelized onions, wild mushroom blend and a garlic aioli

THE BEYOND BURGER® 17 

rice and pea proteins are the basis of this veggie burger; topped with Bibb lettuce, tomato, sliced avocado and onion-vegan with pretzel bun

455 calories, 23g fat, 31g carb

BOWLS

KOREAN BOWL* 22

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

RAMEN BOWL* 22

pork belly in a rich broth with green ramen noodles, crispy kale, bok choy and shitake mushrooms topped with a soft boiled egg

SAMMY'S SAMMIES

Served with one side - Premium Side additional \$2 Add a side salad or soup for \$5 Substitute low carb spinach wrap \$1

BBQ PULLED PORK 14

topped with onion straws on a pretzel bun

EVERLEEN'S GRILLED PORK SANDWICH 18

thinly sliced pork tenderloin on grilled sour dough bread with pepper jack, habanero bacon jam and green cabbage in a tangy vinaigrette

**Dairy free without butter on bread, and without pepper jack

T.A.'S HOT COMBY 16

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

**Dairy free without butter on bread, without mozzarella, without "secret sauce"

PRIME RIB HOAGIE 21

tender prime rib with onions, mushrooms, and provolone cheese on a toasted hoagie served with au jus

**Dairy free without butter on hoagie, and without provolone

BEVERAGES

Lemonade, Iced Tea, Raspberry Tea, Hot Tea and Coffee 3 (free refills)

Pepsi, Diet Pepsi, Orange Crush, Root Beer, Starry, Starry Zero, Mountain Dew, Diet Mountain Dew, Doc 360 (free refills) (location dependent)

Orange Juice, Cranberry Juice, Milk, Chocolate Milk, Hot Chocolate & Apple Cider 3 (no free refills)

Red Bull Energy Drink 4

SIDES \$5	PREMIUM SIDES \$7
DAILY VEGETABLE 	\$2 Upcharge to All Entrees
FRESH FRUIT 	BRUSSELS SPROUTS
FRENCH FRY DIPPERS	BROCCOLINI 
Try a dipping sauce! \$1 each: BBQ.	
OFF SITE CATERING AVAILABLE OR - CELEBRATE WITH US IN ONE OF OUR PRIVATE EVENT SPACES.	
 Life Balance menu item  Gluten friendly menu item (B&H does not have a gluten free kitchen) Senior discount: 10% off any entree if mentioned	